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## Showing Our Colours at Region VII Conference



*LGET Wendy Harding and DG Candice Buell carry the District 45 banner at the Region VII Conference, June 6, 2009 in Moncton NB.*



**District Governor**

*Candice Buell, DTM  
District 45 Governor*

***“We should never lose sight of the reason we strive to be a distinguished district, to benefit the member.”***

No one states the facts better than Mike Storkey, a past District Governor from District 69. He believes in the state of the District’s future, not the status of the District now. I too believe this. The Toastmasters year is fast reaching its end with only days to go. For many, the year has brought success with new clubs, new members and educational achievements; for others the result is still uncertain as far as Distinguished District status is concerned. To those who have achieved the goals and to those who will achieve them before the end of June, my congratulations on the efforts of each member.

We struggle for our District to meet Distinguished status. In spite of all the hard work, willing effort and enthusiastic members, we may still fall short of the ultimate goal. However, numbers do not always reflect the success of the District Team. The very fact that members have been inspired to become the very best Toastmasters they can possibly be, that leaders have encouraged many to accomplish goals they thought were beyond their individual ability, and that the foundation of the district has been strengthened, is in itself cause for celebration. The question we should be addressing is did we leave the District in a stronger position than when we started? To all those who have diligently worked to provide sustainable new clubs, achieve the members’ educational goals, welcome new members and retain their existing members, well done. You have laid the foundations for the future success of your district and your members will benefit from your efforts this year. We should never lose sight of the reason we strive to be a Distinguished District, to benefit the member. I know each and everyone of you have strived to remember the member throughout the District this year and I applaud you on the realization of your prime objectives.

I am proud of our District and thank each and every member for his or her devotion and continuous support. I firmly believe that our District is becoming stronger and stronger every year.

I will always “**Simply Believe**” that our future is a shining star, and we will continue to glow for years to come. ✨



*Lieutenant Governor Education and Training*

*Wendy Harding, DTM  
Lt Governor Education and Training*

***Our Members "Simply Believed"***

In May 2008, then in-coming District Governor Candice Buell introduced the 2008-2009 District theme and encouraged the members of District 45 to "[Simply Believe](#)". During the subsequent 12 months our members certainly took this theme to heart and DID "[Simply Believe](#)".

They believed that they could increase their communication and leadership skills by doing manual speeches and becoming needed leaders. They definitely were successful. Our new members "[Simply Believed](#)" that they could enter and start the Toastmasters program. They could do Ice Breaker speeches and work along in both their Communication and Leadership manuals. Congratulations to those members who started our Education program during the year.

To date this year, one hundred and seventy Halfway Certificates were requested by clubs which were subsequently created, mailed and presented to members who "[Simply Believed](#)". These certificates recognized members for being halfway to almost every designation in the Toastmasters Educational Program. If these Halfway certificates are an indicator of designations to come in the next few years, we will have a plethora of completed designations. Congratulations to these members who continued working on the Educational Program during this year.

I was also fortunate this year to be able to write individual congratulatory notes to those members who completed Educational designations this year. It was a joy to be able to write these notes to members who "[Simply Believed](#)" and who completed manuals and saw personal goals to successful conclusions. Congratulations to these members and good luck as you work on your next designation.

As a result of the hard work of the members of District 45, the educational goals set for District 45 by Toastmasters International for this year have been met and surpassed. Thank you for "[Simply Believing](#)".

During the 2008-2009 Toastmasters year, it was my honour to be District Lt Governor of Education and Training and to be able to officially recognize the successful achievements of our members. During this year, I was fortunate to be able to travel to each Division and meet or renew existing friendships with members from each Division.

