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The Great Northern Gavel is on the move.....



*Welcome Big Blue Toastmasters
Club # 1443358*

*Essex Junction, VT
Area 8, Division A*



Our newest club to charter on 02/08/10

A name plate will be added for Big Blue Toastmasters as it joins:



<i>TAMC</i>	<i>10/17/2008</i>
<i>River Talkers</i>	<i>02/09/2009</i>
<i>McCain Talking Together</i>	<i>03/12/2009</i>
<i>Burnt Toast</i>	<i>03/16/2009</i>
<i>Running Hill</i>	<i>05/12/2009</i>
<i>Diplomatically Speaking</i>	<i>06/01/2009</i>
<i>Successfully Speaking</i>	<i>07/21/2009</i>
<i>and ComMunique Acadie</i>	<i>08/01/2009</i>

in achieving this coveted trophy and becoming part of District 45

District Governor



Wendy Harding, DTM
District 45 Governor

Discover Your Dreams

There are many reasons why people join the Toastmasters Educational Program. Some people say they want to improve their communication skills (prepared or impromptu). Some people indicate they join to develop or improve their leadership skills. Have you considered that discovering your dream with Toastmasters may also lead to discovering your dream job?

Many people in our District will tell you that the Toastmasters Program and the skills built by working the program have led them to a change and/or improvement in their occupation.

You've heard of people who, once they drummed up the courage to ATTEND their first meeting, didn't say anything more than their name at their first several meetings. Some folks didn't even do that. Many of those same people will probably go on to tell you stories about speaking in front of their company's Board of Directors a mere few years later, giving fact reports and doing so with skill and confidence.

In these economic times, when many people are looking for new jobs due to downsizing, don't forget to put those skills you learn at every meeting into practice.

Think of job interviews as a Toastmasters meeting. Organize in advance. Think Table Topics. What might the interviewers ask? How might you answer the questions? Keep your answers short, but logical and organized. Most importantly, answer the questions posed.

Prepare an outline of a speech that explains why YOU are the best person for the organization, department and position. You may not give the speech as a speech per se, however I guarantee that you will have opportunities during the interview process to insert some of those thoughts into the conversation.

Think about all the leadership skills that you have learned in Toastmasters. Tell them about those skills during the interview.

When entering the room for your interview, do so with confidence. Remember how you have improved in the past and how you will improve in the future. You may not be granted that particular position, or you may decide this particular position is not the perfect position for you, however remember that the interview process will increase your personal skills and will contribute to you **Changing Your Dreams into Realities.**

Lieutenant Governor Education and Training



*Sue Francesco, DTM
Lt Governor Education and Training*

To change your member's dreams into realities help your club become "Distinguished".

The Distinguished Club program is designed to help clubs provide for success for their members. Let's take a look at the DCP and see how it breaks down for members:

1. **Have Two CCs.** Having two members achieve their Competent Communicator award means that two members of your club are working out of their CC manual and delivering manual speeches at the club. This means club members are listening and evaluating manual speeches. The CC manual is the basic tool for all future speeches – that is why when a member completes it, Toastmasters International declares them to be a **Competent Communicator!**
2. **Have two more CCs.** Having two MORE members achieve their CC award means that the club is actively encouraging new members to prepare, present and be evaluated on their manual speeches. Any club that has at least four members achieve a CC shows that it's a dynamic club encouraging all its members to achieve their goals and succeed in the program.
3. **Have one ACB, ACS or ACG.** Having one member achieve an Advanced Communication award means that the club not only is encouraging new members but the club is also supporting their more experienced members to stretch their skills in the communication arena. There are 15 advanced manuals available for selection by those who have completed their CC. Each advanced manual has five speeches and for a member to achieve an advanced award they must complete two of the advanced manuals. To receive the ACS they also must present two educational presentations to their club. And to achieve the ACG award they must have also conducted a Success/Communication, Success/Leadership or a Youth Leadership program. This goal shows that clubs are supporting their more advanced members as well as reaching out into their communities by conducting these extraordinary programs and sharing their leadership and communication skills outside of the club.
4. **Have one more ACB, ACS or ACG.** Having one more member achieve an Advanced Communication award means that the club is developing depth in its membership and members are listening to a variety of advanced speeches, they are observing advanced speakers and they are listening to evaluations of advanced speakers. They are also providing educational and leadership presentations to the club. Additionally, as each advanced speaker receives another award and note from the LT. GOV. OF EDUCATION and TRAINING, all the members get to show their support of the member achievement. Achievement of this goal demonstrates that the club is retaining members beyond the CC level and those members are continually setting new goals and developing their skills.

