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Remembrance Day Theme At The Dartmouth Toastmasters Club



The Dartmouth Toastmasters Club in Nova Scotia had a Remembrance Day theme at their November 4th meeting. Pictured above, from left to right are Toastmasters Alex Kronstein, Kevin Symes, Dorothy Kern, Chummie MacDonald and Bill D'aoust.





*Candice Buell, DTM
District 45 Governor*

“Let’s all start now to boost our District’s membership and shine as we reach Distinguished District status on July 1st!”

I am amazed as I look back on the history of our Toastmaster’s organization. On October 22nd Toastmasters celebrated its 84th birthday. We have grown from that handful of members to almost a quarter million members. We all need to help keep this momentum going by sharing with others the benefits and personal growth we have all gained through Toastmasters, as we build our organization one member at a time.

As we stretched to have all the clubs submit their dues on time, we also saw the need for retention. As I have stated before, the importance of retaining our seasoned Toastmasters is imperative. We had all but six (6) clubs submit their dues on time, but many clubs in our District have fewer than 20 members. Now is the time to focus on growing our membership by building our clubs back to charter strength and starting new clubs. Start early and gain more. We will be promoting the “Distinguished by April 30th” program again this year, and remember that your club must have at least 20 members or a net gain of 5 new members to be eligible. Your Club will be recognized at the spring conference with a certificate and permanently on the wall of fame. Many of our clubs are struggling with 12 or fewer members. These clubs are eligible for a club coach. This is an excellent opportunity for our seasoned Toastmasters to use their skills by offering to help out our struggling clubs.

We held our 19th fall conference the weekend of November 7 - 9, and it was excellent! The attendance alone shows us that our members are devoted and eager to advance. We had a variety of events, from educational presentations delivered by a wide range of Toastmasters, to awards being presented to honor the well-deserved achievements. The conference was certainly enjoyed by all. Hopefully the attendees will carry some of the enthusiasm and learned knowledge back to their individual clubs to boost the moral and encourage their members to reach out to new members. Our new membership contest was launched at the conference so watch closely for more news coming to your clubs.

Let’s all start now to boost our District 45’s membership and shine as we reach Distinguish District status on July 1st!

Any and all things are possible if we “Simply Believe”. ✨

Lieutenant Governor Education and Training

Wendy Harding, DTM
Lt Governor Education and Training

Vary Your Programming To Keep Meetings Interesting

While routine is comfortable, sometimes the members of your club will want variety to reduce boredom.

Have you tried theme meetings? Most clubs really enjoy holding these types of meetings. You can have a backward meeting (where you start with the closing and do evaluations before the speeches are done) or a brown bag meeting (where members don't have any idea what their role will be until they enter the meeting room and then draw their role from a slip of paper). You can create a program with all speeches on a specific topic, a specific manual assignment, or even have all speeches taken from the same advanced manual. At certain times of the year, you can have meetings based on holidays that are near. Whatever you choose to do, why not 'mix it up' and have some fun?

Those of you who attended the Fall Conference in St. Andrews probably noticed that there was a mixture of male and female speakers, there were some speakers who had presented at the District level before, and some who had not, there were some presenters from the American States and some from the Canadian Provinces, and some presentations were based on the Leadership track while others were from the Communication track.

Yes, while the routine of doing the same things at the same time at every meeting is familiar and comforting, why not "*Simply Believe*" that you can be even more successful by trying something different? ✨

**Triple Crown Winners**

Congratulations to our newest Triple Crown Winners.

Ella Brown achieved Advanced Communicator Bronze, Competent Leader and Advanced Leader Bronze awards for Faithfully Speaking Toastmasters Club. **Deb Nowak** achieved Advanced Communicator Gold, Advanced Leader Silver and Distinguished Toastmaster awards for Brunswick Club. We have had seven Triple Crown winners so far this year.

Lieutenant Governor Marketing

*Sue Francesco, DTM
Lt Governor Marketing*

Club Membership Building

Mid-November has come and gone. We are back from the Fall District Conference in St. Andrews and we are preparing for the upcoming holidays and the inevitable winter in the North East. I have been reading diligently all of the Area Governor reports that have been coming in as the 20 Area Governors visit their clubs and report back to the District Team. Membership building and membership retention are the two most common issues facing our clubs. This month I will focus on membership building and my next article will be on membership retention.

