

March 31, 2006

Volume 50, Issue 3

Can - Am Link

“Expect the Best News”



District 45 – Toastmasters International Newsletter

District 45 Performance Scorecard

Month – End March 2006

Category	Goal	Where we are	Achieved
Planning	High Performance Plan Prepared & Sent	Prepared & Sent to TI	YES!
Training	85% Area Governors Trained	100% Trained	YES!
Membership	4015 Memberships	3072 Memberships	
Clubs	91	90	
CTM's	140	113	
ATM's	40	36	
Leaders	89	65	

Table of Contents

Special Interest Articles:

- Educational Achievements
- Educational Opportunities
- Updates from Toastmasters International

District Articles

- Conferences Information

Individual Highlights

- DG 2
- LGET 4
- LGM 5
- PRO 6



And Give Your Very Best in Return

www.district45.com

Spring Conference In Saint John, NB, Canada!

District 45 Spring Conference is

May 26 – 28, 2006



The Delta Brunswick Hotel Saint John, New Brunswick

Located in the heart of uptown Saint John, above the Brunswick Square shopping complex, the Delta Brunswick is connected by an indoor walkway to Market Square, the Saint John Trade and Convention Centre, Saint John Museum, and Saint John City Market. *Information available on our website:*

www.toastmasters45.com

There are going to be many special presentations during our conference to help you grow your public speaking skills. Craig Valentine's presentation on *How to Go From Lackluster to Blockbuster Storytelling* is only one of the reasons why you should attend our conference. Mystery guest #2 will be putting on the exact same program he has taught to Fortune 500 executives!

But that's not all. We're putting together first-class educational sessions for Saturday morning. We'll see our fellow Toastmasters recognized for their achievements at our awards luncheon. Our mystery guests will be presenting Saturday afternoon. Then there's great food at the Saturday evening banquet, followed by the International Speech contest where the best of our District compete to see who will represent our District at the Regional Contest. Sunday sees another great breakfast followed by another great contest - the Table Topics contest.

Yes, you can “Expect the Best” at this conference. THE BEST OF THE BEST is what you're going to get at our Spring 2006 Conference in Saint John, New Brunswick. *Article by Jean Dickson, Conference Chair*

Remember your Proxy Available on website: www.district45conference.com/proxy

Make sure that your club's views are represented in our District 45 Toastmasters business session. Your club President and your club VP-Education are eligible to vote in the meeting. However, if they are not attending the conference, they can pass along this vote to a club member who is attending. To do so, they must complete the proxy form and give it to the member who is attending the conference. This individual must then register the proxy at the proxy desk prior to the business meeting.

District Governor



Gerry Higgins, DTM
District 45 Governor

“Commit yourself to having the best personal growth year ever by expecting the very best from yourself”

My journey in Toastmasters continues to be a most wonderful journey. The journeys we take throughout our lives have similar questions which cause us to make the decisions that bring us to today. We begin every journey with:

- * What is the expectation of time, effort and result?
- * What is the need to find out where the journey fits in the priorities of our daily lives as it impacts family, work and community?
- * What is it going to cost physically, mentally and financially?

For me the road is worth traveling when the commitment of time and effort will be positive and achieve the expected outcome. The commitment will be an enjoyable and fun growth experience providing great personal satisfaction.

A leader needs a vision – “Expect the Best”. What I didn’t expect was the calming of my daily priorities allowing me to have the focus to see a balance in family, work and community, a chance to reconnect with each priority with the desire to find the balance.

Physically exhausting at times and mentally challenging all of the time, this has been a terrific adventure with tremendous support. The substantial financial support from District 45 practically eliminates what could be an obstacle in a **most wonderful journey**.

Would I do it again – in a heartbeat?

Check In Time for all Clubs!