Lieutenant Governor Education and Training – The DCP continued

5. **Have one CL, ALB, ALS or DTM.** Having one member achieve their Competent Leader (CL) award or an Advanced Leader Bronze (ALB) or Silver (ALS) award or the Distinguished Toastmaster (DTM) award means that the club is providing opportunities for leadership within the club. The CL manual is an excellent way for the club to encourage good listening skills as well as learning some of the skills required for a written evaluation. This is good practice for newer members to learn evaluation techniques as well. An Advanced Leader Bronze achievement means that the club requires members to also serve as officers of the club, participate in planning for the club, attend the district training programs and present educational presentations to the club. The leadership of the club expands as members are able to achieve the ALS award which requires members to serve as a District officer, complete a High Performance Leadership program and serve as a club sponsor, mentor or coach. The culmination of a member successfully achieving both their ALS and ACG is the DTM. Clubs that provide the support and opportunity for a member to achieve the DTM award truly are serving their membership.
6. **Have a second CL, ALB, ALS or DTM.** A club that has a second member achieve a CL, ALB, ALS or DTM is also serving its members as they nurture their leadership skills. This like the Advanced Communication achievements, demonstrates that the club is retaining members beyond the CL level and those members are continually setting new goals and developing their skills.
7. **Four new members.** Clubs that attract 4 new members are really providing for their members. Typically, new people attend a couple of meetings before they decide to join the club. When the club is putting on a good show week after week these visitors become members. Clubs that put on quality meetings attract new members. New members bring fresh perspectives and ideas to the meetings.
8. **Four more new members.** Clubs that attract 4 more new members are making sure that their membership is going to be strong. Eight new members in a year is a good minimum for clubs to strive to achieve. Clubs that continue to provide quality meetings, provide leadership and communication opportunities for its members and strive to invite and add even more members are the clubs that thrive and are fun to attend.
9. **Four officers trained at both TLIs.** Clubs that make sure at least four of their officers are trained in both the summer and the winter are truly the clubs that become successful. The district training is not only training for officer roles, but it is also a networking opportunity for members. Club members meet other Toastmasters and they invite other club's members to come and assist at their club speech contests. They meet other folks with the same TM officer role and they share success stories. They develop friendships; they are giving opportunities to further develop their leadership skills as they are called upon to lead various programs within the training program.
10. **Submission of officer lists and one payment of dues to TI on time.** Finally, clubs that submit their officer lists and pay their dues on time to TI at least ONCE a year are demonstrating that they have elected new officers, collected dues and therefore have provided leadership opportunities for another group of toastmasters.

Lieutenant Governor Education and Training – The DCP continued

As your clubs achieve each one of the ten items above they will receive one point. Clubs that have 5 or more points by April 30 will be recognized at the District 45 Conference in Fredericton as Distinguished by April 30!! (16 clubs have 5 or more points as of 2/13/2010). Clubs that achieve 5-6 points by June 30 will be Distinguished clubs. Clubs that achieve 7-8 will become Select Distinguished clubs and clubs that achieve 9-10 points by June 30, will become Presidents Distinguished clubs.

Clubs MUST have 20 paid members on June 30th to receive this award or a club must have a net gain of 5 members...this net gain is from the number of members the club started out the year with on July 1, 2009.

Want to know how your club is doing? Click on www.toastmasters.org. Click on Officer Resource. Then on the left side of the website click on Club Officer – you don't need to enter any information. Just click on the club officer tab...and then click at the bottom of the box the blue DCP reports link. When the link comes up enter your club number and you can see how your club is doing in the DCP points. You don't need to be a club officer to see this... all club members are encouraged to see how your club is doing.