This morning when I got up it was pouring; the rain was pelting the bleak brown earth. The wind began slowly at first and then in earnest. The brown oak leaves all around my house were swirling and flying through the air gaining momentum and height and just now the sun broke through the clouds and brightened up the whole day. I realized this is an analogy for membership building in our clubs.

Many clubs have seen a significant drop in membership which, like the rain I woke up to this morning, could put a 'damper' on club meetings. We all know a meeting with a full agenda and varied members is the best. Let us all be like the wind and gather up members like the leaves and help our clubs gain members and momentum to break through the clouds and reach that sunny spot we call charter strength to help you with the momentum we have a new membership contest to motivate each club.

Here is how the Membership Contest works:

EVERY club can participate.

CONTEST RULES

1. Add two new, dual or reinstated members and your club will earn ONE chance at one of the designated awards
2. Each time a club adds an additional 2 new, dual or reinstated members your club will earn THREE more chances for the designated awards
3. Any club that was not at Charter strength on 11/8/08 and reaches Charter strength by 3/31/08 will earn FIVE additional chances at the awards.

What are the awards? You'll have to go to P. 6 to find out!

Continued on P. 6



*Susan Meek, ATMG
Public Relations Officer*

Have A Public Relations Plan

Our District Governor's message this month stresses the importance of building our club membership, and a new membership contest had just been announced. A public relations campaign can help you attract potential members to your club. I'd like to share with you a "case study" of the public relations efforts of the Annapolis Valley Club in Nova Scotia, as an example of an effective Public Relations plan. The Annapolis Valley Club is one of many clubs in District 45 below charter strength, and it is working hard to increase its membership. To date the club has already added 4 new members. Club President Christine Austin writes:

"Our club has been very busy growing this fall. We are actively trying to grow our membership and have made a lot of effort and advances in many areas. We started small by putting up posters all over town and the local military base to advertise our meeting time and location. We also submit a weekly notice to the Aurora Newspaper (For Your Information) FYI section that is available to not-for-profit organizations to advertise upcoming events for FREE.

More recently, our VP PR has been submitting upcoming events notices to 3 other papers and I have started posting stories on the internet and sending them to the local papers. I submitted articles about our members' participation in speech competitions to the local paper and posted it on our website. What a thrill to see a quarter-page story published in the Aurora Newspaper on October 27th 2008 (p. 8), <http://www.auroranewspaper.com/pdf/2943news.pdf>

Our club participated in the Tools for Life conference and exhibition on October 24th with a booth and presentation of a mini Toastmasters meeting (see the article on P. x of this newsletter). After the event, I submitted an article to our VP PR to submit to the local papers along with pictures. I also posted an article in the Public area of our website at <http://annapolis.freetoasthost.net/index.html>. Unfortunately, I don't think that the story made the paper, but I wanted to write an article for our website anyway, so it was not wasted effort. One of our new members said he read the articles and I think it helped to get him to pay a visit and subsequently join our club.

I just wanted to let you know what we are doing to try to spread the word and promote Toastmasters in general and our club in particular."

As you can see, the Annapolis Valley club is using a multi-pronged approach to public relations: using posters, submitting articles to local papers, advertising meetings in upcoming events sections, posting articles on their website, hosting a Toastmaster's booth and presenting a mini meeting demonstration at a trade show. Take some time to design a public relations campaign for your club and [Simply Believe](#) that by spreading the word about Toastmasters, your club membership will grow. ✨

From our District Officers

Membership Contest *continued from P. 4*

CONTEST AWARDS - TWO AWARDS for EACH DIVISION

Winning clubs can choose from 1 or 2 below:

1. The entire Successful Club Series – which is a set of programs addressing the subject of quality CLUB meetings. Presenting these programs to clubs helps a member fulfill the Advanced Communication Silver (ACS) or Advanced Leader Bronze (ALB) requirements.
2. The entire Leadership Excellence Series – which is a set of programs to help members learn the skills they will need to be successful leaders in their Toastmaster club as well as outside their club. Presenting these programs to clubs helps a member fulfill their Advanced Leader Bronze (ALB) requirement.
3. If clubs already have both 1 and 2 above they may request alternative materials with a maximum value of \$50.

