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District Governor, Wendy Harding, encourages us to continue "Changing Dreams into Realities"



While Senior VP Pat Johnson invites us to "Raise Up" at the D45 Fall Conference in November

District Governor

*Wendy Harding, DTM
District 45 Governor*

Resolve to Change Your Dreams into Realities

A new year! 2010! Happy New Year but where did the first six months of this Toastmasters year go? How are you doing in [Changing Your Dreams into Realities](#)?

January is a great time to refocus and make new resolutions. Are you on track to meet the goals that you made at the first of this Toastmaster year? Perhaps you've already achieved those goals and have hesitated to dream new dreams.

Take this time to recommit to the things you want to accomplish in the Toastmasters Educational Program. [Recommit](#) to yourself and your personal growth. [Recommit](#) to your club. [Recommit](#) to the Toastmasters Promise:

As a member of Toastmasters International and my club, I promise....

- To attend club meetings regularly;
- To prepare all my speeches to the best of my ability, basing them on projects in the Competent Communication manual, the Advanced Communication manual or Competent Leadership manual;
- To prepare for and fulfill meeting assignments;
- To provide fellow members with helpful, constructive evaluations;
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow;
- To serve my club as an officer when called upon to do so;
- To treat my fellow club members and our guests with respect and courtesy;
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers;
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs;
- To maintain honest and highly ethical standards during the conduct of all Toastmasters activities.

Recommit to [Changing your Dreams into Realities](#). **Happy New Year!**

Lieutenant Governor Education and Training



*Sue Francesco, DTM
Lt Governor Education and Training*

Athletically Speaking

Manual speeches – as the name implies must mean Hard Labor! My first toastmaster meeting in 2002 helped me to discover that you don't have to be born a good speaker – there is a process to learn to speak better and it involves manual speeches! I was relieved – it wasn't manual labor, it was just more talk.

Surprise!! It is called practice and [Toastmasters has a plan for YOU.](#)

Take a moment and think about being an athlete. An athlete needs to practice on a regular basis – use it or lose it. An athlete needs to do drills on core aspects of his/her sport – tennis players need to practice serving, covering the net or their back hand. Ski racers need to work on endurance, quick reflexes, and balance. Cyclist need to work on hills, endurance, sprints, balance and maintaining smooth cadence. Golfers – the drive, the fairway shot, the sand shot, pitch and run, and putting. Athletes need to warm up, visualize their success, work hard at their training and remember to cool down. Athletes need to breathe right and eat right to maintain their stamina and abilities. And athletes need to stay conditioned even in the off-season. Learning to become a good speaker or pushing yourself to become a better speaker is much like being an athlete.

Let's think again about those Manual Speeches. Athletically speaking is Hard Labor. [The Toastmaster's manual speeches are the practice fields of the athletic speaker.](#) The "Ice Breaker" is to help you learn how to take on a new challenge and begin to overcome the fear of public speaking. "How to say it" and "Get to the point", teach us to be sincere, don't cut corners, and be adamant and convicted about your topic. "Organize your speech" is an exercise in making sure that you have a beginning, a body and a conclusion to every speech. I bet you can imagine that practice, practice, practice is the key to developing these skills. Each manual speech is essentially the athletic speakers "drill". Athletes never stop drilling and practicing or they lose their edge. Athletic speakers practice their gestures as outlined in "Your Body Speaks" and they practice varying their pitch, tone and delivery in the "Vocal Variety". Take another look at "Get Comfortable with Visual Aids" and "Inspire Your Audience" by combining all the skills together and delivering a winning speech.

Fellow Toastmasters, even if you have done the Competent Communication manual in the past – it is worth checking out again and again as each speech is a CORE component of the Athletic Speaker! [As you take my challenge and practice the BASICS, the CORE components of great speeches, you too will be Changing your Dreams into Realities and you too can be an Athletic Speaker.](#)

Lieutenant Governor Marketing



Wayne Mercer, DTM
Lt Governor Marketing

Area? Division? District? It can all be very confusing.

Over my seven years as a Toastmaster I have been asked on numerous occasions to explain the structure of this organization; from **YOU**, the member, to our Toastmasters International Headquarters. In today's article I will outline the structure in a chart format from top to bottom.

Toastmaster Member

YOU are one of 250 000 members worldwide.
Currently Toastmasters is experiencing a large influx of new members in Asia
(with China and India leading the growth)

Club

Currently we have in excess of 12,500 clubs in 106 countries worldwide.

Area

Each club belongs to an Area. Areas consist of a minimum of 4 clubs to a maximum of 6 clubs.

Division

Each Area belongs to a Division. A Division must have at least 3 Areas.

Currently we have four Divisions in District 45:

Division A: Vermont and most of New Hampshire

Division B: The Southeast tip of New Hampshire and all of Maine with the exception of T.A.M.C club in Presque Isle, Maine

Division C: All of Prince Edward Island and New Brunswick plus T.A.M.C. Club in Presque Isle, ME

Division D: All of the Province of Nova Scotia

District

Currently we have 81 Districts worldwide. A District is defined geographically by Toastmasters International and generally has a minimum of 100 clubs.

