

January, 2007



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## District 45's Newest Triple Crown Achievers



Congratulations to the following three District 45 members who have recently achieved Triple Crown status by earning at least 3 educational designations.

**Lucy Paine Kezar** earned 2 Competent Leader designations and a Competent Communicator designation. Lucy is a member of the following Area 10 Clubs: Excel-Orators Club #4557, Exeter Speak-Ups Club #8700, Ad Libs Club #7673.

**James McMorran** earned his Advanced Leader Silver, Advanced Communicator Gold and Distinguished Toastmaster designations. Jim is a member of Sears-Halifax Club #1555 and Speakeasy Club #8183.

**Brenda Saunders/Todd** earned a Competent Leader, a new Competent Leader, an Advanced Communicator Silver and a Advanced Communicator Gold. Currently serving as Area 11 Governor Brenda is a member of Spirit-Ed Club #5375, Sackville Club #4588, TIC Talkers Club #9307 and Toast of the Coast Club #4592.

Congratulations to Lucy, Jim, and Brenda!

*To be recognized as a Triple Crown Achiever, a District member must attain three or more Educational Achievements (CC, ACB, ACS, ACG, CL, new CL, ALB, ALS and DTM) in the Club Year (1 July 06 to 30 June 07). For more information on this program please see the District 45 Website!*

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## District Governor



Dan Bell, DTM  
District 45 Governor

### Resolutions!

Resolutions! It's the thing to do for many of us at New Year's. I wonder how many of us are still on track. I've broken so many of them that I've stopped treating my resolutions like public service announcements. After all, resolutions are commitments. Have you, like me, ever felt slightly embarrassed or guilty when sheepishly admitting to friends and family that it's over? I have avoided this in 2007 by simply not making any resolutions ...except one.

I resolve in 2007 to deliver my manual speeches at my Toastmasters club when scheduled! There! I've done it...it's out in the open for all Toastmasters to hear! Why is this resolution so important? It's important because I not only let myself down, I let my club members down when I cancel my speech. We should expect at every club meeting to have at least one speaker on the agenda. When members cancel at the last minute, even if it still leaves one or two other speakers on the agenda, it creates a void that often gets announced at the meeting by the club VP Education; part of the dastardly "changes to the agenda".

At a recent club meeting, we had no speakers! I scrambled to gather my thoughts during the business meeting and delivered a speech from the Basic Manual. I had been working on it but it wasn't polished; however, I was not going to allow the meeting to function without a prepared speech. I am not the first, nor will I be the last to pull this off. What resulted, however, was a delivery that was good but not up to my expectations and certainly not to those of my colleagues.

It's important that we keep our commitments to speak. Here are some guidelines we should follow to help us deliver our speeches when planned:

- Commit to a speaking date and stick to it. Plan, prepare, and practice our speech with the aim of keeping our commitment. Our fellow members will appreciate our contribution to an educational and fun meeting.
- If we are not fully ready to give our speech, inform the VP Education immediately, but make this decision at least three days before the meeting. It provides time to adjust the agenda beforehand and reduce the changes to the agenda.
- If you have to cancel at the last minute but you are still attending the meeting, offer to give an educational presentation from the Better Speaker or Successful Club series. These modules have prepared scripts and provide an opportunity to deliver useful information, tips, reminders, and even perhaps generate a Q&A session for members.

Our club mission statement defines our meetings as opportunities for building self-confidence and personal growth. By fulfilling our speaking obligations, we provide these opportunities not only for ourselves, but for our fellow members as well. Let's keep our O.N.E. commitment this year...to speak!

### Club Anniversaries Recognized

Eight clubs in District 45 are celebrating anniversaries in January, 2007.

Congratulations the following clubs and their members.

**Ecotoasters Club #8518**, Area 5, Division B—**8th Anniversary**.

**Lewiston-Auburn Club #1741**, Area 6, Division B—**50th Anniversary**.

**Milford Club #5785**, Area 7, Division A, **17th Anniversary**.

**PROSPECT'S PEAKERS Club #735068**, Area 19, Division C—**2nd Anniversary**.

**Sunrise Club #4450**, Area 11, Division D—**4th Anniversary**.

**Ten Beaches Club #787667**, Area 18 Division D—**1st Anniversary**.

**Top of the Town Club #5321**, Area 16, Division A—**5th Anniversary**.

**Winning Spirit Club #4921**, Area 2, Division C—**12th Anniversary**.



### Review Club Success Plans

January is a great time for Club Executives to review their Club Success Plan for 2006-2007 and to make any necessary adjustments in order to meet your Club goals. Re-member, Distinguished Club status should be the **minimum** goal for every club.

