



In This Edition:

SPECIAL INTEREST ARTICLES:

- ◇ 05-06 Top Award Winners Announced
- ◇ D45's Newest Club
- ◇ Triple Crown Achiever
- ◇ October Milestones
- ◇ Area Contest Winners
- ◇ PDG Published in "The Toastmaster"
- ◇ Educational Achievements
- ◇ District Scorecard

Individual Highlights

DG	2
LGET	3
LGM	4
PRO	5

Publisher: Dan Bell, DTM
Editor: Wendy Harding, DTM

Volume 51, Issue #3

www.toastmasters45.com

District 45 Announces Top Award Winners for 2005-2006!

2005-2006 District Governor Gerald Higgins, DTM, recently announced the District 45 Top Award Winners. Our congratulations from all District members are extended to:



Toastmaster of the Year: Dorothy Brooks, DTM
Area Governor of the Year: Shane Walsh, ATM-B
Division Governor of the Year: Dave Fraser, DTM



Upon making the announcements, Immediate Past District Governor Higgins said the following regarding the winners:

Toastmaster of the Year Dorothy "Dot" Brooks, DTM: Dot is receiving this honor for her many hours spent in dedication to her home Club Brunswick Speakers 2156 and as a member of Mainely Speakers' advanced Toastmasters. The leadership provided as VP of Education and her better than 90% attendance provided strength, continuity and availability to the members. Dot is a Triple Crown Achiever having completed five educational awards including her Distinguished Toastmaster supporting both her clubs. Other contributions to her clubs include participation in and winning speech contests, conducting Success Leadership programs and sponsoring and mentoring new members. In addition to this Dot was able to devote time and energy to rescuing a struggling club. It is easy to see that Dot "Expects the Best" from herself and gives her very best effort. **Congratulations Dot!**

Area Governor of the Year Shane Walsh, ATM-B: Shane's attention to the needs of all the clubs in his charge, his excitement and enthusiasm as Area 13 Governor helped to power the area to President's Distinguished. Area 13 continues to be one of the largest and strongest in District 45. Shane's personal achievement of a Triple Crown helped to fuel his energy and enthusiasm. Area 13 had the highest number of new members and the highest percentage of Club Officers attending training at both sessions. In the Toastmasters International Distinguished Area Program success was achieved in all categories and the area grew by one club thereby giving Area 13 recognition as a President's Distinguished Area. **Congratulations Shane!**

Division Governor of the Year Dave Fraser, DTM: In the Toastmasters International Distinguished Division Program success was achieved in all categories and the Division grew by one club there by giving Division C recognition as a President's Distinguished Division. Dave's leadership and dedication to the Toastmasters Program has helped him to coordinate and participate in two successful division-wide Club Officer Training Programs and two successful division-level Speech Contests. **Congratulations Dave!**

District Governor



Dan Bell, DTM
District 45 Governor

A Little More P.E. – Part II.

In last month's newsletter, I used an analogy between P.E. for kids (**Physical Education**) and P.E. for adults (**Planning & Execution**). I asked if you had planned what you wanted to get out of the Toastmasters program this year. Setting your goals now allows you to measure your success as you move along in the program. You can then adjust either the goals themselves based on your changing situation or the processes we use to get there.

Execution is how we plan to achieve these goals. At the beginning of this year, I set out three Toastmaster goals:

1. To assist the District in achieving Distinguished status as District Governor
2. To complete another Competent Communicator
3. To complete at least half of the requirements in the new Competent Leader manual

How? Here are one-line strategies I have established for achieving these goals:

1. To build and follow the District Success Plan
2. To finish 9 more speeches in the new CC manual and achieve a CC designation
3. To volunteer for meeting roles that will meet the CL requirements

Each of these strategies has various tactics that I execute to get me there. I plan on one speech per month between now and June '07. I use our club website to volunteer for meeting roles in advance and then ask a fellow member to complete the evaluation in the new CL manual. Achieving my goals can only be done through consistent execution of these tactics and strategies.

It's time for a reality check. I still need 8 more speeches towards my CC; I'll need to step it up a bit in the speech department to hit my target. However, I am on track to meet 50% of my CL meeting roles. Since I know that May and June will be busy months as I wrap up my year as District Governor, I should probably advance my timing to hit these targets.