Our District, **District 45**, currently has 105 clubs and our geographical boundaries are the three Canadian Provinces of Nova Scotia, New Brunswick, and Prince Edward Island plus the three US states of Maine, New Hampshire and Vermont.

Some interesting facts about our District are as follows; we are an International District with clubs in both Canada and the United States. Division C is an International Division as it crosses into Northern Maine. Area 19 is also International as it has one club in Presque Isle Maine. We are also a bilingual District as we have clubs that conduct meetings in English and French and also in both.

▼

Region

We have 14 Regions in the world; each region has larger geographical areas that consist of several Districts. **Currently, we are in Region 7.** The following Districts are also members of Region 7; Districts 18, 27, 31, 36, 38, 45, 46, 53, and 83. Our Region's geography includes the three Canadian Provinces of Nova Scotia, New Brunswick and Prince Edward Island and the eastern seaboard of the United States from Maine to Northern Virginia.

In the 2010-2011 Toastmaster year a realignment of Regions will take place. District 45 has been identified to become a member of Region 9. The following Districts will be members of Region 9; Districts 31, 45, 46, 53, 65, and 83. The geographic boundaries will change to include the three Canadian Provinces of Nova Scotia, New Brunswick and Prince Edward Island and the portion of the United States known as New England; Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont plus all of New York State.

▼

Toastmasters International

Our organization has clubs in 106 countries. All elected officers from the International President to Club Officers are volunteers and as such receive no remuneration for the roles that they perform. We have approximately 60 full time staff members located in our International Headquarters located at Rancho Santa Margarita California.

I hope that this gives you some insight into our organization. **The key point that must be remembered is that the member is on the TOP of our charter. The member is the most important stakeholder in Toastmasters International.** Each and every Executive member of District 45 is focused on ensuring that each member receives the best possible experience during their Toastmaster journey of **Changing Dreams into Realities.**

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.

Public Relations Officer

*Louise Bernier, DTM
Public Relations Officer*

Don't reinvent the wheel

In 2003, I was approached by a local association and asked if I would be interested in presenting a "Public Speaking" session at their weekend conference. At the time I was President of our club and I saw this as an opportunity to promote Toastmasters outside of our organization. If you were approached with such a request what would you do?

I spent the next 3 or 4 weeks designing the "perfect" 2 hour session. As a Competent Toastmaster, I essentially reread every project in the basic manual and put together my own "condensed" version of these first 10 projects. I hope I gave them what they expected.

Now, seven Toastmasters years wiser, I am President of that same club for the second time. Along my journey I've learned so much, including the realization that [Toastmasters has several pre-scripted modules specifically designed for this type of training session](#). I am now approaching similar groups and offering to come in and present a workshop using the modules from the "Better Speaker Series" or from the "Success/ Communication" or "Success/Leadership" Programs

For new members within your club, these modules are excellent for introducing new topics. For non members, these modules are a great way to showcase what Toastmasters can do. Consider presenting [#272 Controlling Your Fear](#) or [#274 Selecting Your Topic](#) at your next open house. Another module that I've enjoyed presenting for the public is [#242 How to Listen Effectively](#).

Don't reinvent the wheel. Like all the Toastmasters manuals, these modules are an excellent resource. [Just add YOUR skills and some real life examples and you can very effectively promote your club while at the same time meeting criteria for some of the Advanced Communication and Leadership awards.](#)

Look for more resources on our website at www.toastmasters45.com

Do you have exciting Toastmasters news to share?

Articles and pictures for the February newsletter should be submitted by Feb 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***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 Triple Crown Achievers so far in 2009-2010:

Brenda Saunders\Todd has achieved 2 Competent Leader awards and an Advanced Leader Bronze for the Tic Talkers Toastmasters Club.

Candice L. Buell, our Immediate Past District Governor, has attained an Advanced Communicator Gold, a Competent Leader, an Advanced Leader Silver, and another Distinguished Toastmaster award for the Tri-City Club. Candice has also completed another Competent Communicator and an Advanced Communicator Bronze for the Portsmouth Toastmasters Club.

Wayne Mercer, our Lieutenant Governor Marketing, has attained a Competent Communicator and an Advanced Leader Silver for the Harbourview Club, and a Competent Leader and an Advanced Leader Bronze for Toast of the Coast Toastmasters Club.

Baldwin M. Domingo has achieved a Competent Communicator, an Advanced Leader Silver and his Distinguished Toastmaster Award for the Portsmouth Toastmasters Club. Congratulations Dom.

Nita K. Patel, Division B Governor, has completed a Competent Communicator and a Competent Leader for Amoskeag Better Communicators and an Advanced Communicator Bronze for the TM of Manchester Club.

Jeanne Mance Cormier achieved an Advanced Communicator Gold and Advanced Leader Silver, and has attained her Distinguished Toastmaster Award for the Hub City Toastmasters Club. Congratulations Jeanne Mance.

