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Volume 53, Issue 10


www.toastmasters.org/members

Speak-Easy Toastmasters Celebrate 30th Anniversary



Paul H. Schurman is congratulated by Lisa Campbell of Speak-Easy Toastmasters

The Speak-Easy Toastmasters club held their 30th anniversary celebration on May 6th. As part of the celebration Paul H. Schurman was awarded the Toastmasters Communication Achievement Award. Mr. Schurman is a well-known radio broadcaster. Speak-Easy Toastmasters meet in Summerside Prince Edward Island, and are part of Area 17.

Read the full story on P. 8 



*Candice Buell, DTM
District 45 Governor*

“The success of a Toastmasters club is solely dependent on its members”

When someone compliments you on your presentation or speech, be sure to mention that you developed your skills in Toastmasters. Ask if they would be interested in doing the same, and invite them to a meeting.

Prospective members look for a club that has an organized flow, where meetings start and end on time, and the content of the meeting provides opportunities for members to participate and learn. Guests should be welcomed by members, encouraged to participate and asked to share their observations of the meeting with all.

The success of a Toastmasters club is solely dependent on its members. Since most Toastmaster members have joined clubs to enhance their personal communication and leadership skills, it is imperative that clubs provide a mutually supportive environment for members to foster and develop these skills.

A notable first impression is the initial welcome. We all can relate to first impressions, so make this an inviting one. Demonstrate good leadership, with a well organized meeting, camaraderie, and an inclusive and friendly atmosphere. Clubs should have a guest package readily available at all meetings to share with prospective members. This package should include information on the Toastmasters program, club information, as well as a member application. A guest sign-in book is another key component. This is essential, since the club VP of Membership will then have the pertinent information to follow up with the prospect. Another valuable component of attracting new members is a Club website. The content of the website should include meeting place, time and contact information, as well as general information about your club.

“Guest fest” events usually result in turning prospects into members. In company clubs, top-level management involvement sends a message to prospective members and existing members, of commitment to the development of their employees and an equitable return on their investment. Encourage top-level management to be a guest speaker at one of the club meeting. Promote the event, so everyone is included.

Still proven to be the best source for recruiting new members is simply word of mouth – members’ recommendations. Every member within Toastmasters has joined for specific reasons. These members have stayed on because they have benefited from the Toastmasters program and are the best ambassadors to share their experience with others. Utilize this in-house opportunity by acknowledging every member that turns a prospect into a member. Members should challenge themselves to do their part by offering others the same opportunity to develop and learn. Share your experiences with others, I ***“Simply Believe”*** Toastmasters is for everyone! ✨

Lieutenant Governor Education and Training

Wendy Harding, DTM
Lt Governor Education and Training

We Learn Too By Helping Others Grow

Do you have a mentor? Have you mentored another member? Both experiences are a wonderful way to learn and grow in the Toastmasters Educational Program.

It's fantastic to be able to call someone when in doubt about the proper way to do something or exactly what the objectives are for a specific manual assignment; to get a second opinion or even just to discuss the possible ways there are to accomplish something. And I guarantee that during that conversation both parties, not just the "mentee", will learn.

For a more experienced member when you mentor a newer member, you see the situation and assignments through 'fresh eyes', a new perspective. The less experienced member gets to draw on the knowledge of another member.

Does a member have to be a member for twenty years before they can mentor a newer member? Absolutely not. No matter how long they have been members, it's a real growth experience for both parties to learn together. Even members who only recently joined can help others to learn and grow. The key in this situation is that if neither party is sure of the answer, they should ask someone else, and the learning chain keeps growing.

If you have been a member for a long period of time, could you still benefit from having a mentor? Absolutely! I learn from my mentors on practically a daily basis.

Does your club have an active mentoring program? If not, speak with your club executive and suggest that one be started. But in actuality, you don't need to be assigned a mentor. You can ask someone of your choosing to mentor you, they don't even have to be a member of the same club!