An important part of setting your goals is not only letting others know what they are but also how you are going to execute your strategies to meet them. Then, you'll have allies in your charge to achieve these goals. They will be part of your team helping you execute the plans to reach your targets.

Just as the "E" in P.E. (Physical Education) suggests, you have to learn how to perform physical exercise to avoid injury and maximize the health benefits. The "E" part of Planning & Execution is equally important. Through **Ownership, Nurturing, and Empowerment (Execution)** you can accomplish your goals...**O.N.E.** at a time!



District 45 Charters Second New Club in 2006-07!

Congratulations to District 45's newest club, Noon Talkers Toastmaster Club #940141, Area 4, Division C located in Saint John, NB Canada who officially chartered on September 22, 2006

A Corporate club at the Canada Revenue Agency, they meet at noon on Thursdays at the CPA office, Prince William Street, Saint John, NB, Canada.

Congratulations to the Sponsors: Harry McClenaghan, DTM and Richard Mercier, ATM-S/CL and the Mentors: Jim Kokocki, DTM and Dave Fraser, DTM.

Triple Crown Achiever



Tim Smith, DTM is District 45's third Triple Crown Achiever for 2006-2007. Tim achieved a CC, a CL and an ACG for Blueberry Hill #7268. Tim was the District 45 Fall Conference Chair in 2005 and will be presenting at this year's Fall Conference in Freeport. He is a four-time Triple Crown Achiever! Congratulations Tim!

Fall Conference 2006...It's Not Too Late!

It's not too late to register for the District 45 Fall Conference 2006, being held in Freeport, Maine November 3-5. Educational opportunities, networking, awards and contests will all highlight three days of Toastmaster fun (did I mention the hospitality suites?) at the Hilton Garden Inn Freeport Downtown hotel. Visit the District 45 Conference website <http://www.district45conference.com/hotel.php> for conference and hotel registration information.



URGENT REMINDER: Proxies

Just a reminder to all club Presidents and Vice Presidents of Education, please remember to complete your voting proxies for Fall Conference and give them to a club member in good standing who is attending so your club's voice will be heard at the District 45 Business meeting on Saturday, November 4.

Lt Governor of Education & Training



Heather Perkins, DTM
Lt. Governor of
Education & Training

How Conferences Contribute to Your Development

By now, you've seen and heard about the upcoming fall conference. Why should you attend the conference? Why should you encourage others to attend?

Conferences are excellent personal and professional development opportunities. Educational workshops provide learning opportunities on communication and leadership skills to benefit you and your club. This fall, there are sessions on developing your communication skills and sessions on how to make your club more successful. You will also learn from the contestants in the humorous speech and evaluation contests.

There is ample opportunity for networking with other Toastmasters. This networking can take place at the meal events, at educational sessions, at breaks and at the hospitality suite. Meeting Toastmasters from other clubs gives you ideas for improving your club meetings and ideas for speech topics. It's also a great way of meeting new friends.

Our District conferences are great value for your money. Registration for this fall conference is \$100. That includes three meals, two contests and all the educational sessions plus the hospitality suite. Many professional development conferences charge four to five times that amount for registration for educational sessions only. Rooms are \$100 per night. Share your room with others to help defray costs. You can travel to, and attend, the conference for \$300 or less. This total cost is less than the registration costs for many other conferences.

Consider asking your employer for support to attend the conference. Most employers will pay for training sessions that help you achieve your learning goals. The conferences can help you achieve those goals. If you're self-employed, you may be able to claim the conference expenses on your income tax return. As well, those on the US side of the District who attend the conference as a voting delegate can claim registration and travel costs as a deduction on your income tax return. All these approaches can help reduce the net cost of the conference.

Attending conferences has helped me maintain my enthusiasm for Toastmasters. District 45 has long had the reputation of having the best conferences in Region VII. Past International Director Ted Wilga (D31) said he attributed that to a feeling of family at our conferences. President Johnny Uy talked about that same feeling at the Asian District conferences. Come see your family this fall. Take **OWNERSHIP** of your personal and professional development by taking advantage of the opportunities available through attending conferences.

OCTOBER, An Important Month in the History of Toastmasters

October has been a very important month in the history of the Toastmaster organization:

Eighty-two years ago on **October 22, 1924** Dr. Ralph Smedley and 20 other men held the first meeting of the Number One Toastmasters Club in Santa Ana, California.