Bernice E. Theriault completed a Competent Communicator, a Competent Leader and an Advanced Communicator Bronze for River Talkers Toastmasters.

and **James B. Kokocki** attained an Advanced Leader Silver for the Advanced Dawn Breaker Club , and a Competent Communicator along with another Distinguished Toastmaster Award for the Saint John Club.

Well Done! Congratulations to all for Changing Dreams into Realities



Club and Area News



Celebrating our Newest DTMs. We couldn't be prouder!!

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Domingo, Baldwin M.	Portsmouth Toastmasters	7/8/2009
Buell, Candice L.	Tri-City Club	7/15/2009
Bilodeau, Alain Guy	Advanced Dawn Breaker Club	9/30/2009
Kokocki, James B.	Saint John Club	10/7/2009
Cormier, Jeanne Mance	Hub City Toastmasters Club	11/16/2009

New Clubs Chartered in District 45!

Successfully Speaking, Club #1327791, located in Halifax, NS, chartered on July 21, 2009
ComMunique Acadie Club #1330772, located in Tracadie-Sheila, NB, chartered on August 1, 2009

We welcome these new clubs to District 45.



Club Anniversaries

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

River Talkers Toastmasters - Club #: 1121700 (1 year) ,	Area 1, Divison D, Est: 02/09/2009
White Mountain Toastmasters Club - Club #: 5122 (7 years) ,	Area 20, Divison A, Est: 02/06/2003
Harbourview Club - Club #: 5705 (7 years) ,	Area 18, Divison D, Est: 02/12/2003
Toast of the Coast Toastmasters Club - Club #: 4592 (10 years) ,	Area 9, Divison D, Est: 02/01/2000
UNB Toastmasters - Club #: 237 (15 years) ,	Area 19, Divison C, Est: 02/01/1995
Annapolis Valley Toastmasters Club - Club #: 8104 (19 years) ,	Area 9, Divison D, Est: 02/01/1991
Blueberry Hill Club - Club #: 7268 (21 years) ,	Area 6, Divison B, Est: 02/01/1989
Spirit-Ed Toastmasters Club - Club #: 5375 (26 years) ,	Area 1, Divison D, Est: 02/01/1984
Steel Centre Toastmasters Club - Club #: 3285 (36 years) ,	Area 11, Divison D, Est: 02/01/1974
Sears-Halifax Club - Club #: 1555 (54 years!!) ,	Area 18, Divison D, Est: 02/01/1956

More Anniversaries

Be Prepared to Celebrate. Do you know when your club's anniversary is?

ACOA NB Speakers Choice / Choix des Orateurs Apeca NB	Club #: 944896	Est: 08/23/2006	
Ad Libs Club	Club #: 7673	Est: 04/01/1990	
ADI Group Toastmasters Club	Club #: 746503	Est: 03/30/2005	
Advanced Dawn Breaker Club	Club #: 4502	Est: 03/01/1999	
Amoskeag Better Communicators	Club #: 7347	Est: 06/01/1996	
Annapolis Valley Toastmasters Club	Club #: 8104	Est: 02/01/1991	
Bangor Toastmasters Club	Club #: 897	Est: 04/01/1951	
Bathurst Toastmasters Club	Club #: 2381	Est: 09/01/1967	
Blueberry Hill Club	Club #: 7268	Est: 02/01/1989	
Brunswick Toastmasters	Club #: 2156	Est: 08/01/1959	
Burnt Toast	Club #: 1284277	Est: 03/16/2009	
Capital Toastmasters	Club #: 2112	Est: 09/30/2001	
CGI Halifax	Club #: 1042034	Est: 11/15/2007	
Civil Speakers Club	Club #: 6423	Est: 03/05/2003	
Club AcadiUM	Club #: 783240	Est: 04/25/2005	
Club Toastmasters Franco-énergie	Club #: 870865	Est: 05/09/2007	
Coastmasters Club	Club #: 658057	Est: 10/08/2004	
ComMunique Acadie	Club #: 1330772	Est: 08/01/2009	** Newest
Concord Toastmasters Club	Club #: 6954	Est: 06/01/1988	
Confederation Club	Club #: 4085	Est: 06/19/2003	
CORE	Club #: 778824	Est: 06/01/2007	
Dal Toastmasters	Club #: 821874	Est: 09/16/2005	
Dartmouth Toastmasters Club	Club #: 3119	Est: 06/01/1963	
Diplomatically Speaking	Club #: 1262706	Est: 06/01/2009	
Dirigo Toastmasters Club	Club #: 1117322	Est: 12/06/2007	
Downtown Speakers Club	Club #: 3217	Est: 10/01/1968	
Dynamic Speakers Club	Club #: 947592	Est: 11/01/2006	
East Coast Raconteurs Toastmasters Club	Club #: 4505	Est: 06/20/2003	
ECHO Toastmasters Club	Club #: 911646	Est: 05/16/2006	
Ecotoasters Club	Club #: 8518	Est: 01/01/1999	
EMHS Toastmasters	Club #: 1152309	Est: 05/05/2008	
Equinox Valley Club	Club #: 4198	Est: 04/01/1999	
Excel-Orators Toastmasters Club	Club #: 4557	Est: 05/01/1999	
Exeter Speak-Ups Club	Club #: 8700	Est: 04/01/1992	
Express it Wright	Club #: 1035117	Est: 07/06/2007	
Faithfully Speaking Toastmasters Club	Club #: 974612	Est: 03/20/2007	
Fredericton Club	Club #: 2204	Est: 12/01/1971	
George Burton Club	Club #: 6022	Est: 10/25/1985	
Golden Club	Club #: 2672	Est: 07/01/1987	
Granite Place Club	Club #: 676508	Est: 06/21/2004	
Greater Portland Toastmasters Club	Club #: 9558	Est: 06/01/1997	
Harbourside Club	Club #: 1843	Est: 06/26/2001	
Harbourview Club	Club #: 5705	Est: 02/12/2003	
Horseshoe Pond Toastmasters Club	Club #: 1383	Est: 05/13/2002	
Hub City Toastmasters Club	Club #: 2173	Est: 04/01/1962	
J-Talkers	Club #: 1067481	Est: 10/24/2007	
Karner Blue Toastmasters	Club #: 983146	Est: 03/31/2007	
Keene Toastmasters Club	Club #: 1562	Est: 03/01/1983	

