



# Can-Am Link



## District 45 - Toastmasters International Newsletter

### “Toastmasters: Changing Lives, One at a Time”

Theme of 2004-2005 International President Jon Greiner, DTM

### “Change Your Corner of the World”

Theme of 2004-2005 District 45 Governor Carl Duivenvoorden, DTM

#### Take the challenge:

Share the life-changing benefits of Toastmasters with someone today!

#### Special Interest Articles:

- Message from ID Rodger Baker, DTM
- Special District award programs
- Toastmasters in the News

#### Individual Highlights:

DG	2
LGET	2
LGM	3
PRO	3
Around the District	4
Anniversaries	
And New Clubs	5
Educational	
Awards	6

## District Performance Scorecard

Category	Goal	Where we are	Achieved
Planning	District High Performance Plan Prepared & Sent	Prepared & Sent to TI	Yes!
Training	85% of Area/Division Governors Trained	90.47	Yes!
Membership	3887 memberships	463	
Clubs	87	85	
CTMs	133	34	
ATMs	38	12	
CLs, ALs, DTMs	85	13	

## Come to Fall Conference in St. Andrews Nov 5-7

*“Experience the exquisite elegance of an historic Canadian resort at the world-famous Fairmont Algonquin Resort in St. Andrews-by-the Sea. Not only will you be networking with fellow Toastmasters, laughing your head off at the District’s best humorous speakers, gaining points on how to give an effective evaluation, learning how to improve your Toastmasters experience, and seeing if you can win our Friday night Joke-a-Thon, you*

*and your companions will also be revelling in the old-world charm of St. Andrews.”*

The conference committee has done an outstanding job putting together a detailed brochure about the conference, the Fairmont Algonquin and many attractions to enjoy in the St. Andrews vicinity.

The conference will feature educational sessions, the fall business meetings of the District Executive Committee and

the District Council, Humorous Speech and Evaluation Contests and more.

Dave Sanfacon, runner up, 2003 World Championship of Public Speaking will be a special guest speaker.

For more information about the St. Andrews area and the conference, including the conference schedule, registration form and proxy for the business meeting, visit the District 45 website at:

[www.toastmasters45.com](http://www.toastmasters45.com)

## District Governor



Carl Duivenoorden  
DTM  
District 45 Governor

*“...in Toastmasters, ultimately “the boss” is not the District Governor: it’s the member.”*

Welcome to the 2004-05 Toastmasters year! It is my pleasure and privilege to serve as your District Governor—a position I could scarcely have imagined myself in when I first joined Toastmasters 15 years ago.

It’s easy to get a bit heady about this “District Governor” business: chief administrator and motivator for 85 clubs spread out over 3 provinces and 3 states. It comes with a pretty impressive title, too. I have a brother who is in municipal politics. He’s a Mayor, but *I’m* a Governor.

But in Toastmasters, ultimately “the boss” is not the District Governor: it’s the *member*. Toastmasters’ mission is to help members develop their communication and leadership skills; our organization succeeds when we meet our *members’* needs.

As Club, Area, Division or District leaders, we need to be mindful that our role is service to our fellow Toastmasters: creating clubs and club climates that will help members overcome their challenges and meet their goals. A successful member in a successful club is the basis for success at all levels of Toastmasters.

As District Governor, my goal is to lead District 45 to becoming a Distinguished (or better) District. But that will only be possible if club leaders are committed to making their clubs Distinguished or better. And *that* will only be possible if we, leaders at all levels, remember to always keep the MEMBER at the center of our focus.

I’m looking forward to a Distinguished year of success and achievement for every one of District 45’s 1901 members.

*PS To find out more about the 2004-05 District 45 theme, “Change Your Corner of the World”, go to [www.toastmasters45.com](http://www.toastmasters45.com). You **can** change the world—by changing your corner of it! ♣*

## Lieutenant Governor Education and Training



Ed Miner  
ATM-G/CL  
Lieutenant Governor  
Education & Training

*“Remember, you can change the world around you by changing yourself...”*

The Toastmaster year is off to a good start.

Even this early in the year, reports show that members have pushed ahead with great educational achievements.

We are again promoting the **Triple Crown** program. If you achieve any three educational or leadership awards, you will be recognized in this newsletter.

If you make it before spring conference, you will be listed on a Wall of Fame and be entered into a drawing for a prize. So far

this year, we have three individuals who have already achieved double crown status.

We are also promoting the “**Distinguished before April 30**” program. Clubs who reach distinguished status before April 30, 2005 will be entered into a drawing for a prize.