On October 25, 1928 the first Manual for Toastmasters Clubs was copyrighted by Dr. Ralph Smedley.

October 4, 1930 was the day that the name *Toastmasters International* was adopted and officers first elected.

In **October, 1935** the first Toastmasters Club outside the US was chartered in Victoria, BC.

The Dedication of the new World Headquarters building in Santa Ana, Calif. was held on **October 27, 1962**.

October, 1982 saw world-wide membership reach 100,000.



District 45 Club Milestones

You can see from the above list that October has been an important month for the Toastmaster Organization world-wide, but it's also been an important month for District 45! Following are the anniversaries for existing District 45 Clubs chartered in October:

Coast Masters Club #658057, Area 14, Division B, **2nd** Anniversary

Mainly Speakers Club #2669, Area 14, Division B **5th** Anniversary

Merrimaster Club, #7926, Area 7, Division A, **16th** Anniversary
Riverview Canusa Club, #5382, Area 2, Division C, **17th** Anniversary

George Burton Club, #6022, Area 1, Division D, **21st** Anniversary

Speak-Easies Club, #1770, Area 8, Division A, **33rd** Anniversary

Downtown Speakers Club, #3217, Area 9, Division D, **38th** Anniversary

Nashua-Hudson Club, #2440, Area 7, Division A, **44th** Anniversary.

Congratulations to each of these clubs and their members from District 45 and thank you for contributing to the October history of District 45 and the entire Toastmaster organization.

Lt Governor of Marketing



**Candice Buell , ATM-G, CL
Lt. Governor of Marketing**

"Welcome your Area Governors for their club visits, they are every clubs mentors"

As we stretched to have all the clubs submit their dues on time, we are seeing the need for retention. As I have stated before the importance of retaining our seasoned Toastmasters in imperative. We had all but six (6) clubs submit their dues on time. Now is the time to focus on building the clubs back to charter strength and starting new clubs. TI has some very valuable promotional material designed to help your club attract the members you need to continue succeeding. Look for "Finding Your Voice", "Confidence, the Voice of Leadership" and "From Prospect to Guest to Member" all available from WHQ for a minimal charge.

Club coaches are being assigned to all clubs that are below twelve members if they so desire. Club coaches are assigned by the District Governor to assist clubs that are striving to reach distinguished and are having difficulties building or maintaining membership. Club coaches may be assigned at any time during the year.

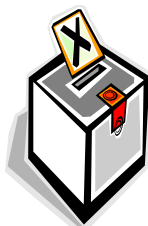
Part of the district's mission is to ensure that each club effectively fulfills responsibilities to its members. In order to achieve this, the district must establish and maintain positive and supporting relations with each club. Area governors play a critical role in preserving this relationship via the area club visits, which are required twice a year. Area governors should complete their first round visit between July 1 and October 31 with a formal report due to TI no later than November 30th. "Welcome your Area Governors for their club visits, they are every clubs mentors"

We welcomed our second new club, The Noon Talkers # 940141. Noon Talkers is a corporate club in Area 4, Division C in Saint John, NB Canada. The club mentors are Jim Kokocki and Dave Fraser. The club sponsors are Harry McClenaghan and Richard Mercer.

Remember to take part in this years theme by expressing O.N.E. - Ownership, Nurturing and Empowerment.

Condolences Sent

It is with sorrow and regret that we announce the death of Charles Saunders, father of Area 11 Governor, Brenda Saunders/Todd. On behalf of all members of District 45, we send our condolences to Brenda and Mr. Saunders' entire family.



Election Reminder!!

For those clubs in the District who elect club officers semi-annually, Club Officer Elections are to be held in November with elected officers assuming office on January 1, 2007.

Area Contest Results

Congratulations to the participants of all the Area Contests. To the Contestants for stepping out of their comfort zone and rising to the challenge and to functionaries (judges, counters, timers, Sgts at Arms) for doing such a tremendous job.

Area 8 Winners Announced:

First Place Humorous Contest: Ron Shepard, Speak-Easies Club
First Place Evaluation Contest: Mary Mitiguy, Bread Loaf Toastmasters Club

Good luck to these winners as they compete in the Division A Contest on Oct 21.