Kennebec Valley Toastmasters	Club #: 1468	Est: 03/01/1977
Kennebecasis Club	Club #: 4402	Est: 05/01/1997
Lakes Region Toastmasters Club	Club #: 2559	Est: 03/01/1969
Lewiston - Auburn TM Club	Club #: 1741	Est: 01/01/1957
McCain Talking Together Toastmasters	Club #: 1299667	Est: 03/12/2009
Merrimaster Toastmasters Club	Club #: 7926	Est: 10/01/1990
Miramichi Club	Club #: 688	Est: 08/01/1973
Moncton Toastmasters 7068	Club #: 7068	Est: 06/30/2001
Nashua-Hudson Club	Club #: 2440	Est: 10/22/1962
NoonTalkers Toastmasters Club	Club #: 940141	Est: 09/22/2006
Pine Island Toastmasters Club	Club #: 902446	Est: 05/22/2006
PLGS Toastmasters Club	Club #: 7427	Est: 03/01/2000
Portsmouth Toastmasters	Club #: 1094	Est: 05/01/1959
Premiere Club	Club #: 2738	Est: 04/01/1974
PROSPECT'S PEAKERS	Club #: 735068	Est: 01/10/2005
River Talkers Toastmasters	Club #: 1121700	Est: 02/09/2009
River View Community Speakers	Club #: 693873	Est: 06/30/2004
Riverview Canusa Toastmasters Club	Club #: 5382	Est: 10/01/1989
Running Hill Toastmasters Club	Club #: 1246807	Est: 05/01/2009
Rutland Area Club	Club #: 6205	Est: 04/01/1986
Sackville Club	Club #: 4588	Est: 06/01/1981
Saint John Club	Club #: 1479	Est: 03/01/1954
Salem Speech Masters	Club #: 780794	Est: 10/03/2006
Savvy Speakers	Club #: 1955	Est: 06/01/1976
Schooner Club	Club #: 3978	Est: 06/01/1979
Sears-Halifax Club	Club #: 1555	Est: 02/01/1956
Speak-Easies Club	Club #: 1770	Est: 10/01/1973
Speak-Easy Toastmasters Club	Club #: 3948	Est: 05/01/1979
Speak-Easy Toastmasters Club	Club #: 8183	Est: 05/01/1991
Spirit-Ed Toastmasters Club	Club #: 5375	Est: 02/01/1984
Spotlight Toastmasters Club	Club #: 9985	Est: 06/30/2003
Steel Centre Toastmasters Club	Club #: 3285	Est: 02/01/1974
Successfully Speaking	Club #: 1327791	Est: 07/21/2009
Sunrise Toastmasters Club	Club #: 4450	Est: 01/17/2003
Sussex Toastmasters Club	Club #: 5386	Est: 03/01/1995
TAMC Toastmasters	Club #: 1169446	Est: 10/17/2008
Tech Talk Club	Club #: 610498	Est: 12/04/2003
TIC Talkers Toastmasters Club	Club #: 9307	Est: 04/01/1993
TM of Manchester Club	Club #: 4227	Est: 06/10/1980
Toast of the Coast Toastmasters Club	Club #: 4592	Est: 02/01/2000
Toast Of The Valley Club	Club #: 9719	Est: 12/01/1993
Toastmasters of Brattleboro VT	Club #: 1051632	Est: 10/25/2007
Toastmasters of Greater Burlington	Club #: 4899	Est: 06/01/1982
Toastmasters of Milford	Club #: 5785	Est: 01/01/1990
Top of the Town Toastmasters Club	Club #: 5321	Est: 01/15/2002
Tri-City Club	Club #: 7682	Est: 04/01/1990
True Blue Club	Club #: 6871	Est: 03/01/1991
UNB Toastmasters	Club #: 237	Est: 02/01/1995
Valley Health Toastmasters Club	Club #: 829453	Est: 12/07/2005
Verhampshire Vocalizers Club	Club #: 693838	Est: 06/30/2004
White Mountain Toastmasters Club	Club #: 5122	Est: 02/06/2003
Winning Speakers Club	Club #: 3608	Est: 11/16/2001
Winning Spirit Club	Club #: 4921	Est: 01/01/1995
Woodfords Toastmasters Club	Club #: 816	Est: 04/01/1950
Yarmouth Toastmasters Club	Club #: 4653	Est: 12/20/2001

**** Oldest**

Featured Article - Ace the Interview

Submitted By Kai Rambow, DTM, Accredited Speaker

The author recently surveyed and interviewed over 125 active recruiters for this article.