Fellow Toastmasters of District 45 – I commend all of you who have taken an officer role in your club. YOU are the club leaders of the present and the future leaders of the District. I have challenged each Division Governor to train 75% of their officers during the winter TLI. I know each Division Governor and Area Governor has been working very, very hard at putting on quality training that will provide each of your club officers with inspiration and education so that every club can become a Distinguished club. Congratulations to all of you who are helping all of District 45 **Change our Dreams into Realities**.

Join us in Fredericton, New Brunswick for another fabulous conference!!
May 28 -30, 2010.



Education * Contests * Awards * Friends and more....

Lieutenant Governor Marketing



*Wayne Mercer, DTM
Lt Governor Marketing*

A Personal Invitation

During my seven years of being a Toastmasters club officer I have realized the importance of ensuring that every guest receives a warm welcome and an invitation to join the club. I make it a practice to send the following e-mail on the very same night of the guest's visit. It is a simple "cut and paste document" with the guest information inserted as required.

If you are wondering why I send it on the very night of the visit the answer is simple. When the guest opens their e-mail the next morning they have the invitation while everything is still fresh in their minds. I have been told by recipients that the letter was instrumental in them joining Toastmasters.

Please feel free to use it and modify it to meet your club needs.

Dear (new guest name)

It was really great meeting you on (your meeting time) and I am so pleased to hear that you are interested in joining Toastmasters.

The main purpose of Toastmasters is to provide a positive learning experience while teaching you the skills of public speaking. But Toastmasters teaches more than speech writing and delivery. We also have a strong leadership component that I would like to touch upon. During the meeting you witnessed several Toastmasters serving in roles such as the Toastmaster or Chairman, The Table Topics Master and Speech Evaluators.

- **While Chairing meetings (or as Toastmaster):** you learn how to create an agenda, follow the agenda and control the meeting.
- **As a Speech Evaluator:** you learn how to provide feedback on someone's work in a constructive manner.
- **During Table Topics:** you learn how to speak off the cuff on any subject, a skill that we must call upon for many different occasions such as meeting new people in a business environment.

All these skills enhance your personal profile for career opportunities with your employer or that of your business.

When you join you will be presented with the Competent Communication and Competent Leadership Manuals; each has ten projects to complete. Now, before you panic, Toastmasters is a self lead program so you progress at your personal comfort level. Also when you join you will be assigned a Mentor, a seasoned Toastmaster, who will guide you through the Program.

Furthermore each month you will receive the Toastmaster Magazine which is loaded with articles written by fellow Toastmasters that provide you with proven concepts that will enhance the skills that you are developing as a Toastmaster. The Toastmaster Magazine is one of my favourite learning tools.

Lieutenant Governor Marketing – A Personal Invitation continued

One of the greater benefits will be the networking opportunities you will have with all the Toastmasters in your Club, your Area, Division and District.

I have provided a link to the Toastmasters website; in particular, an interesting article entitled "How to Survive Your Ice Breaker." As I committed to you last evening, I am more than willing to assist you in preparing for your first project in any way that I can.

Link:

<http://www.toastmasters.org/Members/SpotlightArticles/HowtoSurviveYourIceBreaker.aspx>.

In closing on behalf of the executive and all the members of (your club name) we invite you to join (your club name)

Yours truly,

Vice President Membership
(your club name and contact info).

Talk Up Toastmasters!
Program Dates: February 1 – March 31

Toastmasters love to talk? So take advantage of it. During the "Talk Up Toastmasters!" membership contest, you can encourage your members to invite guests to a special meeting where regular procedures are augmented by a discussion of Toastmasters' many benefits. Add five new, dual or reinstated members to your roster between February 1 and March 31 to receive a special "Talk up Toastmasters!" ribbon to display on your club's banner. Membership applications and payment for members who join between February 1 and March 31 must be received at World Headquarters or online no later than March 31. Each members join date as listed on the application must be no later than March. Transfer and charter members do not count for credit. Effective July 1, 2009, in addition to the ribbon, qualifying clubs will also earn a special discount code for 10% off their next club order.

CLUB VISITS!!! All clubs should soon be receiving a visit from their Area Governor (if they haven't visited already). Take this opportunity to ask any questions about the Toastmasters Program or inquire about ways that they can help your club. They are there to help and "learn by doing" too.

Public Relations Officer



*Louise Bernier, DTM
Public Relations Officer*

A Social Media Primer

Facebook, Twitter, Blogger, MySpace, LinkedIn, just to name a few. How can we use Social Media to promote and communicate within Toastmasters?