January also a great time to recognize member achievement and encourage members to set goals for the rest of the Club Year!

## Lt Governor of Education & Training



*Heather Perkins, DTM  
Lt. Governor of Education & Training*

### Choosing an Advanced Manual

Congratulations! You've just completed your Competent Communicator designation. Maybe you've just completed an Advanced Communicator designation. Now you're facing an important decision. Which manuals should you choose?

There are currently 15 advanced manuals from which to choose. You can choose areas that are of greatest relevance to you in your work or areas that are just of interest to you. One consideration you should keep in mind is the length of each project in any particular manual. The projects in the Special Occasion manual are five minutes or less. Projects in the Discussion Leader may take 40 minutes. Can your club accommodate a presentation that long? Do you have time to prepare a presentation that will take that long? Some projects in the Discussion Leader, Communicating on Television and Interpersonal Communication manuals require you to involve one or more other members in your presentation. You need to ensure there are those you can count on to help you with these projects.

You may find that you are drawn to certain manuals. For example, I initially chose manuals such as Speeches by Management, Technical Presentations and Speaking to Inform. I chose these manuals because I was comfortable with the types of speeches they require. I avoided manuals such as Storytelling and Interpretive Reading because they required me to step outside my comfort zone. When I finally decided to tackle the Interpretive Reading manual, I couldn't believe how much fun I had! Yes, it was challenging. Yes, it required me to do speeches I wouldn't normally give. But it made me try new things and I learned a lot from doing those speeches.

When you choose advanced manuals, consider choosing ones that will take you outside your comfort zone. You may be surprised how much you might enjoy the projects. You'll definitely be pleased with how much you'll learn from the challenge. Take *OWNERSHIP* of your continued learning, *NURTURE* your creativity and *EMPOWER* yourself though accepting new challenges.

### Taking the Next Leadership Challenge

Have you ever wondered what an Area Governor does or how you become an Area Governor? Have you ever thought about becoming an Area Governor? Being Area Governor can be one of the most enjoyable learning experiences you will have as a Toastmaster.

Anyone can be Area Governor. You will probably find the job easier if you've been a Club President or VPED but it's not absolutely necessary. You will receive training from the District and you will be provided with resource material to help you fulfill your duties. You will also receive ongoing support from the Division Governor and other District officers.

As with any role within Toastmasters, what you get out of it has a direct relation to the effort you put into it. The minimum requirements for an Area Governor are to visit each club in your Area twice and to complete the visit form. You are also expected to arrange the fall and spring Area contests. However, the District expects more from you as Area Governor. We expect you to be in monthly contact with your clubs, either through visits or by phone or email. We expect you to attend and participate in both Toastmasters Leadership Institutes. We also expect you to attend the District training and the District conferences.

In addition to those expectations, there are other challenges we hope you'll accept as Area Governor. Some of those additional challenges include holding a couple of Area Council meetings; attaining an additional educational or leadership designation; identifying new club opportunities; helping to build new clubs when the opportunity arises or help rebuild weak clubs as necessary and identifying potential District leaders from within your Area including your successor.

This may seem like a big commitment. It is! It does require a significant time commitment, particularly if you have distant clubs. While most of your expenses will be covered by the District, District funds are limited and you may incur expenses that will not be covered. These are usually not significant amounts but you should be aware of it.

If being Area Governor will cost you time and maybe even money, why should you consider it? You should consider it because of the value of the experiences you will receive. You will have many more speaking opportunities than you would normally have just at your own club. These speaking opportunities are in front of Toastmasters other than your own members – this helps take you outside your comfort zone and grow as a speaker. You will also develop your leadership skills. Clubs will look to you for advice about their challenges and by

Please see **Leadership Challenge** on page 4

## Lt Governor of Marketing



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

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

As we start the second half of our year, we need to focus on the mid-year review. Start by reviewing your individual club status on number of members and renewals. Continue to stay in contact with recent members that did not choose to renew this term, encourage them to come back. Virtually all Toastmaster Clubs need new members. Even though a club may currently enjoy a healthy membership roster, that could change as members move, change employment or leave after reaching their speaking or leadership goals.