“How did the interview go?” Evelyn Peyton, ATM-B always asks. “Oh, it was great. Everything went perfectly. I know this job is mine,” is the typical response. And then someone else gets the job.

Peyton, a dynamic, funny speaker herself (she placed second at the World Championship of Public Speaking) is a manager with a Fortune 100 company. She explains that the candidates are absolutely qualified for the job, they know it before they go in, so they’re confident and communicate well throughout the interview. “Where they make their mistake,” Peyton notes, “is assuming they are the only perfect one for the job.”

How can you stand out from the competition, especially since there are hundreds of applicants for every position in today’s job market? These six areas identified by active recruiters may surprise you.

#1 Dress to Impress

The expression that you never get a second chance at a first impression is still true today. Dressing appropriately and/or professionally was the number one thing mentioned by the recruiters.

“When people dress up,” says Don Ensich, DTM, AS, “they are showing respect for the audience.” Ensich, who is often referred to as “The Voice of Toastmasters” for his announcement work at the international conventions, admits to being very conservative. So much so, that his Toastmasters club, Sandpiper in Ventura, California has a tradition of proper dress. That means that men are expected to wear a jacket and tie.

Ensich states, “People get bent out of shape, yet they are lacking polish and panache. When people are dressed well they feel good about themselves and show greater confidence.”

While many workplaces have gone with a business casual dress code, impressions and impact, especially during interviews hasn’t changed. When John Molloy researched his classic book, *Dress for Success*, he started with the premise that how we dress doesn’t matter. His research showed otherwise.

Not sure what to do. You can’t go wrong with classics. Ensich always wears a full suit for any speaking engagement. And Peyton cautions not to relax your dress in second or third interviews. “You need to be consistently professional,” she advises.

#2 Mind Your Manners

This is a combination of things such as being articulate, confident, polite, respectful and professional. Cheryl Austin, a former Toastmaster and club president, shares wisdom gained from her 13 years of human resources experience and 20 years of management consulting work.

Austin observes you use good judgment when you don’t wear a brand new suit, you show respect when you arrive early, and you demonstrate being professional when you prepare anything that frees you and makes the interviewer’s job easy. “Anytime you don’t have to think about the little things,” Austin expounds, “you free yourself to forget about yourself and be really good at observing the interviewer and what he or she needs. It’s their agenda that matters.”

Featured Article - Ace the Interview cont.

Ken Wright, whose work over the past 25 years has included executive search, management consulting and executive coaching asks himself these questions, “Is their game on? Are they answering more than just the question? Are they confident enough to amplify or ask their own question?”

#3 Do Your Homework

Research the company. Judy Hooper, who hired 100 people last year, says it “absolutely is an advantage to know about the company. If you check out the web site, it makes a good impression that you care about the job and the company. I really like it when they are checking us out.”

Austin suggests trying to identify how the company wants to be seen, “what words and phrases do they use.” Austin also always digs deeper by talking to people who work there or have worked there before.

“Don’t try to be an expert on their business,” Wright warns, however you can ask some great questions such as, “What do you think is the company’s edge is in the marketplace? Who do you see as your biggest competitors? Who are the ones who keep you up at night? What do you think the company needs to do differently?” Let them tell you, and then you’ll know what skills to highlight to the interviewer.

#4 Be Positive

Expressing yourself as motivated, enthusiastic with a can do attitude are definite assets during the interview process. Since most of us are too busy trying to fight our nervousness, what can you do to at least come across better than other candidates.

Austin recommends a two prong approach by working with and rehearsing with a friend. “We all have entry behaviors when we’re not quite comfortable. Have a good friend help you become self-aware. If you squirm, maybe you need to fold your hands and practice doing so. When you have lunch with a friend, you relax, drop your shoulders and it has nice ripple effect throughout your body. That’s what you want to practice.”

If this still doesn’t come easily to you, Wright has a great suggestion. He recommends verbalizing, “Don’t misinterpret my quietness as disinterest. I’m nervous, but I’m very interested in the company.”

#5 Sell Yourself

Even some of the best salespeople have difficulty selling themselves. Austin has taken advantage of something all of us as Toastmasters are used to doing. She once received a standing ovation at the end of teaching a university course. That’s basically unheard of. When someone paid her a general compliment at the end of a class, Austin would always ask them what was it that specifically triggered that comment. Then she would repeat it every week after.

Since we’re used to getting feedback in Toastmasters, be proactive. Austin encourages people to, “ask your previous managers, ‘What do I do best? What have you seen me do well? What would you say is not one of my core strengths?’”