From Toastmasters International

Check Your DCP Report

How close is your club to achieving its goals in the Distinguished Club Program? You can review your clubs progress on the Toastmasters International Website, www.toastmasters.org. Updates are posted around the 11th of each month. Pay careful attention to the club officer training statistics for the December-February training period. Contact your District officers if you believe there are errors in the information on the report. District *must* submit corrections to WHQ by May 31. Share this report with your entire club. If your club has misplaced its Distinguished Club Program/Club Success Plan booklet (Catalog No. 1111), you can find this on the website as well.

Avoid Award Disappointment

Don’t let your members and club down! Ensure they receive the recognition they have earned. The following will help members receive their CTM, ATM, CL, AL and DTM awards faster and help your club receive credit in the Distinguished Club Program:

- All award requirements must be completed before the applicant is eligible for the award.
- An applicant must be a current member when the application is received by WHQ. Current members are those whose dues for the current semiannual report period have been received at WHQ and whose name appears on the club membership roster submitted to WHQ. If a CTM application is received in June for a member who did not pay dues in April. An award will not be issued.
- DCP credit for awards will be given only to the club which the award recipient is a current member.
- No exceptions can be made to award requirements. All requirements must be fulfilled, as given, by the applicant.

Don’t wait until June 30th to submit award applications critical to your club’s success in the DCP. If there are problems with an application, sufficient time is needed to resolve them before the June 30th deadline so the application can be processed for the 2005-2006 year.

Distinguished by April 30th

Article by Dan Bell, ATM-G/CL

District 45 is recognized by other Districts as a consistent achiever. We constantly meet and surpass our goals by developing and executing plans that focus on our individual members’ achievements.

Our “Distinguished by April 30th” program is widely recognized as one of the most successful tools for encouraging clubs to have members achieve their own goals. To qualify for this program, a club needs to achieve at least 5 of the 10 Distinguished Club Program targets plus the membership target (20 members or a net growth of 5 members) by April 30th. Club Executive teams need to review their Club Success Plan to see what needs to be done to get there. At last count, over 50 clubs are either Distinguished today or could be Distinguished by April 30th. Will your club become eligible for the prize draw at Spring Conference?

“Excellence” implies a continuous effort to be the best you can be. District 45’s new ‘Excellence in Education’ and ‘Excellence in Leadership’ awards recognize a club’s efforts in each of these areas. Visit this link <http://www.toastmasters45.com/awards-clubs.php> on the District website for details on these awards.

Together we can “Expect the Best”.

News from our Conference Chair:

Jean Dickson, District 45 Webmaster

Attending Our Conference Could End Up Putting Money in Your Pocket!

Perhaps you think that all you'll learn at the upcoming Toastmasters District 45 Conference (May 26-28 in Saint John, New Brunswick) is how to better speak and how to be a better club executive.

If you do, you couldn't be more wrong.

Yes, one of our workshops will be on mentoring. And, yes, another one will be on judging speech competitions. And yet another will be on the new Leadership Program. These workshops will be presented by local Toastmasters so come and cheer for your friends.

But our other workshops will teach you skills that you can't afford to miss out on. Skills that can help you **get that promotion and make more money** by learning how to:

- * **Be a better leader**
- * **More effectively train individuals**
- * **Increase your persuasion ability**
- * **Build a better presentation faster**
- * **Craft presentations that engage more than just one section of the audience's mind.**

And what's even better than learning these skills is discovering who is going to be teaching these sessions. **THREE WORLD CHAMPIONS OF PUBLIC SPEAKING!** That's right. Three of them! **Craig Valentine, Ed Tate and Randy Harvey.** They will share with us concepts they've taught to people all around the world.

Craig Valentine (1999 World Champion of Public Speaking) is going to let us in on a secret leadership skill that will also improve our presentation skills.

Ed Tate (2000 World Champion of Public Speaking) is going to get you involved with hands-on demonstrations and practice of preparing presentation material.

Randy Harvey (2004 World Champion of Public Speaking) is building on what we've already learned. He's going to help us put a **ZING!!!** into our presentations. Again, this information will help us in our careers, as well as improving our public speaking abilities.