As a last point, there is no suggested length of time that the relationship lasts. While some good mentor/mentee relationships go on for years, equally as good partnerships are much more short term. Whatever its length, **Simply Believe** that the relationship will be a learning experience for both parties, have fun and enjoy! ✨

Articles and pictures for the June newsletter should be submitted by June 10, 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

Lieutenant Governor Marketing

*Sue Francesco, DTM
Lt Governor Marketing*

Open House to promote your Club

Fellow Toastmasters of District 45, when was the last time YOU had an OPEN house to promote your club? District 45 is made up of three US States, Maine, New Hampshire and Vermont and three Canadian Provinces, Prince Edward Island, Nova Scotia and New Brunswick. Together this International District encompasses 99,457 square miles or 257,592 square kilometers. Within these borders reside just over 5 million people. How about inviting a few of them to YOUR club!!

Consider getting together with other Toastmaster Clubs in your Area and hosting a cooperative or joint Open House. Historically, TM clubs that have had open houses find that their membership numbers continue to improve long after the Open house is over. Area 12 in Concord New Hampshire (Host of the District 45 Conference on May 22-24) has traditionally hosted an Area 12 Open House and every club in the Area has benefitted.

What does it take to host an open house? Toastmasters International has a wonderful step by step program that will guide you through the process. You can add or subtract from this timeline depending on your needs.

<http://www.toastmasters.org/ToastmastersMagazine/ToastmasterArchive/2008/September2008/Departments/HowTo.aspx>

Step ONE: Step up the plate and BE that person who brings the idea to your club.

Step TWO: Don't do it alone – GET your club and/or area involved.

Step THREE: Make a plan: Search the web for: Toastmaster Open House – you will be amazed at all the excellent information Toastmasters has provided for you FREE on the web.

Consider these items in your plan: speakers (utilize your Area Governors, your Division Governors and your District Team), location, time of the event, well written and complete agendas, signs, advertisements, refreshments, name tags, paper and e-flyers. Make sure you have contacts for guests and guest packets (with applications). Door prizes are always fun. Consider the opportunity to bring back sponsors, mentors and past presidents of the club.

Step FOUR: Make it happen. Have balloons, guest badges, guest ribbons (new from TI) book markers, buttons, pens - materials that will enhance your guests' experience. Have a guest book. Have someone assigned to making sure all the guests sign the book and make sure you have contact information for each guest.

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Public Relations Officer

*Susan Meek, ATMG
Public Relations Officer*

Do You Have A Succession Plan?

We are approaching the end of this Toastmasters year, clubs are holding their election of new club officers, and the Toastmasters Leadership Institute training sessions will be coming up. Here are some ideas to help your incoming VP Public Relations make a smooth transition to their new role and help the club continue the Public Relations efforts established during the past year.

- If your club has a newsletter, ensure the incoming VPPR is given an electronic copy of the template and past issues of the newsletter
- In order to keep your club website up-to-date, make sure the VPPR is given some website training, as well as any log-in information and passwords that they need
- The VPPR, as well as all of the executive team, should be given the club password for the TI website
- Give the incoming VPPR contact names and information for submitting stories and articles to newspapers, radio etc.
- Strongly encourage your incoming VPPR (and all incoming club officers) to attend the Toastmasters Leadership Institute training sessions
- Outgoing VPPRs should meet with their successor 1-on-1 to share tips and encouragement. Let the new VPPR know what worked well this past year, any problems or concerns, and suggestions for the upcoming Toastmasters year

All of your incoming Club and District Officers will benefit greatly by having the current executive members pass on encouragement, information and resources to help ensure continued Club and District success. ✨

**Announcing: A New DTM!**

Congratulations to **Karen Caldwell** for achieving her Distinguished Toastmaster designation. Karen is a member of the Sears-Halifax Club. This brings our total of new DTMs for this District year to nine.