This is an easy achievement for clubs to reach if they concentrate on helping their members achieve their own goals, and keep their meetings dynamic by bringing in new members with different interests, points of view,

and excitement.

Remember, you can change the world around you by changing yourself and therefore your interactions with it. Set goals and work toward achieving them. Let your growth and achievements inspire those around you to grow and achieve too.

Spread the word—Toastmasters leads the way in inexpensive, yet very effective communications and leadership training. ♣

## Lieutenant Governor Marketing

I have been a member of Kennebecasis Toastmasters club 4402 in Area 4, Division C for the past 7 years. I have met, worked with and coached some wonderfully positive members. Together we have grown the club, grown the membership and developed great speaking and leadership skills which have led us to being a President's Distinguished Club.

I have been able to raise the skills learned at my home club to the next level through my membership in the Advanced Dawn Breaker club 4502 in Area 4, Division C by being in contact and working with some of the most successful Toastmasters in the district. Becoming involved in Toastmasters outside my home club has broadened my Toastmasters experience

greatly and it is my hope that some of their success will rub off on me.

This is my second year on the District Executive. What an opportunity to experience the larger picture of what Toastmasters International is all about as a worldwide organization. My experience has been awesome. Broadening my experience, skills and understanding of this great organization has been and continues to be the challenge I have set for myself.

As last year's Public Relations Officer, I had a very successful year.

That success comes from working with a great group of people who are dedicated to helping the individual members of District 45 achieve higher levels of success. I firmly

believe that "Success is Speaking Well".

Individual members of this organization have made a tremendous impact in my Toastmaster journey. They have provided encouragement, support and opportunity. The impact of each member, one upon another, is what makes this a great organization. It has and will "Change Your Corner of the World". ♣



Gerry Higgins  
DTM  
Lieutenant Governor  
Marketing

### Three Main Marketing Goals

1. Integrate the newly formed Division level of support into the executive structure of Marketing District 45.
2. Work with Division governors to building 1 new club in each of our 17 Areas.
3. Grow the number of members in District 45 to the 2000 level by actively seeking new members and encouraging clubs to work diligently to retain members.

## Public Relations Officer



Donna Tasker  
ATMB-CL  
Public Relations Officer

I became a member of Blueberry Hill Toastmasters in 1998. I wanted to learn how to deliver quality presentations more consistently. I attended a special meeting as a guest and was surprised to see how much fun improving your speaking skills can be. I enjoy the supportive environment that Toastmasters provides to learn by doing. This support has encouraged me to take on leadership roles. I have served as club treasurer, secretary, VP of education and two terms as president. I have served as a club mentor and most recently as Area 6 Governor. I tested my presentation skills last year by delivering an educational module on leadership at the district conference.

I became PRO this year to learn by doing once again. My job is to administer a public relations program to keep the media and members informed on what is going on in the district, using the district newsletter, website and other publications to promote district activities, events, goals, achievements and educational programs.

My personal goals are to learn and share tools and methods to promote Toastmasters more effectively. ♣

**The Smedley Award**

Recognizes clubs that add five or more members in August through September

Winner:

**Amoskeag Better Communicators**

Club 7347 Area 16 Division A

**Ideas on Where to Promote Toastmasters in Your Community:**

Local Government  
Chamber of Commerce  
"Welcome to the Community" packets  
Employee Orientations  
Universities and Community Colleges  
High Schools  
Web Sites and Newsletter  
Community Events  
Offer Speechcraft and Youth Leadership Programs  
Create Club Business Cards  
Wear your Toastmasters Pin!

## District programs back by popular demand...



### TRIPLE CROWN

Attain three or more educational awards before June 30, 2005 and you will be recognized as a "**District 45 Triple Crown Winner**". You will be recognized in the newsletter and the District website, and you will get special recognition at Spring Conference in Fredericton in May!

### Distinguished by April 30

All District 45 clubs that achieve at least 'Distinguished' status by April 30, 2005 will be entered into a drawing for a US\$100 gift certificate from the Toastmasters catalog. The drawing will take place at the spring conference in Fredericton next May. Does your club need a banner stand, or maybe a portable lectern? Start working on your DCP points now!

### "Halfway There" Certificates

Attention club Presidents and Educational VPs: Has a member in your club completed their 5<sup>th</sup> speech in the basic C&L manual? If so, recognize their accomplishment with a District 45 "Halfway There Certificate". To order a certificate, send an e-mail to District Secretary Candice Buell at [candice.buell@ps.qe.com](mailto:candice.buell@ps.qe.com) indicating the member's name and your club name. Personalized certificates will be mailed to your club President, for presentation to the member at your next meeting.