Once you know, “instead of using I all the time, which is uncomfortable for most of us,” Austin enthuses, “you can say, ‘My previous boss . . .’ Invoking a third party is both easier and more credible.”

Wright takes it a step further. “Pick out a need in the interview, a problem you think you can solve. Talk about how you can solve it. At the end of the interview, go back and bring it up

Featured Article - Ace the Interview cont.

again. Assert, 'I think I can bring that to this company. Those are reasons I want to work for you and why I think I can do the job.'

#6 Resume

You need to be invited to the interview first. That is what your resume needs to do. Surprisingly many candidates fail to do a good job here.

Wright recommends no more than two pages. "I'm not a believer in summary statements such as, 'experienced executive who can walk on water.' I'm interested in what your experience says you can do. Most recruiters skip to your experience. They're looking for the scope, depth and breadth of your responsibility. Concentrate on what you've done."

Judy Hooper recruits for a software company. She notices that basics are frequently missing. "I need to know exactly what skills you have learned with your degree in computer science. If you don't tell me you know Java, I'm not going to know." Hooper advises to be specific in your cover letter and tweak your resume accordingly.

These are suggestions you can take as an individual. It doesn't have to end with this article.

Here are some activities your club can do to help members.

1. Use the theme of the job interview for Table Topics and then use challenging questions for club members.
2. Have an entire club meeting geared towards club members answering interview questions on camera. Then give each member his/her own copy so everyone can see how they present themselves in an interview format.
3. Invite a guest speaker, preferably an active recruiter with experience to present on any number of related topics: how to write a better resume, how to give better answers, and how to develop some great questions.

All of these are great ways to put your Toastmaster skills to work for you.

Kai Rambow, DTM, AS, is a past international director and a professional speaker based in Tampa, Florida. Reach him at www.kairambow.com

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

Toastmasters Week in D45

"We learn best in moments of enjoyment." ~ Dr. Ralph C. Smedley

Ralph C. Smedley (February 22, 1878 – September 11, 1965) held the first meeting of what would eventually become Toastmasters International in the basement in the Young Men's Christian Association (YMCA), in Santa Ana, California

The date was October 22, 1924.

"From a gathering in a YMCA basement in 1924 to the 12,000-plus clubs that meet in 106 countries today, the Toastmasters story is one of dramatic growth and success"

"Dr. Smedley established Toastmasters as "a nonprofit, noncommercial movement, for the benefit of its members," and never made a penny from his creation. He worked for the YMCA until retirement at the age of 63 and then volunteered his services to Toastmasters until shortly before his death at 87."

Let's Celebrate the life of a man who's insight and tenacity allow us to **Change Dreams into Realities** today.

District 45 will celebrate Toastmasters week from Feb 21 – Feb 27.

Why not take this opportunity to submit an article to your local Newspaper or Celebrate with a Club Open House or perhaps even host an Area event?



**District 45 Spring Conference - May 28 -30, 2010
in Fredericton, New Brunswick.**

CALLING FOR SPEAKERS AND/OR TOPIC SUGGESTIONS

Is there is an educational topic that you keep wishing would be presented at a District 45 Conference...or one that you'd just LOVE to present to others at our Spring Conference in May? This is your opportunity to make the suggestion! We're looking for many ideas from around the District on what you'd like to see presented so that a well-rounded and interesting agenda can be arranged.

Please email topic suggestions and/or a speaker suggestion (yes, you can volunteer to present yourself), to sue.francesco@toastmasters45.com by Feb 5, 2010

Thanks!!

Educational Achievements received July - December 2009

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 between July 1st and December 31st, 2009

Competent Communicator Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Naves, Gary A.	Saint John Club	7/22/2009
Hayes, Stephen M	Lewiston - Auburn TM Club	7/22/2009
Mosher, Marcia	River Talkers Toastmasters	7/23/2009
Button, Andrew B.	River Talkers Toastmasters	7/23/2009
Theriault, Bernice E.	River Talkers Toastmasters	7/23/2009
Crick, Reginald	George Burton Club	7/27/2009
Dube, Margaret F.	Ad Libs Club	7/29/2009
Reed, John R.	Winning Speakers Club	8/1/2009
Maillet, Emily Catherine Grace	Toastmasters of Milford	8/12/2009
Duarte, Aaron	Toastmasters of Milford	8/12/2009
Cretsinger, Jennifer Bruck	Toastmasters of Milford	8/12/2009
Sieverts, Lisa	Toastmasters of Brattleboro VT	8/29/2009
Nowak, Debra E.	Brunswick Toastmasters	9/1/2009
Reed, John R.	Winning Speakers Club	9/1/2009
Wilson, Janet L.	Winning Speakers Club	9/1/2009
Randall, Dale G.	Concord Toastmasters Club	9/4/2009
Anastasoff, Justine M	Amoskeag Better Communicators	9/6/2009
Francesco, Susan	White Mountain Toastmasters Club	9/8/2009
Arcand, Richard Paul	Karner Blue Toastmasters	9/10/2009
Oickle, Shirley L.	River Talkers Toastmasters	9/11/2009
Domingo, Baldwin M.	Ad Libs Club	9/19/2009
Domingo, Baldwin M.	Portsmouth Toastmasters	9/19/2009
Clermont, Rachel I.	Capital Toastmasters	9/21/2009
Buell, Candice L.	Portsmouth Toastmasters	9/21/2009
Valley, Barrie	Coastmasters Club	9/28/2009
Moyer, Pam A.	Dirigo Toastmasters Club	9/29/2009

Continued on P. 14

<i>Educational Achievements received July - December 2009</i>

More Competent Communicator Awards...