It was my pleasure to hold this position this year and work with the wonderful District members and Leadership Team and I thank the members of District 45 for allowing me to have this honour. To each member of the District, I wish you luck as you continue your personal journey through the Toastmasters Educational Program. I encourage you to continue to "[Simply Believe](#)". ✨

*Lieutenant Governor Marketing*

*Sue Francesco, DTM  
Lt Governor Marketing*

***Prepare For Next Year***

Toastmasters of District 45 – we are winding down our year and everyone is getting ready for the New Year which starts on July 1, 2009. Many new leadership teams have been voted in all over District 45. The District Leadership team will be moving into new roles, there will be four new Division Governors and there will be 21 new Area Governors. All across the District there are new club officers attending the Toastmaster Leadership Institutes (TLIs) preparing to take over in July. The start of a new year is right around the corner and all of these District volunteer leaders are preparing to serve YOU the member.

My challenge to all members is to support your incoming club leadership team. How? Set some GOALS for yourself and you will see that those Toastmaster goals will also support your club leadership team. For example, to assist your VP of Membership, make a goal for yourself to invite or bring 5 new members to your meeting. Explore creative ways to do this; business cards, a nice old fashioned hand written invitation or maybe you'll offer to pick them up on the way to the meeting. How about that all important job of VP of Public Relations? What can you do to help? How about write an article about your most recent meeting, take some photo's and send it to the VP of Public Relations? All they have to do is send it to the media. It may or may not get printed – but you have helped out a fellow club officer AND you have stretched your own comfort level a little bit.

Club officers – especially new club officers appreciate it when members help them. If you have never been a club officer – pick someone to shadow for a month or two. If you have served in every office in your club – see if you can mentor a more inexperienced officer.

Ask yourself – what can I do to help a club officer so that “MY” club will be a better club? New members want to join a well run, energetic and positive club. What can you do to help your officers create the atmosphere new members and experienced members are looking for in a club?

I encourage each of you to embrace the challenge of Toastmasters and *Simply Believe* that YOU can make a difference. ★

*Public Relations Officer*

*Susan Meek, ATMG  
Public Relations Officer*

***Keep in touch with your members during the summer***

July and August can be a period of more relaxed Toastmasters meetings, and lowered attendance as summer activities compete for our time. Many clubs in our District meet only once or twice, if at all, during July and August. In fact, several clubs have already had their “year end” meetings. But don’t let your members drift away from Toastmasters altogether during the summer months. Make sure you keep in touch by email or with a short newsletter. Perhaps you could hold a barbecue or other social event to bring members back together. You could hold a special summer-themed meeting, even if your club is on hiatus until September.

The members of the club executive team have many things to do over the summer. By now many of the incoming officers will have attended Toastmasters Leadership Institute training, and others will be planning to attend their sessions. This is a good time for outgoing and incoming club officers to meet and pass along advice and materials to the successors. Club executive teams should meet and start making plans for the new Toastmasters year, setting goals for their club and taking care of administrative details, like changing signing authority on bank accounts, and ordering supplies to arrive in time for the fall.

Remember to continue your public relations efforts throughout the summer. Promoting the club will attract new membership for the fall (when many people get that “back to school” urge), and you will ensure that your current members stay connected and informed, and return to the club following their summer holidays.

It has been my pleasure and privilege to serve as your Public Relations Officer during the past two years. I thank all of you for your support, and I am sure all of you will continue to support the District’s public relations efforts by submitting articles, news and photographs to our new PRO, Louise Bernier. ✨

***Articles and pictures for the July/August newsletter should be submitted by July 31, 2009***

Do you have Club news? A story about club success or how an individual member has benefited from Toastmasters? An article from your club newsletter? Send them to [susan.meek@toastmasters45.com](mailto:susan.meek@toastmasters45.com)