## Around the District

**Division C** looks forward to welcoming two new clubs: Woodstock and Atlantic Baptist University with two more demo meetings in the planning stages.

**Area 11** Sackville Toastmaster Mel Gosse received both his AL and DTM awards.

**Area 6** theme is the 4 R's: Retention, Resources for Education, Recognition and Resilience. Area 6 clubs together celebrate 125 years of service this year.

**Area 17** Speak-Easy Toastmasters Club will be

celebrating its 25<sup>th</sup> anniversary at a special meeting on October 20 at Anson's Restaurant in Slemon Park at 6:00 pm.

**Area 10** Tri-City Club members Patricia Vrkljan and Candice Buell spoke outside the club to the Independent Insurance Agents and Brokers of NH. They addressed phone manners and etiquette, gestures, vocal variety and taking the nervousness out of speaking publicly.

Concord Toastmasters in **Area 12** congratulates Lucy Morris for achieving her CTM and Betsy Black for achieving her 4<sup>th</sup> CTM. ♣



Rodger Baker  
DTM  
Region VII  
International Director

## From International Director – Rodger Baker, DTM

When our International President, Jon Greiner announced the theme for this Toastmaster year: Changing Lives, One at a Time I felt that he was talking about me. When I joined Toastmasters 15 years ago, I never thought that I would one day become a club officer. I never imagined that I would one day serve my district as a District Governor. I never dreamed that I would be a member of the International Board of Directors. My experience as a Toastmaster has been a series of opportunities that have changed my life in ways that I never imagined when I walked into that first meeting of NOVA Toastmasters in April of 1989. As I look back, I see that Toastmasters – the Toastmasters I have known – have helped me change my life – one challenge – one opportunity – one success at a time.

I remember being too afraid to let go of my notes for the first nine speeches; and how Chris Birch and Dick Fath encouraged me to keep at it until for the first time I was able to walk away from the lectern and deliver a line or two without that crutch. I remember my club challenging me to enter my first speech contest – and how it felt to finish that first speech at an area contest. Soon after, they gave me the opportunity to serve as a club officer, and then suffered through my clumsy attempts to motivate them to work to earn distinguished club honors.

I remember Past ID George Scott Jr. urging me to become an area governor; and when I refused, showing me by his shining example, the marvelous possibilities for growth in serving beyond the club. A few years later, I finally accepted – and a wonderful group of club presidents helped me learn the lessons of area leadership.

Barbara and John Hunt urged me to run for district office, and with their loving support and guidance, I embarked on a glorious experiment in leadership – serving as a member of the Top Three for my District. I gained experience as a leader; becoming - sometimes against all my instincts and former training - a planner, a motivator, a coach, a manager and a cheerleader, eventually being entrusted with the leadership of the 3500 members of my District.

Throughout that time, in very small ways, I was becoming a different person. I began to pass on the lessons of Dick, Chris, George, Barbara, John, and the many others who saw in me what I could not see in myself. To all of them and the countless toastmasters from District 45 and Region VII, I say thank you. Thank you for helping me change my life. Thank you for your friendship, your hospitality, and your support.

This organization of ours and the people in it truly work miracles in each other's lives. I hope that each of you will look for opportunities to help your fellow club members change their life by supporting their growth – as speakers; as evaluators; as mentors and coaches; and as club and district officers. This year could be the year you influence a future community leader, or motivational speaker, or even your next club president to accept a challenge – to stretch just a little – to work toward a new goal. After all we are working to change lives, one at a time. ♣



### Club Anniversaries

- ✚ Toastmasters International - **80** years in October
- ✚ Brunswick club 2156 Area 14 ME - **45** years last August
- ✚ Speak-Easy club 3948 Area 17 PEI - **25** years last May
- ✚ Schooner club 3978 Area 1 NS – **25** years last June
- ✚ Riverview Canusa club 5382 Area 2 NB- **15** years in October
- ✚ Confederation club 4085 Area 2 NB- **1** year last June
- ✚ Spotlight club 9985 Area 2 PEI- **1** year last June
- ✚ East Coast Raconteurs 4505 Area 9 NS- **1** year last June

### New Clubs

- ✚ ABU Stasis club 701836 Area 2 NB chartered 9/26/2004
- ✚ Coast Masters club 658057 Area 14 ME chartered 10/8/2004

## Mark Your Calendars

November 5-7, 2004  
**Fall Conference**  
Fairmont Algonquin  
St Andrews, New  
Brunswick

May 27-29, 2005  
**Spring Conference**  
Lord Beaverbrook  
Hotel  
Fredericton, New  
Brunswick