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Mercer, Wayne	Harbourview Club	9/30/2009
Stark, Molly	Karner Blue Toastmasters	10/1/2009
Fewer, Eileen	Faithfully Speaking Toastmasters Club	10/7/2009
Adam, Drew	Toastmasters of Brattleboro VT	10/19/2009
Marlow, Lucie M.	Miramichi Club	10/22/2009
Pratt, Malcolm B.	Premiere Club	10/25/2009
Davies, Roger N.	TM of Manchester Club	10/29/2009
Sloan, Jean A.	Sears-Halifax Club	10/30/2009
Patel, Nita K.	Amoskeag Better Communicators	11/2/2009
Doiron, Denys Allan	Schooner Club	11/3/2009
Perkins, Heather	Schooner Club	11/4/2009
Corkery, Ronald	Dartmouth Toastmasters Club	11/4/2009
Lohnes, Malinda	River Talkers Toastmasters	11/5/2009
Puterbaugh, Honey V	Ad Libs Club	11/5/2009
Sullivan, Anne	Faithfully Speaking Toastmasters Club	11/10/2009
Woodward, Andrea Lynn	Valley Health Toastmasters Club	11/11/2009
Woodward, Jay M.	Granite Place Club	11/17/2009
Acorace, Cynthia M.	Top of the Town Toastmasters Club	11/18/2009
Nicole, Savoie	Hub City Toastmasters Club	11/23/2009
Lewycky, Laverne M.	Moncton Toastmasters 7068	11/25/2009
Perlinska, Agnieszka K.	Toastmasters of Greater Burlington	11/25/2009
Lanteigne, Gaetan	ComMunique Acadie	11/26/2009
Elwood, Tamara L	Spirit-Ed Toastmasters Club	11/27/2009
Blakney, Kelly J	Kennebecasis Club	11/30/2009
Clements, Ann-Marie	Saint John Club	12/1/2009
Soucy, Doris	Horseshoe Pond Toastmasters Club	12/3/2009
Thompson, Faye M	Saint John Club	12/7/2009
Kokocki, James B.	Saint John Club	12/8/2009

<i>Educational Achievements Continued – July - December 2009</i>
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Advanced Communicator Bronze Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Ripley, Jill	Portsmouth Toastmasters	7/20/2009
Clarke-Swift, Christine M.	Ad Libs Club	8/4/2009
Buell, Candice L.	Portsmouth Toastmasters	8/18/2009
Beaney, Amelia N.	Valley Health Toastmasters Club	8/31/2009
Helmuth, Margaret L.	Brunswick Toastmasters	9/2/2009
Cushing, Aaron J	PROSPECT'S PEAKERS	9/9/2009
Patel, Nita K.	TM of Manchester Club	9/12/2009
Slade, Cindy L.	Harbourview Club	9/30/2009
Sprague, Marcia Scovel	Concord Toastmasters Club	10/2/2009
Therriault, Bernice E.	River Talkers Toastmasters	11/16/2009
Lunan, Verne R.	River Talkers Toastmasters	11/23/2009
Lawlor, M.E.	Toastmasters of Greater Burlington	11/25/2009
Mohammed, Mary	George Burton Club	11/30/2009
Williams, M. Patricia	Faithfully Speaking Toastmasters Club	12/15/2009

Advanced Communicator Silver Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Walsh, Shane P.	Civil Speakers Club	10/14/2009
MacPhail, Beverly C.	Sackville Club	11/17/2009
Tucker, David S.	Blueberry Hill Club	12/4/2009

Advanced Communicator Gold Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Cormier, Jeanne Mance	Hub City Toastmasters Club	11/16/2009
Buell, Candice L.	Tri-City Club	11/25/2009

<i>Educational Achievements Continued – July - December 2009</i>
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Leadership Awards