**Triple Crown Awards****Triple Crown Winners**

Congratulations to our newest Triple Crown Winners, for May and June. **Kathy Anderson** has achieved a Competent Leader award for Concord Toastmasters Club, and Competent Leader and Advanced Communicator Gold awards for Capital Toastmasters. **Christine Austin** has attained Competent Communicator, Advanced Communicator Bronze, and Competent Leader awards for the Annapolis Valley Toastmasters Club. **Scot Austin** has achieved Competent Communicator, Competent Leader and Advanced Leader Bronze awards for the Annapolis Valley Toastmasters Club. **Kerry Barnsley** has attained Competent Communicator, Advanced Communicator Bronze and Competent Leader awards for Karner Blue Toastmasters. **Karen Beehan** has achieved Advanced Communicator Silver and Competent Leader awards for Toast of the Coast Toastmasters Club, and an Advanced Leader Silver award for Harbourview Club. **Louise Bernier** has achieved Competent Communicator and Advanced Communicator Bronze awards for UNB Toastmasters, and Competent Leader and Advanced Leader Bronze awards for Fredericton Club. **Roger Brisson** has attained Competent Communicator and Advanced Communicator Bronze awards for Amoskeag Better Communicators, and a Competent Leader award for Excel-Orators Toastmasters Club. **Candice Buell** has attained a Competent Communicator award for Salem Speech Masters, a Competent Communicator award for Excel-Orators Toastmasters Club, and a Competent Communicator award for Portsmouth Toastmasters. **Paul Coddington** has achieved an Advanced Communicator Silver award for Concord Toastmasters, and Advanced Communicator Gold and Competent Leader awards for Karner Blue Toastmasters. **Mitchell Farrar** has attained Competent Communicator, Competent Leader and Advanced Leader Bronze awards for Blueberry Hill Club. **Susan Frellick** has achieved Advanced Communicator Bronze, Competent Leader and Advanced Leader Bronze awards for Speak-Easy Toastmasters Club. **Gary Horsman** has achieved Competent Communicator and Competent Leader awards for Toast Of The Valley Club, and an Advanced Communicator Silver award for River View Community Speakers. **Sean Hurley** has achieved Advanced Communicator Bronze, Competent Leader and Advanced Leader Bronze awards for Faithfully Speaking Toastmasters Club. **Shawn Jones** has attained a Competent Communicator award for Advanced Dawn Breakers Club, and Competent Communicator and Advanced Leader Bronze awards for PROSPECT'S PEAKERS. **Patricia MacNevin** has achieved Advanced Communicator Bronze and Competent Leader awards for Valley Health Toastmasters Club, and an Advanced Leader Bronze award for Advanced Dawn Breakers Club. **Elsa Riley** has attained Advanced Communicator Silver, Competent Leader and Advanced Leader Bronze awards for Speak-Easy Toastmasters Club. **Ed Rooney** has achieved Competent Communicator, Competent Leader and Advanced Leader Bronze awards for River View Community Speakers. **Wanda Smith** has attained Advanced Communicator Bronze, Competent Leader, and Advanced Leader Bronze awards for Sackville Club. **Diane Tremblay** has achieved Advanced Communicator Bronze, Competent Leader and Advanced Leader Bronze awards for TIC Talkers Toastmasters Club. **Robert Van Oostwaard** has attained Competent Communicator, Advanced Communicator Silver, and Competent Leader awards for Golden Club. **Shane Walsh** has achieved Competent Communicator, Competent Leader, and Advanced Communicator Bronze awards for Civil Speakers Club.

**We have had forty seven Triple Crown awards this year!**

*Club and Area News*



**A New Club Chartered in District 45!**

We welcome our SIXTH new club of the year to District 45.

**Diplomatically Speaking**, club #1262706, Area 10, Division B, was granted their charter on June 1, 2009. Congratulations are extended to the two sponsors of this club: District Governor, Candice Buell, DTM and Division B Governor, Kishore Sasthiri, ACB-ALB for their diligence. District 45 appreciates the two new mentors of this club: James Berry, ACS and Michael F. McCann ACG for stepping up to the plate and bringing the Toastmaster expertise to this fledgling club. Diplomatically Speaking is a corporate club located in Portsmouth NH and is for the members of the National Passport agency. Welcome Diplomatically Speaking!