Many clubs are unaware that conducting a simply membership-building contest will push their roster in the right direction. Look on TI’s website for some ideas. There are two excellent complete club-based contest descriptions available, both are free of charge, “Membership Building 101” (Catalog # 1622) and “A simple Membership Building Program” (Catalog # 1621). These can be downloaded and printed very easily. It is as important to maintain the present members as it is gathering new members, remember *“Maintaining seasoned Toastmasters can only strengthen the development of new members.”*

Another valuable report available on the Web site is for prospective new members under the “District Performance Reports” that post prospective clubs. You can review the information listed and check on the progress. Sometimes you may even learn about a forming club that you didn’t know of and you can contact them to provide support. Our District has several leads, if you are interested in supporting a future club, contact your Division Governor for available leads in your area.

Remember to take part in this years theme by expressing O.N.E., Ownership, Nurturing and Empowerment.

### Talk Up Toastmasters!

#### Membership Contest February 1—March 31, 2007



During the **Talk Up Toastmasters** membership contest, encourage your Club’s members to invite as many guests to your club’s meetings as possible. Consider conducting a special guest meeting, where you conduct a regular meeting, but also specifically discuss the benefits of Toastmasters members receive as they participate in the program. Add five new, dual or reinstated members to your club roster between *February 1 and March 31*, to receive a special **Talk Up Toastmasters** ribbon to display on your club’s banner. The club will also earn a choice of one module from The Better Speaker Series, The Successful Club Series or the Leadership Excellence Series.

Membership applications and payment for members who join between February 1—March 31, must be received at World Headquarters or online no later than March 31. Each member’s “join date” as listed on the application must be no later than March. Transfer and charter members do not count. There is no need to apply for this award. Your club is automatically entered when the first new member application is received in February.



reprinted from “2006-2007 Membership Building Contests” brochure published by TMI

#### Individual Member Contest

Don’t forget members, the Individual Membership Contest also sponsored by WHQ, as detailed in the September ‘06 issue of the CanAm Link will continue to run until June 30/07! Visit the District 45 website for further details. The website address is:

<http://www.toastmasters45.com>

#### Leadership Challenge

Continued from Page 3

helping them, you develop your leadership skills and your knowledge of Toastmasters.

There are costs to being Area Governor but there are many more benefits. You need to weigh these costs and benefits and I’m confident that the benefits will far outweigh the costs. Take the next leadership challenge. Become an Area Governor.

## Public Relations Officer



Wendy Harding, DTM  
Public Relations Officer

### The Club Website

In recent years the club website has become arguably the most valuable Public Relations tool that can be utilized by clubs.

Currently forty-two of District 45's ninety-six clubs have a presence on the Wild World Web. There are also a few corporate clubs who have in-house sites or "folders" on their corporate computers that are accessible only by club members.

Why are websites so popular? They are both informative and educational in nature. Sites can be used to inform **non-members** of the Toastmaster Program and about the club in particular. It can inform non-members of when the club meets and about the goals/mission of the club in particular and can be used to gain new members.

Web sites are also a great way to keep **members** informed of upcoming events, achievements by members, what is happening in their club, etc. (It is extremely important however that no personal information about club members – addresses, phone numbers etc – be accessible by the general public, only by members).

Some folks question if the website is going to replace the club newsletter. I feel there is a very real place in the club for both. An informed membership is a stronger membership. Use both options to keep members "in the know". The District feels club newsletters are important enough that we continue to recognize the club with the best newsletter.

If your club doesn't currently have a website, I have exciting news! *FreeToastHost.org* is a web-hosting service created by a Toastmaster for all Toastmasters. The best news? It's free and you don't need to be a computer genius or a web site guru to create your site.

*FreeToastHost.org* provides a pre-designed Web site with many colors and design templates to choose from. It provides a suite of online tools and applications that can be utilized, by you...a web designer! With a time investment of only about an hour, your club will have a website which can be further developed and refined as time goes on to meet the needs of your club's membership.

The District 45 feels that websites are such an important tool for clubs that there is a Website competition. Every club website is visited and rated by the District Public Relations Officer with the top two sites being recognized at the District 45 Spring Conference.

Why not create a new website or update your existing website and use this important tool in your club's Public Relations arsenal.

### District 45 Website Contest

All club websites are judged on the following criteria:

#### Content

- \* Is content focused on achieving the Toastmaster's mission?
- \* Does the website have 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?
- \* Does the website's appearance 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?



**Important Announcements**

IN MEMORIAM

Deepest sympathy is extended to Heather Perkins, District 45 Lt Governor Education & Training and her family on the passing of her husband John.

District 45 also mourns the recent passing of two long time members Perry Munroe and Ken Whaley.