As an IT professional with a more than passing interest in Social Media I'm often asked questions about the variety of "new tools" available on the internet. I thought I would take this opportunity to briefly address four of the most commonly asked questions and concerns that I've heard. Next month I'll further introduce you to how we are already using some of these resources within District 45 and how you may want to use them as part of your own PR plan.

Aside from "how to" questions, perhaps the four most common items I hear are:

- 1) "What is it really? I don't even know what all these sites do."
- 2) "These are great for young people but not for people like me."
- 3) "How secure are these sites?"
- 4) "Ugh, I don't have time for that."

1) What is it?

In my view, the term **Social Media** refers to any media device that allows for two way communication. For example, a website that encourages participants to interact or that allows the readers to participate in a conversation by contributing their ideas as part of the content. Traditional forms of media deliver the message but do not provide a forum for our feedback or comments.

In Toastmasters we all recognize the advantages of two way communication, so it's not so difficult to envision the advantage of being able to immediately respond to information that is posted by others. When we used these tools to connect and network with one another, it is considered **Social Networking**.

2) Is Social Networking a fad? Is this the latest new toy or a useful tool for business?

Would you agree that one of those most powerful and effective methods of promoting is through word of mouth? We tend to trust people when they tell us things first hand or when they offer their personal opinion. Would you rather hire a plumber recommended by a friend or one who you saw in a commercial on TV?

Imagine having the opportunity to hear these first hand opinions from people all over the world. This is the power of Social Media. Millions of people are networking and communicating their ideas and sharing opinions "first hand" with these tools.

Public Relations Officer – A Social Media Primer continued

Some sites do offer the ability to play games, and like any networking event or social activity, you will find that frivolous interactions and conversations do exist, however, just as we choose which events to attend locally, good Social Networking means finding the right sites that lead to more meaningful connections. In Wayne's letter he refers to the "great benefits of networking", and businesses all over the world have discovered the advantages (and in some cases disadvantages) that these Social Media connections can have on influencing their business or organizations reputation. Because of this, I believe we are still in the early stages of what is becoming a very powerful method of communication for everyone, and perhaps even more relevantly, an influential medium for PR.

Here are some definitions for common tools that you may hear:

A **blog** (from the term "web log") is probably best described as an online diary. Most bloggers will write a commentary or their summary of events and then encourage followers to comment further on what they post. These often include pictures, videos or other images such as graphs. Although participants can offer feedback, blogs are not generally used to promote conversation in a question and answer format but rather allow the reader to comment on the bloggers own position. For example, your club secretary may choose to blog the events that happen at each club meeting. Members could then offer comments with their point of view.

Twitter is a tool that allows individuals to write very short, one line, blog entries or "status updates" of less than 140 characters. These are often referred to as "micro blogs" or commonly called **tweets**. Because tweets are very short, they tend to be less time consuming for the Tweeter (the person writing the updates). They are also more frequently posted for readers (Twitter and blog readers are called **followers** because they follow the writer's commentaries). A sample Toastmasters' tweet might say something like..."Did you know that a club succeeds when it's members succeed"

Chats are live conversations through the internet. Many tools exist that allow individuals to talk to one another while they are both logged onto the same chat tool at the same time. I might chat with Sue about Toastmasters business in an effort to save the cost of telephoning her.

Online **Forums** are areas set up on the internet for users to share their thoughts and ideas. These are perfect for global discussions and conversations. Unlike chats, online forums are not necessarily live, so readers can view them whenever it is convenient for them. A Toastmasters Forum might start with a question like..."What educational would you like to see offered at the Spring Conference?" Hopefully this would start a great conversation about what Toastmasters want

Facebook, MySpace, LinkedIn and over a hundred others sites are really just websites that have been designed to combine blogs, chats, forums and status updates so that they can all exist within the same site. Each of these presents a different format and caters to different online audiences. They differ in how private or public they are and also in how they allow their members to contact one another but the general theory behind the tools is the same.

3) This leads us to the popular question about security.

We've all heard of instances where individuals have had their ID stolen or where internet tools have been misused. I'm not going to tell you that it never happens. However, like any resource that we have at our disposal, I believe it all comes down to safe practices. We have to learn how to use these tools effectively.