**Club Anniversaries**

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

- Express It Wright Club**, Area 6, Division B. 2<sup>nd</sup> Anniversary in July
- ACOA Speaker's Choice/Choix des Orateurs APECA NB**, Area 13, Division C. 3<sup>rd</sup> Anniversary in August
- Golden Club**, Area 19, Division C. 22<sup>nd</sup> Anniversary in July
- Miramichi Club**, Area 3, Division C. 36<sup>th</sup> Anniversary in August
- Brunswick Club**, Area 14, Division B. **50<sup>th</sup> Anniversary** in August



**Upcoming Events**

**D45 Fall Conference:** November 6-8, 2009 in Saint John, New Brunswick

If you have dates for Area or Division events, please send them to PRO Louise Bernier and DG Wendy Harding.

**News from Speak-Easy Toastmasters**



*From left: Incoming Area 17 Governor Elsa Riley and outgoing AG Margaret Armsworthy*



*From left: Geraldine MacKendrick and Elsa Riley, Outstanding Toastmaster of the Year Award*

Elsa Riley ACS/ALB, incoming Area Governor for Area 17, accepted The Gavel from outgoing Area Governor for Area 17, Margaret Armsworthy ACB. Speak-Easy Toastmasters Club is thrilled that this is the third consecutive year that the Area Governor for Area 17 is a member of our club! All the best Elsa in your position as Area Governor for 2009-2010. Margaret, we have really enjoyed your leadership this past year.

The Speak-Easy Outstanding Toastmaster of the Year Award was presented to Elsa Riley, ACS/ALB, incoming Area 17 Governor. The presentation was made by Geraldine MacKendrick, ACB/ALB. Elsa has participated energetically in the areas of communication, leadership, education, and membership growth, earning her special recognition for her contribution. This year she has presented four project speeches, five educational sessions, one presentation at the recent Region VII Conference, she made an interclub visit, achieved her second Competent Leader Award, achieved her Advanced Leader Bronze Award, achieved her Advanced Communicator Silver Award, all three awards together mean she has earned the prestigious Triple Crown Award. She has enthusiastically served our members as a mentor, as a coach and as a dedicated member of our Club executive. She has acted in a leadership capacity by offering a Speechcraft session at Community School to publicize Speak-Easy, serving on the Club executive, the Area Contest Chair for the International and Table Topic Speech Contests, by attending every meeting but one, and being willing to take part in these meetings. Congratulations Elsa!

Submitted by Wendy Corkum  
V. P. Public Relations, Speak-Easy Toastmasters Club ✨

**Annapolis Valley Club turns 18**

The Annapolis Valley Toastmasters Club, Greenwood, celebrated their 18th birthday with a cake cutting ceremony at the Area 9 International Speech and Table Topics Contest, at 14 Wing Greenwood Air Commodore Birchall Training Centre, Saturday 18th April 2009.

*(Left to Right: Ron Corkery, Area 9 Governor; Christine Austin, President Annapolis Valley Club; Scot Austin, Contest Chairman)*

**Congratulations Brenda Saunders/Todd**

Brenda Saunders/Todd was recently trained and certified as a SpeakersTrainingCamp® Certified Instructor. Brenda is the only Atlantic Canadian who has received this certification, and is only the second person in Canada to be certified. Brenda offers public workshops, on-site training and personal coaching in the area of public speaking and presentation skills.

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*Educational Achievements*

**Congratulations to all those Toastmasters who have already achieved one or more educational and leadership awards. The results for the months of May and June, up to June 15<sup>th</sup>, are:**