Toastmasters of District 45 – I challenge YOU to use this opportunity to make the most out of your Toastmaster experience by bringing new members to your clubs and thereby helping someone else discover the leadership and educational benefits of Toastmasters.

QUESTIONS: Contact District 45 Lieutenant Governor of Marketing – Sue Francesco
Sue.Francesco@toastmasters45.com

Articles and pictures for the December newsletter should be submitted by November 30, 2008.

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

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Club and Area News



Club Anniversaries

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

[Valley Health Toastmasters Club](#), Area 19, Division C. 3rd Anniversary

[Valley Toastmasters Club](#), Area 13, Division C. 4th Anniversary

[Tech Talk Club](#), Area 18, Division D. 5th Anniversary

[Yarmouth Club](#), Area 9, Division D. 7th Anniversary

[Toast Of The Valley Club](#), Area 20, Division A. 15th Anniversary

[Fredericton Club](#), Area 13, Division C. 37th Anniversary



New Club Chartered in District 45!

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

TAMC Toastmasters Club #1169446, Area 19, Division C, was granted their charter on October 17, 2008. TAMC Toastmasters Club is a closed, corporate club for the Aroostoc Medical Center, in Presque Isle, Maine. They meet Tuesdays at 12:00 PM the McCain B Conference Room in the Aroostoc Medical Center. Thank you to the club's sponsor, Wendy Harding and mentors Joy Barresi Saucier and Andrew J. Soucier.



Announcing: A New DTM!

Congratulations to **Deb Nowak** for achieving her Distinguished Toastmaster designation. Deb is a member of Brunswick Club. This brings our total of DTMs for this District year to six.



Upcoming Events

D45 Spring Conference: Plan ahead! The Spring Conference will be held May 22 to 24, 2009 in Concord New Hampshire. And rumor has it....there will be another bus from the Maritimes.

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

J-Talkers Hosts Area 18 Contest



J-Talkers Club in Dartmouth Nova Scotia hosted the Area 18 Humorous Speech and Evaluation Contests on October 18, 2008. As a club just a year old, it was very challenging and exciting for the members of J-Talkers to host this contest without even having attended one in the past. They enjoyed the opportunity and the exposure it provided to their members, and anticipate having more participation in future club competitions as a result. The winner of the Humorous Speech contest was Erna Slingluff (third from left in the picture of participants, above) and the winner of the Evaluation contest was Karen Caldwell (fifth from left in the picture).

Seen At The Division A Contest



Three Division A Diva's
at the contest:
Sue Gunther, Spring
Conference Chair,
Dorothy Savery, Division
A Governor, and Brenda

Celebrating Success At PLGS Toastmasters



PLGS Toastmasters Club President Robert Palo, CC presenting Jeffrey Meade, CC with a "Half Way There CL" ribbon

PLSG Toastmasters Club VP Education Jeffrey Meade, CC presenting Robert Palo with his Competent Communicator Award.

Photo credits: Beth Richards, PLGS Toastmasters Club Sergeant-at-Arms

Celebrating Success At Milford Toastmasters Club



Pete Bundschuh has achieved his ACB award



Elise De Michael has achieved her CL award

Oktoberfest At Karner Blue Toastmasters



Giselle Stewart – takes the lectern from Toastmaster Molly Stark – dressing the part for the Oktoberfest meeting!



Karner Blue TM Club President Susan Goodness presenting Alicia Carlson with her first ½ way certificate!