Public Relations Officer – A Social Media Primer continued

I know I'm dating myself when I say that I can remember when the telephone line at our cottage was a "party line". In rural areas, individuals shared a telephone line. Each neighbour had their own distinctive ring and you only knew who the call was for by the length and tone of that telephone ring. When you picked up the handset it was not uncommon to hear one of your neighbours deep in conversation. We quickly learned that there were some things that were simply not discussed on a "party line".

When the internet was first introduced it was feared by many. My father still has concerns about having "that internet" in his house. Yet many of us have learned to use the tool as an essential source for research and global information. Governments, banks and so many businesses now use the internet as their primary information tool. It's been said "if it doesn't exist on the internet, it must not exist."

I could spend the next few months talking about different security settings on Social Networking sites, but instead I will simply sum it up by suggesting that everyone learn what privacy and security features exist on the tools you use. Learn to practice safe networking techniques and remember some of those childhood warnings that you learned about the dangers when talking to strangers. Don't avoid Social Media. Know your audience. If you wouldn't include something in a speech to your club, then it probably doesn't belong in a Toastmasters blog or on a forum.

4) The last concern that I've heard about Social Networking is how it is "a great time waster".

Have you ever attended a party only to discover ten minutes after you arrived that it was going to be a big waste of time? We probably all know people who seem to constantly be on Facebook, or those who are always annoyingly checking their e-mail. The quantity and quality of networking is individual and it also depends on the purpose that YOU hope to achieve. Like any modern technology there are some basic etiquette and common sense principles that should apply.

I admit, I have some days when I spend very little time online and then on other days I have a dozen great internet conversations (some of them with friends in District 45 and other Toastmasters friends who I've connected with from all over the world). I dare say that sometimes it's even part of the networking game to have very frivolous (but fun) conversations. Those can be especially meaningful when they are with a niece or nephew. Networking can take time, but YOU get to choose what you hope to achieve and the benefits of the medium for you.

I believe the opportunities provided through Social Networking will rival the benefits of the telephone and e-mail for two way communication soon. True, like e-mail, Social Networking does not allow us to hear the participant's tone of voice or inflection, and things can be misinterpreted. When you think about it, this is also true of the telephone when you remember that we can't see body language. Next month, I'll write a much briefer article introducing you to a few examples of how some Toastmasters are using these tools to their club's advantage. If you are not already a participant, you can make the decision whether or not you are ready to do some Social Networking; or perhaps more accurately, if the Social Networks are ready for you.

Articles and pictures for the March newsletter should be submitted by Mar 5, 2010

Do you know a Toastmaster who is **Changing Dreams into Realities**? Send your stories about club and individual success to louise.bernier@toastmasters45.com

Special Recognition



Triple Crown Achievers

Attain three or more educational awards before June 30, 2010 and you will be recognized as a **“District 45 Triple Crown Achiever”**. You will be recognized in the newsletter and on the District website, and you will get special recognition at the Spring Conference in Fredericton in May!

Congratulations to our newest Triple Crown Achievers who has achieved this honor as of Feb. 10.

Pattie Abrams has achieved a Competent Communicator, a Competent Leader and an Advanced Leader Bronze award at the True Blue Club.

Alain Guy Bilodeau has attained a Competent Communicator for the Harbourside Club to add to his Advanced Leader Silver and his Distinguished Toastmaster award which he achieved in the Fall for the Kennebecasis Club and the Advanced Dawn Breaker Club.