*Competent Communicator Awards*

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Beth Bascom	Horseshoe Pond Toastmasters Club	May 7, 2009
Dorothy Brooks	Brunswick Toastmasters	May 7, 2009
Jeremiah Kennelly	Amoskeag Better Communicators	May 7, 2009
John Chilton	Lakes Region Toastmasters Club	May 8, 2009
Patrick Bohan	East Coast Raconteurs Toastmasters Club	May 11, 2009
Brenda Roth	Sussex Toastmasters Club	May 15, 2009
Susan Murphy	White Mountain Toastmasters Club	May 16, 2009
Catherine Cervin	Dartmouth Toastmasters Club	May 18, 2009
Flo Purchase	Dartmouth Toastmasters Club	May 18, 2009
Joanne Campbell	Coastmasters Club	May 19, 2009
Robert Taylor	Premiere Club	May 20, 2009
Lizeth Martin	ACOA NB Speakers Choice / Choix des Orateurs Apeca NB	May 22, 2009
Gary Horsman	Toast Of The Valley Club	May 27, 2009
Garry Carlson	Toast Of The Valley Club	May 27, 2009
Ronald Corkery	Toast of the Coast Toastmasters Club	May 27, 2009
Alex Kronstein	Dartmouth Toastmasters Club	May 28, 2009
Dennis Hett	TM of Manchester Club	May 28, 2009
Monique Anne Parker	Pine Island Toastmasters Club	May 28, 2009
Joan Kelsey	Blueberry Hill Club	May 29, 2009
Theresa Kilpatrick-Bedard	NoonTalkers Toastmasters Club	May 31, 2009
Betsy Black	Concord Toastmasters Club	June 1, 2009
Candice Buell	Portsmouth Toastmasters	June 2, 2009
Gary Steeves	PLGS Toastmasters Club	June 4, 2009
Jo-Anne Walton	Greater Portland Toastmasters Club	June 5, 2009
Janet Glennie	Sackville Club	June 7, 2009
Kathleen Miles	NoonTalkers Toastmasters Club	June 8, 2009
Barbara Bell	Sackville Club	June 11, 2009
Robert Barker	Sackville Club	June 11, 2009
Nita Patel	TM of Manchester Club	June 11, 2009
Stephen Almon	Kennebecasis Club	June 12, 2009
Kevin Poniatowski	Nashua-Hudson Club	June 12, 2009
Joanna Boniecka-Grzelak	Harbourside Club	June 12, 2009
Renu Dhayagude	Civil Speakers Club	June 12, 2009

*Continued on P. 11*

**Educational Achievements Continued****Advanced Communicator Awards**

<b>Award</b>	<b>Name</b>	<b>Club Name</b>	<b>Date Received</b>
ACB	Alice Finnermore	Fredericton Club	May 8, 2009
ACB	Diane Cormier	Hub City Toastmasters Club	May 14, 2009
ACB	David Mills	Capital Toastmasters	May 21, 2009
ACB	Judith Breau	Miramichi Club	May 27, 2009
ACB	Jonathan Perry	Dartmouth Toastmasters Club	June 9, 2009
ACB	Lise Giffin	Spirit-Ed Toastmasters Club	June 9, 2009
ACB	Roger Brisson	Amoskeag Better Communicators	June 14, 2009
ACS	Darlene MacDonald	Sunrise Toastmasters Club	May 6, 2009
ACS	Maureen McIntosh	Riverview Canusa Toastmasters Club	May 8, 2009
ACS	Elsa Riley	Speak-Easy Toastmasters Club	May 22, 2009
ACS	Susan Frellick,	Speak-Easy Toastmasters Club	June 5, 2009
ACS	Peter Maddalena	Sackville Club	June 7, 2009
ACS	Margaret Cardoza	Greater Portland Toastmasters Club	June 9, 2009
ACS	Karen Beehan	Toast of the Coast Toastmasters Club	June 10, 2009
ACG	Karen Caldwell	Sears-Halifax Club	May 15, 2009

**Competent Leadership Awards**

<b>Award</b>	<b>Name</b>	<b>Club Name</b>	<b>Date Received</b>
CL	Clement Turmel	Dynamic Speakers Club	May 7, 2009
CL	Elsa Riley	Speak-Easy Toastmasters Club	May 15, 2009
CL	Karen Caldwell	Sears-Halifax Club	May 17, 2009
CL	Linda Deloughery	Hub City Toastmasters Club	May 20, 2009
CL	Richard Berman	Nashua-Hudson Club	May 20, 2009
CL	Carey Loukides	Nashua-Hudson Club	May 20, 2009
CL	Brian Conway	Toastmasters of Milford	May 22, 2009
CL	Gary Horsman	Toast Of The Valley Club	May 27, 2009
CL	Barbara Chafe	Sackville Club	June 7, 2009
CL	Wanda Smith	Sackville Club	June 7, 2009
CL	Kathy Anderson	Capital Toastmasters	June 11, 2009
CL	Gary Belding	Civil Speakers Club	June 11, 2009
CL	Jerry Katz	Spirit-Ed Toastmasters Club	June 11, 2009
CL	Liz Brisson	Amoskeag Better Communicators	June 14, 2009