Check out our website for *10 Reasons Why Your Employer Should Pay Your Way* – www.district45conference.com. And if your employer won't pay, you may be able to claim the expense on your income tax. Ask your accountant for more info.

We're going to have lots more fun at the conference. We'll have two exciting contests where we will see the best of the best fight with words, body language, gestures and message to win either the International Speech Contest or the Table Topics Contest. Who knows? Maybe our winner will be inspired by the Three Champs and will end up winning the World Championship this year.

We're also going to have lots of fun. We've had quite a few prizes donated so you could win something. I'm hoping my son will bring home those limited edition tea tins filled with New Brunswick's own Barbour's Blended Tea. Maybe you will forget yourself and practice your arm exercises during our auction and end up taking extra home with you!

The thing is – you're going to have a good time. You're learn skills that will help you make more money. The meals are great – so you'll eat well. So what's keeping you from signing up now!

If you've never attended a conference before, make this your first one. Bring a friend and register now. There is lots to do in Saint John. See the District 45 website for complete details. www.district45conference.com

Last call for Nominations

Nominating Committee Chair, Bill Tighe has extended the deadline date for nominations to April 30th. Please encourage all eligible members to step forward and begin their journey through the leadership path.

Nominations are now being accepted for the May 27th election to the 2006 – 2007 offices of District Governor, Lt. Governor of Education & Training, Lt. Governor of Marketing, Public Relations Officer, and the four offices of Division Governor.

All nominations must be received by April 30th by the Nominating Committee Chair.

A nominating committee report will be submitted to District Governor, Gerry Higgins, DTM prior to our annual business meeting..

Candidates must submit a brief Resume of Qualifications to the Nominating Committee Chair. Resume should include the following information:

<i>Name</i>	<i>CTM/ATM/DTM</i>	<i>Club(s) Number and Area</i>	<i>Date submitted</i>	<i>Mailing Address</i>
<i>Email Address</i>	<i>Phone Number(s)</i>	<i>Years of Toastmaster Service</i>	<i>Offices Held</i>	<i>Toastmaster Awards</i>
<i>Education</i>	<i>Community Service</i>	<i>Occupational Background</i>	<i>Hobbies and Interest</i>	<i>Any Other Pertinent Information</i>

Nominating Committee Chair:

William Tighe, DTM, PDG - PO Box 2263 - New London, New Hampshire 03257 – 2263 USA

Phone : 603-763-3204 - Email: uprvlyfoodandwine@excite.com

Feel free to contact Bill to ask any questions you may have about the roles or the process.

In Memory of a fellow Toastmaster

Kate Doucet a very young, energetic and enthusiastic Toastmaster has passed away. Kate was a member of the ABU Stasis and Mind to Heart Christian Toastmaster Clubs in Div C Area 2. She was also a frequent guest at the Advanced Dawn Breaker Club and avid conference attendee. Her bright smile and kind words will be missed by all

Lieutenant Governor Education & Training



Dan Bell
ATM-S/CL
Lt. Governor Education & Training

“Rewarding member achievement is the most effective way to breed success. Use it wisely and use it often.”

At this time of year, we hear a lot about clubs striving to become “Distinguished”. It seems to be the buzzword; but what exactly does being “Distinguished” mean? How do we achieve it? A “Distinguished” club has successful members and leaders. The leaders assist members (and themselves) achieve personal goals that are set within the Toastmasters program. This is done by helping them formulate their goals, encouraging them to succeed, and rewarding them for achievement. Here are some ways to encourage and reward your members to achieve and succeed over the next eight weeks:

•**Halfway Certificates** – prior to a member completing their 4th speech, order these from the District Secretary on-line: <http://www.toastmasters45.com/award-halfway.php>.

•**Triple Crown Award** – is there someone in your club with two educational and/or leadership awards this year? Encourage them to become a Triple Crown winner with one more achievement. <http://www.toastmasters45.com/triplecrown.php>.