Well Done! Congratulations to all for **Changing Dreams into Realities**



Club Anniversaries

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

Saint John Club	Club #: 1479	Est: 03/01/1954	(56 years)
Lakes Region Toastmasters Club	Club #: 2559	Est: 03/01/1969	(41 years)
Kennebec Valley Toastmasters	Club #: 1468	Est: 03/01/1977	(33 years)
Keene Toastmasters Club	Club #: 1562	Est: 03/01/1983	(27 years)
True Blue Club	Club #: 6871	Est: 03/01/1991	(19 years)
Sussex Toastmasters Club	Club #: 5386	Est: 03/01/1995	(15 years)
Advanced Dawn Breaker Club	Club #: 4502	Est: 03/01/1999	(11 years)
PLGS Toastmasters Club	Club #: 7427	Est: 03/01/2000	(10 years)
Civil Speakers Club	Club #: 6423	Est: 03/05/2003	(7 years)
ADI Group Toastmasters Club	Club #: 746503	Est: 03/30/2005	(5 years)
Faithfully Speaking Toastmasters Club	Club #: 974612	Est: 03/20/2007	(3 years)
Karner Blue Toastmasters	Club #: 983146	Est: 03/31/2007	(3 years)
Burnt Toast	Club #: 1284277	Est: 03/16/2009	(1 year)
McCain Talking Together Toastmasters	Club #: 1299667	Est: 03/12/2009	(1 year)



Club and Area News

The Toastmasters of Milford are hosting their 5th Annual Speech Jam and are looking for participants.

This event is tailor designed for YOU. The Speech Jam provides Toastmasters an opportunity to speak on stage, under bright lights, and in front of a big audience. Do you have it in you?

Twelve speakers from Toastmaster clubs across New England will speak in three 1-hour sessions. Each speaker will receive a constructive evaluation from an experienced Toastmaster designed to help him or her improve.

A \$5 Donation will be requested at the door in support of the Souhegan Boys and Girls Club.

Date, Time, and Location: March 20, 2010 (Saturday), 1:00 – 5:00 p.m.
Amato Center (Located inside the Souhegan Boys and Girls Club)
56 Mont Vernon Street
Milford, NH

Inquiries to: Glenna Kakos at 603-878-6199 or glennak03048@aol.com

Here's a look at how some members are ensuring that their club gets noticed. Great PR!

Triathalons and cars discussed at Toastmasters

MOULTONBORO — Bob welcomed the members and guests Robin Logel of Sandwich, Nancy Wright of Moultonboro, Chief Doug Wyman of Sandwich and Vern Goddard of Moultonboro. Our Toastmaster and new member Carol Goddard, a former toastmaster and past president of a club in Waltham, Mass. stepped up to the lectern and did a great job leading our agenda.

Carol introduced our featured speaker Tom Dawson, a Moultonboro Toastmaster, who presented his second speech titled "T1 & T2."

Tom demonstrated during his talk about beginning the Triathlon Transitioning from "T1 & T2." Tom displayed the com-

plete equipment needed to complete the four-hour race, even his bike was set-up for training and the room was used for the Transition area. We were the spectators in the spectator section with a copy of the track to follow the procedure of the transition. The transition area is where you place all of your equipment before your race to be able to quickly change over from swimming to cycling and cycling to running.

Tom performed each stage in actual gear and after coming out of the water (the room) was assisted by Doug Wyman of Sandwich to quickly remove his swimming gear as time is the challenge in a Triathlon. We all learned how much equipment, prepara-

tion and positioning is involved as well as being prepared physically and mentally to compete in the four-hour race. Tom completed the race in seven minutes and didn't break a sweat.

Harold Maxham did an Off the Cuff Speech explaining how to buy a new and better car by searching out what you want and the method he used and still maintain the same monthly payments. Harold has several off the cuff speeches remaining and will be presenting them at various meetings.

Our newest member Jim Leiterman did his Ice Breaker speech. Jim is from Moultonboro and spoke of his trip to Yellowstone Park, and on the effects of hearing about the



Tom Dawson, Dianne Chase, Carol Goddard and Jim Leiterman.

COURTESY PHOTO

attack on the World Trade Center Towers and the feeling he and his wife felt. As we all know the tragedy will long be remembered by all of us and where we were when it happened.

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*More Club and Area News***Employee of the Year Nominations**

There are hundreds of employees at the NH Dept. of Environmental Services and two Karner Blue Toastmasters have been selected by DES Commissioner Tom Burack as candidates for the 2009 Employee of the year. Commissioner Burack presented each of these outstanding KB Toastmasters with their certificates in a ceremony at the department in December.

Jessica Morton is one of the charter members of the Karner Blue club which will celebrate its 3rd anniversary on 3/31/10. Jessica has served as the clubs SAA and VPE. Jess has competed in both the Humorous speech contest as well as the Evaluators contest at both the club and area level. Jess achieved her CC in and is a strong supporter of the KB club.