*Continued on P. 12*

*More Educational Achievements!*



**Advanced Leadership Awards**

<b>Award</b>	<b>Name</b>	<b>Club Name</b>	<b>Date Received</b>
ALB	Rob Evans	Toast of the Coast Toastmasters Club	May 8, 2009
ALB	Elsa Riley	Speak-Easy Toastmasters Club	May 18, 2009
ALB	Ronald Corkery	Toast of the Coast Toastmasters Club	June 2, 2009
ALB	Wanda Smith	Sackville Club	June 14, 2009
LDREXC	Dorothy Brooks	Brunswick Toastmasters	May 1, 2009
LDREXC	Wayne Mercer	Faithfully Speaking Toastmasters Club	May 1, 2009
LDREXC	Ronald Corkery	Toast of the Coast Toastmasters Club	June 1, 2009

**Who Will Be D45 Toastmaster of the Year?**

Do you want to give your Club's Toastmaster of the Year a chance at being District 45 Toastmaster of the Year? We'll bet that your club is losing out because you aren't recording all the information you should. Did you know that visits to other clubs count for points? So do speeches outside the club, mentoring new members, and attendance.

The Outstanding Toastmaster Guideline (Document 1113), available to download at <http://www.toastmasters45.com/pdf/TMoftheYearGuidlines.pdf>, sets out all the information you need to collect on an ongoing basis throughout this year. Your Club's Secretary or someone designated to collect this information needs to know what information to collect and should start right now. Details can be found on the website.



Clubs are to submit their Toastmaster of the Year Award recipient to their Area Governor by **July 15<sup>th</sup>** for selection of the Area Toastmaster of the Year; Area Governors are to submit their Area Toastmaster of the Year Award recipient to their District Governor by July 31<sup>st</sup>. These awards are presented at the Fall Conference.

District 45 Toastmaster of the Year is an honor to bestow. I look forward to having a most difficult choice. — Candice Buell, DTM ☆

*D45 Spring Conference*

The District 45 Spring Conference, held May 22 - 24 in Concord, NH was a success in every possible way. A very special thank you to our spring conference committee, Sue Gunther, conference chair and the fantastic committee, Leslie Alcorn; Betsy Black; Carol Goward; Wendy Harding; Joe Kasper; Dawn Knight; Caryl Lajoie; Dale Randall; and Pat Turner.

We congratulate our D45 Spring Conference Contest winners:

International Speech Contest

- 1st: Dan Bell
- 2nd: Christopher Ekblom
- 3rd: Joe Grondin

Table Topics Contest

- 1st Place: John Roy
- 2nd Place: Deb Nowak
- 3rd Place: Diana Mancuso



*L to R: Dorothy Savery, Candice Buell and International Speech Contest winner Dan Bell*



*L to R: Louise Bernier, Kishore Sasthiri, Table Topics Contest winner John Roy, International Director Kristin Nicholson and DG Candice Buell*

*D45 Spring Conference Photos*



*Our 2009-2010 D45 Leadership team: Past District Governor Candice Buell, District Governor Wendy Harding, LGET Sue Francesco, LGM Wayne Mercer and PRO Louise Bernier*



*Two members of the conference committee: Dale Randall and Caryl Lajoie*



*Candice Buell and Area 12 Governor Betty Dingman, one of our Triple Crown winners*



*Chris Ekblom, 2nd place International Speech Contest winner, and first time contest participant, is congratulated by Sue Francesco*



*Outgoing Division A Governor Dorothy Savery shares a laugh with incoming Division A Governor Dawn Knight*