•**Toastmaster of the Year** – reward that dedicated member who has contributed to your club by giving speeches, participating in contests, serving as a leader, and having a positive attitude. Use the information found at <http://www.toastmasters45.com/award-tmyear.php> and conduct a special reward ceremony.

“Expect the Best”

Educational Awards January 1 through March 31, 2006

Competent Toastmaster

Glidden, Richard A.	6487
Paine-Kezar, Lucy	7673
Anneser, Allison	2440
Leadlay, Roxanne L.	3285
Dingman, Betty D.	7347
Brooks, Dorothy	9558
Fahey, Kathryn	701836
Walker, Jessica	701836
Buell, Candice	4557
Edwards, David	742098
Broad, Robbie	7068
Caron, Claire	2672
Mercer, Wayne	5705
Guthro, Tami	5705
Lynch, Edward K.	5705
Duivenvoorden, Carl	6423
Livingstone, Leon, A.	2672
Mancuso, Diana	3068
Griffin, John S.	8147
Dickson, Jean V.	4402
Burnett, Gordon	4402
Trecartin, Anita	741098
Keats, Rexanna	1479
Morgan, Brian	1479
Brewer, Deanna L.	2204
Hatfield, Joyce F.	4653
Pepper, Sandra	3119
Fraser, J. David	1479
Blanchard, Tom	7068
McLaughlin, Charlene	5122
Jeffrey, Victor	5375
Slattum, Tony	676508
Adbrehamane, Diagouraga	783240
Parker, Linda	8700
Meagher, John Mary	2173
Stevens, John	735068
Saunders Todd, Brenda	4588
Mooney, Kathleen	4653

Competent Toastmaster (Continued)

Fuller, Peter	5386
Grondin, Joseph	5382
Ivers, Lorraine	658057
Bell, Patricia	9307
Bloser, Cheryl	7673
Simon, Beth	4085
Jones, Douglas	5382
Page, Cheryl	6262
Johnson, John	4402
Ellsworth, Raymond	3285
Parent, Michelle	676508
O’Neil, Becky	676508
Mullin, Dean	735068
Reine Clark, Marie	6423
Dorogopulko, Alla	7347
Bate, Dona	1955
Cannell, Hugh	4402
Fredrickson, Kristin	9719

Advanced Toastmaster Bronze

Paquet, Allan	4588
Okana, Cyrien	701836
Samostie, Alan	5375
Crewe, Tom	5375
Macnab, Peter	5382
Reed, John	3608
Bilodeau, Alain Guy	6423
Houle, Morton	2701
Walsh, Shane	6423

Advanced Toastmaster Silver

Scott, Barbara	5386
Jacobs, Catherine	6487
Harris, Michael	9558

Advanced Toastmaster Gold

Kennedy, Michael	3978
Bell, Dan	3978
McMillan, Faith	5386
Pasatieri, Norma	3948
Candice Buell	4557

Competent Leader

Kennedy, Michael	3978
McLean, Davine M.	5386
Howett, Paul	741098
Lemay, Marjolaine	2738
Buell, Candice	7682
Turner, Patricia	7347
Bateman, Robert	237
Henderson, Valerie	7068
Carl Duivenvoorden	4502
Pepper, Sandra	3119
Forbes, Margaret	9558
Mercer, Wayne	5705
Turner, Wayne	4588
Grondin, Joseph	5382
Stennick, Luke	2204
McIntosh, Maureen	5382
Rodgerson, Bererley	3119
Hubley, David	1555
Lanna Lee Quinn	816
Friesen, Irma	4505
Saunders, Brenda	5375
Burkes, John	1468
Ivers, Lorraine	658057
Dingman, Betty	7347
Greenwood, George	1741
Cote, Kevin	3608
Bate, Dona	1955
Crewe, Tom	5375
Gaudet, Rena Anne	3943

Advanced Leader

Dickson, Donald	1843
Joseph, Richard	1555

Leadership Excellence

Kennedy, Michael	3978
Dickson, Donald	1843
Wendy Harding	4502

Distinguished Toastmaster

Duivenvoorden, Carl	4502
---------------------	------

Sears Halifax Toastmasters Club # 1555 celebrates 50 years!