Linda Magoon joined the Karner Blue club in the fall of 2009 and attends the noon time power lunch meeting. Linda has wowed us with her speeches on her many varied interests from sky diving, mushroom hunting, and performing in her own blues band.

District 45 Salutes both Jessica and Linda and the Karner Blue club for **Changing Dreams into Realities.**



Linda is on the left, Commissioner Tom Burack is in the middle and Jessica is on the Right.

Are you ready for Spring Conference?

**Join us in Fredericton, New Brunswick for another fabulous conference!!
May 28 -30, 2010**

At the Crowne Plaza Fredericton Lord Beaverbrook.

Get ready for some exciting presentations! In addition to a special visit and presentation from our Region VII International Director, Annelie Weber, DTM, we are delighted to announce the following presentations:



Chairman / Toastmaster: Procedure and Methodology Demonstrated in Words and Actions

Many members gladly give a speech but shake in their boots when it comes to undertaking the Role of Chairman / Toastmaster (Toastmasters International has declared the word "Chairman" to be gender neutral). The reason? It's because very few clubs have an intimate knowledge of the correct procedures of Roberts Rules. This educational will help you understanding the nuances and methodology of the role of Chairman, when either conducting a business meeting as a function of a Toastmasters meeting, or in any other Public Forum.

Roberts Rules of Parliamentary Procedure are the mainstay of business meeting functions. As a result, understanding these rules is a necessary requirement for any person wishing to be both comfortable with, and cognisant of, how to conduct themselves in any format of the business meeting environment.

John Newman ACG, CL has been a Toastmaster for the past seven years. He has been actively involved in speech competitions, up to District 45 placing 3rd in 2006. He has held most executive positions including President of Premiere (Charlottetown) twice, and the Advanced Club Spotlight. John strives to help fellow club members step out of their comfort zone, to become competent and successful in areas they would like to improve their personal skills. John's forte is developing verbal skills in his member Toastmasters, striving to improve grammar and syntax in members through encouraging evaluations.

John is now retired from his lifelong involvement in dairy farming. He's also taught agricultural mechanics for many years in trade school, and for six years was Operations Manager at the Halifax Ocean Grain Terminal. He now holds the position of "odd job man" helping out on his daughter and son-in-law's dairy farm on Prince Edward Island during the summer. In the winter John pursues his love of carpentry, building fine furniture from lumber harvested from his wood lot. John and his wife, Carol, now devote themselves to their two granddaughters, living next door to the farm.

Spring Conference Educational Information cont.**What are you Communicating?**

Toastmasters is synonymous with communication, not only during stage time but in meetings, in our relationships, in the workplace and at home. In this presentation, Sheila Kelly will deepen your understanding of how you are showing up at Toastmasters and in the world. As well, you will take away a focus tool to add to your communications tool box.

Sheila Kelly, CC is a professional coach, certified by the prestigious Coaches Training Institute. A coaching pioneer in Nova Scotia, Sheila has worked with hundreds of middle and senior managers over the past ten years, individually and in groups. With a natural curiosity and a laser-like ability to get to the heart of what's going on, Sheila challenges her clients with probing questions and razor sharp insights.

Sheila's quiet manner belies her boldness and audaciousness. Sheila strives always to serve and add value in all that she does. Clients include Canada Post, Maritime Travel, Delta Hotels, and all levels of government.

A Toastmaster for two years, Sheila is a charter member of two clubs and is currently serving as a club mentor.

Judging – the Key to Effective Contests

Judging is an important component of any speech contest because good judging increases the likelihood that the contestant that best fits the criteria for the contest will be named winner. When this happens, contestants are usually satisfied and so is the audience. When the audience and the contestants are unhappy with the results, it can discourage people from competing or attending contests in the future. This workshop will discuss the judging criteria for the International speech contest and the Table Topics contest.



Heather Perkins, DTM has served as District 45 Governor twice. She has competed in various speech contests and she has judged at all levels, including twice at International. Heather has served as Chief Judge at Club, Area, Division, District and Region. She has probably attended more speech contests than any other D45 Toastmaster having attended over 80 contests at the District level or higher. Heather's profession is a program evaluator and as such she is continually examining whether programs achieve the intended results. Heather has taken an interest in judging at various levels and wants to help ensure that, as a District, we have effective judging so both participants and audience are happy with the outcomes of the contests.