Halloween At Sackville Toastmasters



*Success Stories From Our Members***Learning Language Through Toastmasters: Taking It to the Next Level**

– By Darcy MacDougall

I have been a member of Franco-énergie, a French language Toastmasters club for nearly two years. My reason for attending my first meeting was quite simple: I wanted to impress my new boss! I work for the department of Veterans Affairs Canada and had just started a one year development assignment. Kin Tue-Fee, my supervisor, invited me to a Franco-énergie meeting, and I wanted to show him I was up for the challenge. I was pleasantly surprised by the positive and social atmosphere in the room, and believed that I would benefit from the leadership and communication training the club offers, and from participating in a French language club. I have experienced the benefits I expected, and some others as well. In a nutshell, they are:



- **Learning Language, Part I:** After being active in the club for just over a year, I took tests in French as a second language at my work place. I received level C, the highest level, in writing and oral French, and exemption from future testing in reading French. This means I am now qualified to work in bilingual positions, which will help me greatly in my career.
- **Learning Language, Part II:** I have been totally blind since birth. Therefore, one of my biggest worries when I joined Toastmasters was learning to use body language in my speeches. After all; unlike most people, I haven't been able to learn by watching. I spent a couple of afternoons practicing with Mariette from my club, and received tips on an informal basis from many other members. I now use body language quite effectively in my speeches, and have carried this learning into my every day life.
- **Coming out of my Shell:** In the past, I have seen myself as a somewhat shy person, and someone who took comfort in sticking close to the same social group and routines in my life. Over the past couple of years, I have done a variety of things to increase my confidence, with participation in Toastmasters being a key one. I now feel much more at ease in networking and starting conversations with new people. Also; I now enjoy putting some of my leisure time into activities like speech evaluation competitions and am looking forward to attending my first district conference in November.

I had occasionally heard people sing the praises of Toastmasters before I joined, and can now add my voice to that song.

Le club Toastmasters Franco-énergie m'a beaucoup aidé avec mon apprentissage de français, mon usage de langue corporel, et ma confiance sociale. J'ai rencontré beaucoup de personnes intéressantes et positives comme Toastmaster. Je vais continuer à apprendre et améliorer avec le club.

*Darcy MacDougall is Vice-President of Public Relations for Toastmasters Club Franco-énergie #870865 in Charlottetown, PEI **

*Success Stories From Our Members***Applying Toastmasters AT Work - By Stéphane Parent**

Have you wondered how Toastmasters can improve your leadership skills at work? Is Toastmasters' leadership different than industry leadership? I asked myself these very questions early last year. I joined Toastmasters in February 2007 to improve my communications skills for work. Almost immediately, I noticed that the leadership component also had the potential to transform me and my company.

EDS is a large, global information technology services company with offices in more than fifty countries. EDS has strong training programs, especially for leaders. After completing the class room portion of the First-Line Leader programme, last June, I had to develop a learning proposal. This proposal was meant to show how I would continue improving my

leadership competencies. The expectation was that I would propose a project to expand leadership qualities. I had to present my proposal, showing its merits.

So I decided to use the Toastmasters' Competent Leadership track to determine how well it would help an EDS leader. I was expected to provide results within a six month timeframe. I resolved to complete the first five projects within that period and report on my findings.

It was an interesting six months. I had to stretch myself by assuming one role or another at almost every weekly meeting from September to December. It so happened that I had also set myself a goal of completing my first ten speeches by Christmas. There never was a dull moment!

Through careful planning, informal mentoring, and some cajoling, I managed to fulfill all the roles needed to complete the first half of the CL track by early December.

Over the following weeks, I reviewed the results and put them in a presentation, which I gave on January 31. The presentation was done by teleconference, with the use of PowerPoint slides. The audience comprised leaders of leaders, training programme coordinators and even one Toastmaster from Plano, Texas. As part of my introduction, I explained how Ralph Smedley had incorporated leadership skills into Toastmasters, from its inception. I then demonstrated how the ten projects of the Competent Leadership track mirrored the EDS leadership competencies.

My conclusion, however, highlighted the most important benefits of Toastmasters to the company: Toastmasters provides immediate and specific feedback, members learn by doing, and do it more than once, and Toastmasters provides a safe environment for learning. The last point is the most important for me. Toastmasters gave me ample opportunities to stretch my leadership competencies, which benefits my employer without risk or cost.

So point out the advantages of Toastmasters to your colleagues and management. Show them how Toastmasters is an excellent way to train their leaders. Toastmasters is a tool that can be used in both our personal and working environments.