**Perry A. Munroe**

Perry passed away on New Year's Eve, December 31, 2006. Perry was known and liked by many toastmasters throughout Maine and beyond. During his 30 or so years of membership he encouraged, mentored and served individuals and clubs, serving as the President of the Lewiston/Auburn Club # 1741 several times. He went beyond the Lewiston-Auburn club and served as Area 6 Governor, attended meetings of many of the Area 5, 6 and 14 clubs to support them. Although public speaking was important in his civil service career, he maintained his club membership after retirement and rarely missed a meeting. He especially enjoyed participating in Humorous Speech competitions throughout New England and entertaining family and friends with stories of growing up in Maine. He was truly a Toastmaster's toastmaster.

**Kenneth Whaley**




A member of Fredericton Club #2204 for several years, Ken passed away January 16, 2006 with complications from MS, a disease Ken bravely fought for twenty-two years.

A geologist by education and trade, Ken continued to prospect for gold and other precious minerals and stones, venturing on prospecting trips as recently as November.

An active member, Ken and his attendant Ross Grant were fixtures at club and Area 13 and 19 events. A much loved and respected member, Ken taught fellow club members about humour, respect, motivation and courage as he shared stories about his prospecting trips and his life. He will be sorely missed.

**District Performance 2006-07 Scorecard**

To January 12 2007

Topic	Requirement	Achieved to Date
Planning	High Performance Plan Be Submitted by Sept 30th	
Training	85% of Division Governors & Area Governors Trained	
Clubs	94	
Membership (number of semi-annual dues payments)	3952	1921
Competent Communicator Designations Earned	135	54
Advanced Communicator Designations Earned	38	28
Leadership Designations Earned	92	29

**Educational Designations Earned**



EDUCATIONAL DESIGNATIONS EARNED Posted to January 12, 2007

Award	Date Awarded	Member Name	Club Name
<b>Competent Communicator</b>	December 8, 2006	V. June Connell	PLGS Club
	December 18, 2006	Regina Kaniak	PROSPECT'S PEAKERS Club
	January 3, 2007	Richard C. Berman	Nashua-Hudson Club
	January 3, 2007	William D. Tighe	Kearsarge Sunapee Speakers Club
	January 4, 2007	Dave W. Osborne	Sears-Halifax Club
	January 11, 2007	Sharon D. Dow	Golden Club
<b>Advanced Communicator Bronze</b>	December 14, 2006	David A. Hubley	Sears-Halifax Club
<b>Advanced Communicator Silver</b>	December 13, 2007	Marcia Wyman	Concord Club
	December 18, 2007	Shane P. Walsh	Civil Speakers Club
<b>Competent Leader</b>	January 8, 2007	William D. Tighe	Kearsarge Sunapee Speakers Club
<b>Leadership Excellence</b>	December 1, 2006	Michael F. McCann	Verhamphshire Vocalizers Club
	December 1, 2006	Brenda Saunders/Todd	Sackville Club



**Are Your Members "Half-Way There"?**

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

**"Old" CL Still Available**

You may still apply for an "old" Competent Leader designation until June 30, 2008. To apply for this designation, you must have a CTM or CC designation, served as a club officer and participated in the preparation of a Club Success Plan, participated in officer training as a club officer, and conducted any two programs from The Successful Club Series and/or The Leadership Excellence Series. To apply for this designation, you must either fax your application to World Headquarters or send it by mail. You **cannot** apply for this designation on-line.

## Plan Ahead....

### Second Annual Debate Night Held

By Pat Day, ATM-S/CL  
President  
Speak-Easy Club #3948



Photo by Cathy Bryanton

Speak-Easy Toastmasters Club #3948 of Summerside, PEI held its second Annual Debate Night January 17.

The spirited debaters were in two teams. *Team West*, dressed in black, was comprised of Edith Hogan ATM-B/CL, Nancy Baglole CTM and Rena Gaudet CTM/CL. *Team East*, dressed in white, included Gerald Bryanton, Virginia Affleck and Pat Day ATM-S/CL.

The topics debated were:

- Eliminating the penny from the Canadian Currency system
- Enforce mandatory healthy foods only in our schools
- Implement a mandatory religious study program in secondary schools

Newly inducted member Kitty Brothers timed the debaters while Geraldine MacKendrick CTM, former Toastmaster Giselle Martin, and Susan Frellick CTM from Confederation Toastmasters evaluated. Robert Henderson CTM competently acted as moderator/toastmaster and Chair Yvonne Gallant CTM was chief judge for the evening.