From our District Officers

Open House – *continued from P.4*

Step FIVE: Follow-up. Follow-up. Follow-up. You have completed your task, the Open house was a wild success, and everyone loved the event... Now TURN THOSE guests into your club members. I am confident – if you follow through with this plan you will gain wonderful new members. THE Lt. Governor of Marketing Challenge: We have 6 weeks until the end of this Toastmaster year. YOU have time to put on a great OPEN HOUSE and bring your club up to Charter strength. Help your club and the District 45 become Distinguished. If every club adds four members, there will be great new enthusiasm in your club as you head into the new year. I **Simply Believe** you can all meet this challenge! ✨

Triple Crown Winners



Congratulations to our newest Triple Crown Winners. **Alain Guy Bilodeau** has attained an Advanced Communicator Bronze award for Harbourside Club, an Advanced Communicator Silver award for Advanced Dawn Breakers Club, and a Competent Leader award for Kennebecasis Club. **Dorothy Brooks** has achieved Competent Communicator, Competent Leader and Advanced Leader Bronze awards for Brunswick Toastmasters. **Karen Caldwell** has attained Competent Leader, Advanced Communicator Gold and Distinguished Toastmaster awards for Sears-Halifax Toastmasters Club. **Rob Evans** has achieved Advanced Communicator Silver and Competent Leader awards for Schooner Club, and an Advanced Leader Bronze award for Toast of the Coast Toastmasters Club. **Wendy Harding** has attained a Competent Communicator award for Valley Health Toastmasters Club, a Competent Leader award for Advanced Dawn Breakers Club, and an Advanced Leader Bronze award for Golden Club. **Darlene MacDonald** has achieved Advanced Communicator Silver, Competent Leader, and Advanced Leader Bronze awards for Sunrise Toastmasters Club. **Maureen McIntosh** has achieved Competent Communicator, Advanced Communicator Silver, and Competent Leader awards for Riverview Canusa Toastmasters Club. Heather Samson has attained Competent Communicator, Advanced Communicator Bronze, and Competent Leader awards for Faithfully Speaking Toastmasters Club. We have had twenty six Triple Crown awards so far this year.



Upcoming Events

Region VII Conference: June 5-7, 2009 in Moncton, New Brunswick

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

An Urgent Message from District Governor Candice Buell Regarding Proxies

To: Club President and VP Education

On March 30th, Toastmasters International sent Proxy forms to all Club Presidents of record. These proxies are used to cast votes at the **Regional Conference** in June and again at the **International Convention** in August. You have three options with your proxies:

- If you are attending both conferences, keep your proxy to cast your vote at the respective business meetings.
- If you are unable to attend but a fellow member from your club is attending, you can assign your proxy over to them.
- If no one from your club is attending, you can assign your vote to the District Governor to cast a ballot on behalf of your club.

Our goal is to have 100% of clubs represented at the Regional and International business meetings. Most clubs in District 45 will not have a member attending these functions. In this case, please sign your proxy over to Candice Buell, District Governor and mail to my address at:
94 West High Street, Somersworth, NH 03878 USA

Please send your proxies as soon as possible. Thank you.



A New Club Chartered in District 45!

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

Running Hill Toastmasters Club #1246807, Area 6, Division B, was granted their charter on May 1, 2009. Running Hill Toastmasters is a Community club that meets at the AETNA facility in South Portland, Maine. Thank you to Area 6 Governor Jo-Anne Walton, who is a sponsor for the club as well as its incoming President.

Coming next month: Spring Conference Highlights

News from Speak-Easy Toastmasters

Shown from left to right are Susan Frellick, President, and Lisa Campbell, Secretary, of Speak-Easy Toastmasters manning the Speak-Easy booth at the Greater Summerside Chamber of Commerce Showcase 2009 which was held in April in Summerside, Prince Edward Island. There were 152 businesses and organizations promoting themselves at this trade show with over 6,700 people attending the two day event.