*Stéphane Parent, ACB, is a member of Premiere Toastmasters, #2738, in Charlottetown, Prince Edward Island. **

*Toastmasters In The Community***Toastmasters is a “Tool For Life”**

Annapolis Valley Toastmasters took their program on the road on October 24th, 2008 to participate in the 3rd annual “Tools For Life” Conference. The purpose of the conference was to share information about how to make living, learning and working easier by removing all forms of barriers. The “Tools For Life” Conference is a Nova Scotia province-wide initiative that offered attendees access to 115 exhibitors and 75 presentations over 3 time slots. The exhibitors represented four major themes: wellness and independent living, literacy and lifelong learning, employment and careers, and assistive technologies.



Kay Wynne (VP PR), Dan Moore (VP Membership), Christine Austin (President), and Marshall Ennis (Speaker)

The presentation hosted by Annapolis Valley Toastmasters was a mini-meeting to demonstrate how Toastmasters develops communication and leadership skills and foster personal growth and self-confidence. Marshall Ennis, an all natural strongman and metal fabrication artist from Middleton presented a condensed motivational speech entitled “Strong in Body, Stronger in Mind” that impressed both his peers and the audience. Kay Wynne followed up with a detailed speech evaluation. Overall, the members exchanged lots of information, had a few laughs, and are eager to go back again next year to apply the lessons learned to their mini-meeting so all who attend will be able to see what a great life-long learning opportunity is available through Toastmasters.

Submitted by Christine Austin
President, Annapolis Valley Toastmasters Club

Educational Achievements

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

Competent Communicator Awards

<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
Mary Ann Schneider	ECHO Toastmasters Club	October 9, 2008
Nadine Gookin	Tri-City Club	October 11, 2008
Roger Davies	Excel-Orators Toastmasters Club	October 11, 2008
Ed Rooney	River View Community Speakers	October 16, 2008
Keith Thomas	TM of Manchester Club	October 23, 2008
James Kokocki	Sussex Toastmasters Club	October 26, 2008
Maureen McIntosh	Riverview Canusa Toastmasters Club	October 27, 2008
M.E. Lawlor	TM Greater Burlington Club	October 29, 2008
Jonathan Perry	Dartmouth Toastmasters Club	October 29, 2008

Advanced Communicator Awards

<i>Award</i>	<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
ACB	Kishore Sasthiri	Exeter Speak-Ups Club	October 13, 2008
ACB	Karen Baetzel	Exeter Speak-Ups Club	October 21, 2008
ACB	William Stewart	Woodfords Toastmasters Club	October 27, 2008
ACB	Ella Brown	Faithfully Speaking Toastmasters Club	October 28, 2008
ACB	Maurice Kinney	TM Greater Burlington Club	October 29, 2008
ACS	Barbara Chafe	Sackville Club	October 20, 2008
ACG	Debra Nowak	Brunswick Club	October 28, 2008

Leadership Awards

<i>Award</i>	<i>Name</i>	<i>Club Name</i>	<i>Date Received</i>
CL	Deborah Maxted	Winning Spirit Club	October 14, 2008
CL	Charley Vaughan	Faithfully Speaking Toastmasters Club	October 22, 2008
CL	Ella Brown	Faithfully Speaking Toastmasters Club	October 22, 2008
CL	Darlene MacDonald	Sunrise Toastmasters Club	October 22, 2008
CL	Michael Thompson	Schooner Club	October 28, 2008
ALB	Susan Mayo	PROSPECT'S PEAKERS	October 8, 2008
ALB	Ella Brown	Faithfully Speaking Toastmasters Club	October 22, 2008
ALS	Debra Nowak	Brunswick Club	October 27, 2008
LDREXC	Simon Gillis	Dartmouth Toastmasters Club	October 1, 2008

Fall Conference Contest Winners!

Humorous Speech Contest Winners



From left to right:
2nd Place winner Dot Brooks
1st Place winner Steve Gamlin
3rd Place winner Donna Tutty

Evaluation Contest Winners



1st Place Deb Nowak



2nd Place Nita Patel



3rd Place Sarah Brown

Stay tuned for more pictures, and a full report of the Fall Conference in the December issue.