Competent Leadership Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Saunders Todd, Brenda	TIC Talkers Toastmasters Club	7/1/2009
Saunders Todd, Brenda	TIC Talkers Toastmasters Club	7/1/2009
Meade, Jeffrey N.	PLGS Toastmasters Club	7/2/2009
Buell, Candice L.	Tri-City Club	7/6/2009
Mills, David H	Capital Toastmasters	7/7/2009
LaValley, Ida Meg	Capital Toastmasters	7/7/2009
Lohnes, Malinda	River Talkers Toastmasters	7/23/2009
Lunan, Verne R.	River Talkers Toastmasters	7/23/2009
Theriault, Bernice E.	River Talkers Toastmasters	7/23/2009
Button, Andrew B.	River Talkers Toastmasters	7/23/2009
Simon, Beth M.	Confederation Club	7/29/2009
Maguire, Judith A.	Lakes Region Toastmasters Club	8/2/2009
Grover, Alex	Harbourview Club	8/24/2009
Mercer, Wayne	Toast of the Coast Toastmasters Club	8/27/2009
Patel, Nita K.	Amoskeag Better Communicators	9/13/2009
Bell, Barbara L.	Sackville Club	9/17/2009
Parker, Monique Anne	Pine Island Toastmasters Club	9/17/2009
Carlson, Alicia C.	Karner Blue Toastmasters	9/18/2009
Desjardins, Christina P	Kennebecasis Club	9/26/2009
Harding, Wendy P.	Valley Health Toastmasters Club	9/29/2009
Nowak, Debra E.	Brunswick Toastmasters	9/30/2009
Randall, Dale G.	Concord Toastmasters Club	10/1/2009
Sprague, Marcia Scovel	Concord Toastmasters Club	10/2/2009
Perry, Jonathan	Dartmouth Toastmasters Club	10/14/2009
Mosher, Marcia	River Talkers Toastmasters	10/26/2009
Oickle, Shirley L.	River Talkers Toastmasters	10/26/2009

Continued on P. 17

More Educational Achievements!

More Competent Leadership Awards...

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Moore, Daniel Joseph	Annapolis Valley Toastmasters Club	11/2/2009
Chen, Julie	Amoskeag Better Communicators	11/5/2009
Champagne, Stephanie L.	Granite Place Club	11/17/2009
Dowd, Thomas B.	Dirigo Toastmasters Club	11/18/2009
Moyer, Pam A.	Dirigo Toastmasters Club	11/18/2009
Helmuth, Margaret L.	Brunswick Toastmasters	12/1/2009
Plumridge-Reid, Diane	CGI Halifax	12/3/2009
Albair, Jeffrey J.	Concord Toastmasters Club	12/4/2009
Rollins, Lisa D	White Mountain Toastmasters Club	12/9/2009
Williams, M. Patricia	Faithfully Speaking Toastmasters Club	12/13/2009
Walton, Jo-Anne V.	Running Hill Toastmasters Club	12/17/2009

Advanced Leader Bronze Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Saunders Todd, Brenda	TIC Talkers Toastmasters Club	7/1/2009
Meade, Jeffrey N.	PLGS Toastmasters Club	7/2/2009
Austin, Christine Anne	Annapolis Valley Toastmasters Club	7/5/2009
Cowan, Ronald D.	Toast Of The Valley Club	7/5/2009
Dunn, Angela	Schooner Club	8/4/2009
Barnsley, Kerry D.	Karner Blue Toastmasters	8/12/2009
Kemp, Betty M.	Dartmouth Toastmasters Club	8/13/2009
Mercer, Wayne	Toast of the Coast Toastmasters Club	8/27/2009
Grover, Alex	Harbourview Club	9/7/2009
Thompson, Michael A	Schooner Club	9/14/2009
Bell, Barbara L.	Sackville Club	9/17/2009
Anastasoff, Justine M	Amoskeag Better Communicators	9/26/2009

<i>More Educational Achievements!</i>

Advanced Leader Silver Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Domingo, Baldwin M.	Portsmouth Toastmasters	7/8/2009
Buell, Candice L.	Tri-City Club	7/15/2009
Brooks, Dorothy M.	Brunswick Toastmasters	7/28/2009
Deacoff, Cameron James	Sears-Halifax Club	8/4/2009
Cormier, Jeanne Mance	Hub City Toastmasters Club	8/24/2009
Kokocki, James B.	Advanced Dawn Breaker Club	9/1/2009
Mercer, Wayne	Harbourview Club	9/18/2009
Bilodeau, Alain Guy	Kennebecasis Club	9/28/2009
Rafuse, Jane A.	Sackville Club	10/2/2009

Leadership Excellence Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Cormier, Jeanne Mance	Hub City Toastmasters Club	7/1/2009
Buell, Candice L.	Tri-City Club	7/1/2009
Kokocki, James B.	Sussex Toastmasters Club	9/1/2009
Domingo, Baldwin M.	Portsmouth Toastmasters	9/1/2009
Williams, M. Patricia	Faithfully Speaking Toastmasters Club	9/1/2009
Domingo, Baldwin M.	Ad Libs Club	9/1/2009
Helmuth, Margaret L.	Brunswick Toastmasters	11/1/2009
Graham, G. Scott	Toast Of The Valley Club	12/1/2009
Maddalena, Peter A.	Sackville Club	12/1/2009

Our New Distinguished Toastmasters!!!

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Domingo, Baldwin M.	Portsmouth Toastmasters	7/8/2009
Buell, Candice L.	Tri-City Club	7/15/2009
Bilodeau, Alain Guy	Advanced Dawn Breaker Club	9/30/2009
Kokocki, James B.	Saint John Club	10/7/2009
Cormier, Jeanne Mance	Hub City Toastmasters Club	11/16/2009

D45 Spring Conference

Did you miss these great speakers in November?



Photos by Michael Thompson

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

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

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