Speak-Easy Toastmasters club held their 30th anniversary celebration on May 6th. The evening of celebration was organized by Edith Hogan, Geraldine MacKendrick and Lisa Campbell. Congratulations ladies on a job well done! In fact I would like to thank all of the members of our club for supporting this event and to John Newman for donating a door prize. The event was well attended and we again thank the members of the other Toastmasters Clubs on PEI for attending this celebration. As part of Speak-Easy Toastmasters 30th Anniversary Celebration Paul H. Schurman was awarded the Toastmasters Communication Achievement Award. Mr. Schurman is best known as a radio broadcaster, having begun in this field in 1959 at CJRW radio station in Summerside, thus beginning a long and successful career in fostering communication among all Islanders. Over the past five decades Mr. Schurman has been involved at the community, provincial, regional and national levels in various organizations. These include the Red Cross, the Kay Reynolds Independent Living Centre, the Canada Games, the Seniors Secretariat, Big Brothers-Big Sisters, Sports PEI and the United Way. Mr. Schurman has been named to the Order of PEI and has received an Honorary Doctor of Laws degree from UPEI.

— Wendy Corkum, VP PR Speak-Easy Toastmasters Club ✨



Club Anniversaries

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

- CORE Club, Area 16, Division A. 2nd Anniversary
- Granite Place Club, Area 12, Division A. 5th Anniversary
- River View Community Speakers Club, Area 15, Division A. 5th Anniversary
- Verhamphshire Vocalizers Club, Area 15, Division A. 5th Anniversary
- Confederation Club, Area 17, Division C. 6th Anniversary
- East Coast Raconteurs Toastmasters Club, Area 9, Division D. 6th Anniversary
- Spotlight Toastmasters Club, Area 17, Division C. 6th Anniversary
- Harbourside Club, Area 4, Division C, 8th Anniversary
- Moncton Wesleyan Club, Area 3, Division C, 8th Anniversary
- Strait Talkers Toastmasters Club, Area 1, Division D, 8th Anniversary
- Kearsarge Sunapee Speakers Club, Area 20, Division A, 11th Anniversary
- Greater Portland Toastmasters Club, Area 6, Division B, 12th Anniversary
- Amoskeag Better Communicators Club, Area 16, Division A, 13th Anniversary
- Concord Toastmasters Club, Area 12, Division A, 21st Anniversary
- TM Greater Burlington Club, Area 8, Division A, 27th Anniversary
- Sackville Club, Area 11, Division D, 28th Anniversary
- TM of Manchester Club, Area 16, Division A, 29th Anniversary
- Schooner Club, Area 1, Division D, 30th Anniversary
- Savvy Speakers Club, Area 8, Division A, 33rd Anniversary
- Dartmouth Club, Area 11, Division D, 46th Anniversary

Lakes Region Toastmasters Club Accomplishments

Lakes Region Toastmasters Club #2559 Area 20 congratulates their Educational awards winners:

- CC John Chilton
- ACB Jane Cote
- ACS Judy Maguire



Division D Congratulates Contest Winners



Division D Governor Wayne Mercer congratulates Table Topics Contest winner Jane Rafuse, Sackville Club (Area 11). Second place winner was Dan Bell, Schooner Club (Area 1)



Division D Governor Wayne Mercer congratulates International Speech Contest winner Donna Tutty, Toast of the Coast Club (Area 9). Second place winner was Dan Bell, Schooner Club (Area 1)

Condolences



Photo: LGM Bil Lewis, pictured with his mom PDG Dr. Betty Underhill, DTM and PDG Charlie Keane, DTM

Greetings Region VII Friends,

Sadly I am reporting to you that D31 Past District Governor, [Dr. Betty Underhill](#), DTM passed away on April 28, 2009. She was District 31's first female District Governor, serving as DG from 1982-1983.

Sherri Raftery, D31 LGET



Condolences to DTM **Norma Pasatieri** on the recent passing of her father, from everyone in District 45. Norma is Club President of both the Confederation Club and Spotlight Toastmasters club, in Prince Edward Island (Area 17).