Spring Conference Educational Information cont.

Motivating to Higher Achievement

One topic but with two different slants. You'll take away ideas to help boost your own energy and drive, as well as helping to inspire those within your club.

Making Motivation a Habit

Is your energy low? Are you just going through the motions? Are you looking for ways to motivate yourself or others? If so, this session will help you get ideas that you can use at home, work and everywhere in between. Get ready for an interactive session where you'll learn motivation basics, what factors we can control to boost our motivation and different types of skills to help build and maintain high levels of motivation. Get ready to rock!

Liz Brisson, CC, CL is actively involved in a newly chartered club located in Littleton, NH. Prior to moving last year, she was an active member and volunteer for three years at Amoskeag Better Communicators in Manchester, NH serving as the VP of Education. Additionally, Liz was a member of an Advanced Toastmasters Club, Excel-Orators. Liz is a Senior Marketing Consultant for MetLife and is living the simple life with her husband in Vermont's Northeast Kingdom generating their own power using solar and wind.



Toastmasters as a Spiritual Practice

Three years ago, I began Toastmasters and a spiritual training program at the same time. I looked at them as two completely separate pursuits: one was polishing external speaking skills; the other was building internal living skills. Three years later, it's clear that they both support me in claiming my right to stand up, be seen, and live a more fulfilling life. In this session, we'll look at the spiritual lessons at work in the Toastmasters program and how you can benefit from being aware of them.



Leah Carey is a member of White Mountain Toastmasters in Plymouth, NH, as well as a charter member of the new club in Littleton, NH. In her first year as a Toastmaster, she competed at the District level of the 2007 International Speech Contest. She works as a Self-Empowerment Coach and Workshop Leader, supporting people in telling their personal stories in writing and on stage. You can find her online at www.leahcarey.com.

Educational Achievements received in Jan 2010



Congratulations to all those Toastmasters who achieved one or more educational and leadership awards so far in 2009-2010. Here is a list of those individuals who achieved awards in Jan, 2010

Competent Communicator Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Teachout, Woden	Speak-Easies Club	1/1/2010
Findlay, Lynne	Capital Toastmasters	1/3/2010
Liu, Ya Mu	Saint John Club	1/5/2010
Jacobs, Rebecca E.	Running Hill Toastmasters Club	1/6/2010
Drisdelle, Rosemary S.	Schooner Club	1/6/2010
Welch, Regina	Granite Place Club	1/12/2010
Paquette, Joan	Yarmouth Toastmasters Club	1/13/2010
Abrams, Pattie	True Blue Club	1/18/2010
Browning, David A.	Speakeasy Toastmasters Club	1/19/2010
Anderson, Kathy S.	Capital Toastmasters	1/25/2010

Advanced Communicator Bronze Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Miller, Bruce	Faithfully Speaking Toastmasters Club	1/13/2010
Harding, Wendy P.	Valley Health Toastmasters Club	1/13/2010

Advanced Communicator Silver Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Fedus, Jonathan Eric	Keene Toastmasters Club	1/21/2010

More Educational Achievements received in Jan 2010

Leadership Awards



Competent Leadership Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Anderson, Kathy S.	Capital Toastmasters	1/4/2010
Francesco, Susan	White Mountain Toastmasters Club	1/4/2010
Terranova, Joann	Brunswick Toastmasters	1/5/2010
Jacobs, Rebecca E.	Running Hill Toastmasters Club	1/5/2010
Brooks, Dorothy M.	Brunswick Toastmasters	1/6/2010
McGregor, Randall	ACOA NB Speakers Choice / Choix des Orateurs Apeca NB	1/15/2010
Abrams, Pattie	True Blue Club	1/18/2010
Tripp, Mary A.	Dirigo Toastmasters Club	1/20/2010
Alcorn, Leslie M.	Concord Toastmasters Club	1/22/2010

Advanced Leader Bronze Award

Vaughan, Charley	Faithfully Speaking Toastmasters Club	1/2/2010
Scott, Melinda	ACOA NB Speakers Choice / Choix des Orateurs Apeca NB	1/4/2010
Hachey, Sandra	NoonTalkers Toastmasters Club	1/27/2010

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