The Sears Halifax Toastmasters Club No. 1555 celebrated the 50th anniversary of its charter on Saturday, February 25, 2006, the actual day and month of its charter. Sears Halifax Toastmasters club was chartered on February 25, 1956! A gala banquet was held in the Atlantic Ballroom of the Westin Halifax Hotel with ninety-four (94) guests in attendance. The club which has over 30 members was well represented with twenty some members present, a contingent from a club in P. E. I. Which is celebrating their own 50th anniversary next year and many former members, including the first member to earn a ATM designation in the early sixties!

Senator John Buchanan was the guest speaker and regaled the group with anecdotes of his multi-faceted career as a young lawyer in Halifax, as premier of Nova Scotia and as a Canadian senator. Senator Buchanan was a Toastmaster with the Halifax Toastmasters club, no longer an active club, many years ago and has credited Toastmasters in helping him over the years with public speaking. Gerry Higgins, DTM, District 45 Governor was a welcomed attendee. The club combined the gala event with the presentation of the annual club awards recognizing members for their achievements.

Recipients were:

Best Table Topic Speaker	CTM Ralph Smith
Best Evaluator	ATM Rick Joseph
Best Speaker	CTM Danny Walmsley
Most Improved Toastmaster	CTM Dave Hubley
Most Helpful Toastmaster	TM Scott Clarke
Toastmaster of the Year	CTM Karen Caldwell

Following the banquet, an evening of dancing, and reminiscing followed which was enjoyed by all!



Lieutenant Governor Marketing



Heather Perkins
DTM
Lt. Governor of
Marketing

*“Encourage all clubs
to offer quality
programming”*

In slightly less than 3 months, the Club year will be over. Now is the time to ensure that your club will be Distinguished. One of the first steps to ensure you will accomplish this is getting the membership up to 20 or more. Last year, 59 clubs ended the year with a membership of 20 or more. We'd like to see this at 70 clubs this year. Currently, 47 clubs are at 20 or more with 7 clubs needing only one or two members to reach the 20 mark.

Starting May 1, Toastmasters International begins their Beat the Clock membership contest. This contest recognized clubs that bring in 5 or more new, dual or reinstated members during the months of May and June. District 45 is going one better. We are offering “allegedly fabulous prizes” to those clubs that bring in 5 or more new, dual or reinstated members during April, May and June. The recognition will be given at the fall conference and more details will be made available on the District website.

Contact members who have dropped out over the past year. Encourage them to return. Tell them about the great new leadership opportunities that are now available. Promote your club at your work and in your community. Hold a club membership contest. Let's have the greatest number of clubs ever achieve Distinguished and the greatest number of members ever achieving their personal goals. Take that all important step to becoming Distinguished by increasing your membership over the next three months. Your club will benefit from the new ideas and enthusiasm and your members will benefit from serving as mentors to new members.

Welcome our newest club to District 45

District 45 Welcomes "Ten Beaches Toastmasters"

District Governor, Gerry Higgins, DTM, states I am very pleased to welcome our newest Toastmaster Club - Ten Beaches Toastmasters Club 787667 in Division D, Area 11 (Hubbards, Nova Scotia, Canada) to the family of Toastmaster Clubs in District 45.

Forming a new Toastmasters Club requires a lot of effort on the part of a lot of people and on behalf of the District 45 Leadership Team, I thank all of those people who took part in making this challenge a reality.

Your Sponsors Rick Joseph, Wanda Baker and Mentors Heather Drope, Bill Martin are there to provide guidance and support as your new club develops. A very welcomed guest was Gerry Higgins, DTM, District 45 Governor.

The Ten Beaches Toastmasters Club is now chartered and officially recognized by the world wide organization of Toastmasters International. The new club received its charter in a special ceremony in Fox Point.