A tip of the hat to the Bread Loaf Club who hosted the contest and provided lots of delicious refreshments for those attending, and to contest Chair, Margaret Ferguson.

Area 13 Winners Announced:

Chaired by Area 19 Governor Louise Bernier, ATM-S/CL, the Area 13 Humorous Speech and Evaluation Contests were held on Oct 12, 2006 at the Fredericton Inn, hosted by Civil Speakers Club #6423 who provided not only the facility but a wonderful lunch as well.

First Place Humorous Contest: Carl Duivenvoorden, DTM, PDG, Civil Speakers Club, #6423
Second Place Humorous Contest: Debra Franke, Fredericton Club # 2204
First Place Evaluation Contest: Luke Stennick, ATM-S/CL, Fredericton Club #2204

Duivenvoorden and Stennick will now compete in the Division C Contest on October 21 at the All Seasons Inn, Sussex, NB.

Public Relations Officer



**Wendy
Harding, DTM
Public Relations
Officer**

Accomplish, Acknowledge, Applaud!

The Toastmasters Program is self-directed and self-paced. Members set goals and accomplish those goals.

When members attain those educational goals, in the form of completed educational designations, Toastmasters International acknowledges those goals with certificates or in the case of a Distinguished Toastmaster designation, a plaque. It's a great feeling! An even better feeling however, is when that members' club, the peers they see at every meeting, acknowledges their accomplishments, from small to large, with a hearty and heartfelt round of applause!

Some clubs give standing ovations upon completion of Ice Breaker speeches or educational designations. At Valley Health Toastmasters, we give standing ovations for members who have completed their first Table Topic also!

In addition to making the member feel great, that applause also a great Public Relations tool. Imagine how impressed a visitor to a club meeting must be when they realize that fellow members acknowledge and support a job well done in such a manner! They may return or even join that club.

Remember to make your members feel valued and appreciated. Members are your Toastmaster Club! Remember to **Acknowledge** and **Applaud** their **Accomplishments!**

Article by Past District Governor Published in "Toastmaster"



Hopefully you have all had a chance to read Carl Duivenvoorden's article in the September issue of "The Toastmaster". This has some fantastic ideas and suggestions on Membership Retention Strategies. Please take a few moments to read this and pass on his suggestions to your individual clubs.

Please congratulate 2004-2005 District Governor Carl, for his publication and for changing so many corners of our lives!

When asked, Carl put his pen to paper once again to give us hints about how to get OUR articles published in "The Toastmaster".

Getting Published in "The Toastmaster": Your chance to reach an audience of 200,000

Carl Duivenvoorden, DTM, PDG 2004-05

A fantastic thing happened to me last winter: I had an article published in "The Toastmaster", the magazine sent to every member worldwide. In fact, I've now had 4 articles published, including one just this past month. I'm still amazed at how it has all fallen into place – and if I can do it, why not you?

It all started a few years ago when I was District 45's Lieutenant-Governor of Marketing – the district team member responsible for helping all clubs attract and retain members. As part of my role, I wrote an article for each of the 4 issues of our District Newsletter.

Some time later, Jim Kokocki, then our International Director, contacted me. "That article on retaining members..." he wrote, "It's very good. Did you ever think of submitting it to 'The Toastmaster'?"

No, I had not – but Jim's suggestion got me thinking, and the next day I e-mailed it to the editor at WHQ. Soon I had a reply asking if I would print off, sign and fax back my authorization to publish... because my article had been accepted! Emboldened by one success, I submitted the other articles in that series, plus one about our Triple Crown Program – and they too were accepted.

Seeing my material in print has been fun and rewarding. I've gotten to know Suzanne Frey, the editor of the magazine, and because my e-mail address has been published with the articles, I've heard from Toastmasters all over the continent. Perhaps the highlight has been hearing from Incoming District Team members in District 24 (Nebraska) and District 34 (Mexico) that they are considering instituting their own Triple Crown Programs!

In retrospect, getting published wasn't so complicated. The key ingredients? Having topics that appeal to readers of 'The Toastmaster', and writing in an upbeat, snappy, to-the-point style. And, of course, having someone sow the seed of possibility: I've mentioned to Jim several times that, were it not for his encouragement, those articles would never have been published.