*Shown: Team West Nancy Baglole, Rena Gaudet, Edith Hogan. Moderator Robert Henderson and Team East Gerald Bryanton and Pat Day. Missing from photo is Virginia Affleck, Yvonne Gallant, Geraldine MacKendrick and Kitty Brothers.*

### District 45 Spring Conference Planning Underway

Start planning and join us at the District 45 Spring Conference in Halifax, Nova Scotia, May 25th to 27th, 2007. The conference will be held at the Holiday Inn Halifax Harbourview located at 101 Wyse Road, Dartmouth, NS.

A block of rooms has been set aside under the name Toastmasters International District 45 at a rate of \$124.00 + taxes single or double occupancy. The rooms will be held until April 13, 2007.



Reservations: 1-888-434-0440  
Email: [info@hiharbourview.ca](mailto:info@hiharbourview.ca)  
Web: <http://www.holidayinn.com/harbourviewns>

### The Contests Are Coming! The Contests Are Coming!



Yes Fellow Toastmasters, it's almost time to start another round of contests! In the Spring, we in District 45 hold our International Speech contest and the Table Topics contest. Planning should soon be underway for you Club contests!

To ensure that you have all the materials you require for your contests, please refer to the back page of the 2007 Speech Contest Manual (sent to Club Presidents of record in October, 2006). All materials are available for purchase on-line at <http://www.toastmasters.org> or in the Toastmasters catalogue.

## Division C Toastmasters Leadership Institute

### Division C Toastmasters Leadership Institute Held

On January 13, 2007 ninety Toastmasters from around Division C met at Head Hall on the University of New Brunswick campus in Fredericton to attend the Division C Toastmasters Leadership Institute.



A jam-packed agenda was arranged by Past District 45 Governor Carl Duivenvoorden, DTM, Chair of the organizing committee.

Members from around the Division took part in the program. Feature presentations included:

**Helping Your Members Become Competent Leaders:** Jim Kokocki, DTM, Past International Director, Saint John Club

**One-to-One (Mentoring):** Jeanne-Mance Cormier, Hub City Club

**Running Successful Contests:** Dave Fraser, DTM

**Thought Transfer: The Next Toastmasters Education Method:** Brian Shanks, PLGS Club

**A Fun Presentation on Table Topics:** Andrew Sullivan, Civil Speakers Club

**Club Success Plan—You Have What it Takes:** Mark Dykeman, Valley Club

**What Toastmasters Can Learn from Actors and Musicians:** Gary Belding, Fredericton Club

**An Overview of Personal Coaching:** Eric Landry, Bathurst Club

**Simply the Best: Keeping 'Em Motivated Beyond CC:** Dana Lloyd

Officer Break-Out Sessions were lead by:

President – **Laverne Lewycky**, ABU Stasis Club

VP Education – **Doug Jones**, Riverview Canusa Club

VP Membership – **Bob Daigle**, Civil Speakers Club

VP Public Relations – **Don Dickson, DTM**, Harbourside Club

Secretary – **Wendy Harding, DTM**, District 45 Public Relations Officer, Valley

Health Club

Treasurer – **John Olsen**, Advanced Dawn Breaker Club

Sergeant-At-Arms – **Cliff Fournier, DTM** Past District 45 Governor, Golden Club

Other Members taking part:

Inspirational Thought: **Ann McCosh**, Miramichi Club

Quiz Master: **Amelie Landry**, Club AcadiUM

Fines Master: **Alan Young**, Grand Falls/Grand-Sault Club

Timers: **Orawee Silpsrikul**, UNB Club, **Teerarat(Q) Pattanaparadee**, UNB Club, **Hirvelt (Vilo) Pierre-Louis**, ACOA Speaker's Choice Club

Joke of the Day: **Moranda van Geest**, Sussex Club

Electronic Technician: **Orawee Silpsrikul**, UNB Club

Chair: **Wendy Harding, DTM**, District 45 Public Relations Officer, Valley Health Club



A time of Recognition for Clubs and Individual Members was held to celebrate achievements.

Special thanks from all those present to the Organizing Committee who worked so diligently to make luncheon (make your own subs and two kinds of homemade soup and 2 varieties of cake for dessert!) and the entire event a huge success. The Organizing Committee was comprised of the following (chefs and) Civil Speaker Club members: **Carl Duivenvoorden, DTM** (Chair); **Larry Graham**; **Dria MacPhee**, **Marie Claude Landry**; **Bob Daigle** and **Alicien Thorne**.