June 9-11, 2005  
**Region VII  
Conference**  
Fairview Park Marriott  
Falls Church, Virginia

August 24-27, 2005  
**International  
Convention**  
The Westin Harbour  
Castle  
Toronto, Ontario

District 45 website:  
[www.toastmasters  
45.com](http://www.toastmasters45.com)

**CALL TOLL FREE:  
1-888-340-3633**

PUBLISHER  
Carl Duivenvoorden,  
DTM  
District Governor  
(506) 363-8117  
cduivenv@nbnet.nb.ca

EDITOR  
Donna Tasker,  
ATMB/CL  
Public Relations Officer  
(207) 761-0525  
dtasker@unumprovident.com

## Educational Awards through October 1, 2004

Award	Member	Club	Award	Member	Club
CTM	Baker, Nicole	4588	CTM	Turner, Patricia E.	7347
CTM	Beehan, Karen	5705	CTM	Welsh, Cheryl	4505
CTM	Black, Betsy	6954	CTM	Young, Susie	7673
CTM	Cancelada, Elmira	1094	CTM	Zemgulis, Mark	7682
CTM	Copestakes, David A.	7673	ATMB	Babin, David R.	7347
CTM	Crosby, Jamie R.	4588	ATMB	Kennedy, Michael P.	3978
CTM	Cushnie, Frances M.	5386	ATMB	Konselman, John Albert	5785
CTM	Dingman, Betty	7347	ATMB	Maguire, Judith A.	2559
CTM	Dukeshire, Leta	4653	ATMB	Newman, John S.	2738
CTM	Eaton, Elaine E.	8104	ATMB	Stennick, Luke D.	2204
CTM	Gould, Janice	1741	ATMB	Wyman, Mary M.	6954
CTM	Haskell, Louis	2156	ATMG	Kean Marks, Julie A.	5386
CTM	Heinold, Peter	7268	ATMG	Randall, Dale G.	6954
CTM	Hunter, Mary E.	897	ATMS	Edmunds, Verne C.	2701
CTM	Katz, Sharon M.	2440	ATMS	Elstrand, Valerie Kay	1094
CTM	Kezar, Lucy Paine	8700	ATMS	Rideout, Elizabeth Jeanine	2672
CTM	Laberge, Cecelia G.	8147	CL	Bateman, Robert B.	5382
CTM	Lewycky, Laverne M.	7068	CL	Buell, Candice L.	7682
CTM	Li, Yun	3217	CL	Butts, Theresa M.	4921
CTM	Lobel, Alan B.	7268	CL	Ferguson, Margaret	1955
CTM	Lutes, Cecile	7068	CL	Forbes, Margaret E.	9558
CTM	Mickiewicz, Steven L.	2156	CL	Kezar, Lucy Paine	8700
CTM	Morris, Lucy A.	6954	CL	Martis, John H.	816
CTM	Nowak, Debra E.	2156	CL	McLaughlin, Nicole	6262
CTM	Nowak, Debra E.	2669	CL	Perry, Thelma M.	5382
CTM	Quon, Steven S.	1094	CL	Turner, Patricia E.	7347
CTM	Rogers, Rhonda J.	2672	CL	Wilson, Daniel R.	3608
CTM	Silveira, Judith A.	4227	AL	Gosse, Melvin H.	4588
CTM	Sloet, Margaret A.	8700	DTM	Gosse, Melvin H.	4588
CTM	Therault, Michel C.	6262			

## Toastmasters in the News

Readers around the district had several opportunities to learn more about Toastmasters in local publications in the month of September:

The New Brunswick *Times and Transcript* featured an article on **Robert Bateman** of Riverview Canusa Club. The article describes how Robert has overcome learning delay and coordination problems and that membership in Toastmasters has enhanced his communication skills and built his confidence. He plans to continue his membership while he pursues his doctoral studies in chemical engineering.

**Alex Ray**, a founding member of White Mountain Toastmasters in Plymouth NH was featured in the *New Hampshire Sunday News*. Alex's chain of Common Man restaurants was selected to receive a national Restaurant Neighbor 2004 award at a special ceremony in Washington, D.C. The National Restaurant Association, comprised of 878,000 restaurants and food service outlets, has been offering the award the last six years to highlight extraordinary efforts of restaurants for their community spirit.

The *Maine Lewiston Sun Journal* featured an article on **Lewiston-Auburn Toastmasters**. The article explained the benefits of Toastmasters, outlined what a typical meeting is like, included several comments from the club members, and described the experiences of Joyce Kennedy, one of the featured speakers that evening. ♣

Editor's Note: Many thanks to Donna Doyon for all of her help with the newsletter!