Educational Achievements

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

Competent Communicator Awards

Name	Club Name	Date Received
Heidi Clute	TM Greater Burlington Club	April 13, 2009
Carey Loukides	Nashua-Hudson Club	April 14, 2009
Candace Morrison	White Mountain Toastmasters Club	April 18, 2009
Karen MacDonald	Valley Health Toastmasters Club	April 20, 2009
Irvin Bruce	Keene Toastmasters Club	April 20, 2009
Joan Fitzgerald	Top of the Town Toastmasters Club	April 21, 2009
Dawn Knight	Winning Speakers Club	April 21, 2009
Ida LaValley	Capital Toastmasters	April 24, 2009
Cameron Ells	Sears-Halifax Club	April 24, 2009
Ralph Miller	Capital Toastmasters	April 25, 2009
Laura Rudderham	Faithfully Speaking Toastmasters Club	April 27, 2009
Joseph Grondin	Riverview Canusa Toastmasters Club	April 28, 2009
Eric Jordan	Toast of the Coast Toastmasters Club	April 29, 2009
Robert Cole	Kennebecasis Club	April 29, 2009

Advanced Communicator Awards

Award	Name	Club Name	Date Received
ACB	Denise Leblanc	Hub City Toastmasters Club	April 22, 2009
ACB	Judith Montgomery	Greater Portland Toastmasters Club	April 22, 2009
ACB	Colette Howe	Greater Portland Toastmasters Club	April 22, 2009
ACB	Priscilla Hansen	Greater Portland Toastmasters Club	April 24, 2009
ACB	Julie Kean Marks	Advanced Dawn Breaker Club	April 26, 2009
ACB	Joyce Hatfield	Yarmouth Toastmasters Club	April 27, 2009
ACB	Heather Samson	Faithfully Speaking Toastmasters Club	April 27, 2009
ACS	Edith Hogan	Speak-Easy Toastmasters Club	April 6, 2009
ACS	Judith Maguire	Lakes Region Toastmasters Club	April 20, 2009
ACS	August Schau	Lewiston - Auburn TM Club	April 22, 2009
ACS	David Hubley	Sears-Halifax Club	April 24, 2009
ACS	Alain Guy Bilodeau	Advanced Dawn Breaker Club	April 27, 2009

Continued on P. 13

Educational Achievements Continued



Advanced Communicator Awards - continued

<i>Award</i>	<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
ACG	Kathy Anderson,	Capital Toastmasters	April 15, 2009
ACG	Elizabeth Andrews	Horseshoe Pond Toastmasters Club	April 16, 2009

Leadership Awards

<i>Award</i>	<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
CL	Melinda Scott	ACOA NB Speakers Choice / Choix des Orateurs Apeca NB	April 1, 2009
CL	Matthew Randall	Ad Libs Club	April 6, 2009
CL	Heather Samson	Faithfully Speaking Toastmasters Club	April 7, 2009
CL	Heather Hamilton	Valley Health Toastmasters Club	April 19, 2009
CL	Diana Mancuso	Winning Speakers Club	April 23, 2009
CL	Patricia MacNevin	Valley Health Toastmasters Club	April 27, 2009
CL	Bruce Miller	Faithfully Speaking Toastmasters Club	April 27, 2009
ALB	Helen Pervanas	Pine Island Toastmasters Club	April 6, 2009
ALB	Wendy Harding	Golden Club	April 8, 2009
ALB	Anne Ryan	Kennebecasis Club	April 29, 2009

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 15th** 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 31st. 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 ✨

District 45 is honored to host the 2009 Toastmasters Region 7 Conference

Join us! | **June 5-6, 2009**
Moncton, New Brunswick, Canada

Highlights:

INTERNATIONAL SPEECH CONTEST

Hear the speakers vying to represent Region 7 at the 2009 World Championship of Public Speaking!

HUMOROUS SPEECH SHOWCASE

Get your “ha-ha” on! Laugh, giggle, chortle...

LEARN A THING OR TWO!

Participate in educational sessions (four tracks)

NETWORK!

Meet fellow Toastmasters from Northern West Virginia to Northern New Brunswick!

For more: | **www.r7tm.org**

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