So – what are YOU waiting for? Do you have an expertise, or an idea for something that Toastmasters around the world would like to read about? Then let me be the one to sow the seed: choose your topic well, write carefully, and SUBMIT! Perhaps, like me, you'll have your message read by 200,000 Toastmasters around the world!

Miscellaneous



Upcoming Speech Jam

By Prill McGan

Just a heads up to let you know that the Milford Toastmasters will be hosting their 2nd annual Speech Jam on February 17, 2007 at the Amato Center for the Arts, Milford, NH.

So what's a "speech jam" you ask. It's your chance to give a speech in a very different venue from what you're used to — a 450+-seat theater. Imagine. Just you — all alone in the center of the stage. Speaking into a microphone. Lights in your eyes. No way to make eye contact with anyone beyond the front row. Sounds like fun, right? Really, it is. Ask someone who spoke last year.

More details will be coming later, but to get you started: Speeches must be 5 to 7 minutes (preferably manual speeches) and will be followed by 2- to 3-minute evaluations. So you can use your speech toward your next award level. Speaking slots will be limited and pre-registration will be mandatory, so mark your calendar and start planning your speech and promoting this fabulous event NOW.



Recent Educational Designations Earned



Award	Date Awarded	Member Name	Club Name
Competent Communicator	September 1, 2006	Lucy Paine Kezar	Ad Libs Club
	October 9, 2006	Candice L. Buell	Portsmouth Club
	September 21, 2006	Jackie A. Pottle	Lakes Region Club
	September 25, 2006	Gary K. Lambert	Capital Club
	September 26, 2006	Elisa A. DeMichael	Milford Club
	September 26, 2006	Alicia DuBois	Granite Place Club
	September 28, 2006	David R. Babin	Amoskeag Better Communicators Club
Advanced Communicator Bronze	September 29, 2006	Terry Carr	PROSPECTS PEAKERS CLUB
	October 11, 2006	Conrad D. Toner	Grand Falls/Sault Club
	October 6, 2006	Orawee Silpsrikul	UNB Club
Advanced Communicator Gold	September 22, 2006	Timothy W. Smith	Blueberry Hill Club
	September 26, 2006	Karen Beehan	Harbourview Club
Leadership Excellence	September 23, 2006	James B. Kokocki	Saint John Club
Competent Leader	October 1, 2006	Baldwin M. Domingo	Ad Libs Club
	September 1, 2006	Candice L. Buell	Excel-Orators Club
Competent Leader (New)	September 1, 2006	Christopher D. Pettipas	Harbourview Club
	October 9, 2006	Candice L. Buell	Tri-City Club
Advanced Leader Silver	September 26, 2006	Barbara L. Bell	Sackville Club

Miscellaneous

District Performance 2006-07 Scorecard

Topic	Requirement	Achieved to Date
Planning	High Performance Plan Be Submitted by Sept 30th	★
Training	85% of Division Governors & Area Governors Trained	★
Clubs	94	★
Membership (number of semi-annual dues payments)	3952	1178
Competent Communicator Designations Earned	135	23
Advanced Communicator Designations Earned	38	13
Leadership Designations Earned	92	17

District 45's Home Away From Home November 3-5, 2006

Hilton Garden Inn Freeport Downtown

5 Park Street, Freeport, Maine, United States 04032



District 45's home away from home during the Fall Conference 2006 will be the Hilton Garden Inn Freeport Downtown, in Freeport, Maine.

Freeport is centrally located 20 minutes north of Portland and 35 minutes south of Augusta.

Directions to Freeport Hilton

From the South

I-95 North to Maine. Exit 44 (295 North).

Exit 22 off I-295. Follow signs to Freeport. Turn right on Route 1 South. Take the next left onto School Street. Follow 2 blocks to Park Street. Turn right and the hotel is on the right.

From the North

I-95 South to Exit 103 I-295 toward Gardiner/Brunswick.

Exit 22 off I-295. Follow signs to Freeport. Turn right on Route 1 South. Take the next left onto School Street. Follow 2 blocks to Park Street. Turn right and the hotel is on the right.

See you in November!

CanAm Link Contact Information: Publisher: Dan Bell, DTM; dan.bell@toastmasters45.com; 902-446-4214
Editor: Wendy Harding, DTM: wendy.harding@toastmasters45.com; 506-472-8688