A number of other officers representing different levels of Toastmasters also attended the dinner event. They are leaders in their own clubs and often leaders in their own community. During the evening, the gathering was reminded that Toastmasters training is for individuals but people with better communication and leadership skills tend to become leaders throughout the community. "We are building tomorrow's leaders for our community," they were told.

Toastmasters is open to all. Guests are always welcome without obligation. The Ten Beaches Club meets at Shatford's By the Sea in Fox Point.

For more information, contact Terry Harnish at 857-3191

Celebrations around the District

Club Charter Anniversaries

Division D – Area 1 - Sears-Halifax Club # 1555 – Chartered, February 1, 1956 – **50 YEARS!**

Division A – Area 8 – North Winds Club # 1955 – Chartered, June 1, 1976 – **30 YEARS!**

Division A – Area 8 – Rutland Area Club # 6205 – Chartered, April 1, 1986 – **20 YEARS!**

Division A – Area 16 – Amoskeag Better Communicators – Chartered, June 1, 1996 – **10 YEARS!**

Civil Speaker's Toastmaster's Club have a great idea!

Is your club looking for a way to liven up its meetings? Tired of the same old format? Do you want to have fun while still providing your members with an opportunity to grow as speakers? Then why don't you "brown bag" it?

At a recent executive meeting of the Civil Speaker's Toastmaster's Club, the executive was discussing ideas to maintain the level of fun at our bi-weekly meetings as well as to increase the level of participation among its members.

One of the ideas, which I believe had been used by another club, was to host a "brown bag lunch". Our meetings are held over the lunch hour but this had nothing to do with bringing your own lunch! All of the roles to be performed at the meeting were jotted down on slips of paper and placed in the brown bag. Members were to draw a slip of paper on their way into the meeting. The slip indicated the role they were to perform that day! The only agenda items planned in advance were the prepared speeches.

I am happy to say the event was a huge success and every one was up for the challenge! The event certainly nudged members to step out of their comfort zone and fill roles for which they may not ordinarily volunteer as well as encourage all members to think on their feet, and not only during Table Topics! Special mention must go to Sandra Hamilton who drew the role of Toastmaster. Sandra had more than just a few jokes up her sleeve to keep the group truly entertained on a cold winter day!

Believe it or not, because of the success of our "brown bag lunch" we are actually contemplating having a full course "brown bag" meeting sometime in the future, where even the speakers will be chosen at the time of the meeting!

Article by Jennifer Morrison, VP Public Relations, Civil Speakers Toastmaster's Club # 6423

Public Relations Officer



*Candice Buell,
ATM-G/CL
Public Relations
Officer*

“Informing the members throughout the District helps make the District stronger and promotes growth”

Candice has been a Toastmaster for six years. She began her journey with the Centron Toastmasters, a corporate club in Rochester, NH. After that club closed she transferred to her home club Tri-City in Somersworth, NH in 2002. After receiving her CTM she became a member of Excel-Orators, an advanced club in Raymond, NH. She has been the club secretary for both clubs for three years. She is the a past president of Excel-Orators and past and present Area 10 Governor, receiving Select Distinguished recognition. Candice is also the District 45 Secretary.

She believes that informing the members of all programs throughout the district helps make the district stronger and promotes growth. She is aiming to have all clubs become familiar with all the educational achievement opportunities, by promoting the Triple Crown Winners Award and encouraging clubs to support the Halfway Certificate recognition. She is a three time Triple Crown Winner. Her goal this year is to strive to promote these activities within the Can - Am newsletters.

Timelines for your records ...

Guidelines recommended by Toastmasters International

Retention of Club Records Guidelines

I am frequently asked the question, “How long should a club keep certain financial and administrative records? The following is a list of items and the length of time they should be kept as part of the clubs records, according to WHQ. Depending on your club’s individual needs, you may add items to this list. Your club should have a procedure in place to pass on records from one administration to the next administration. Be sure to include a review of these records as part of the club’s audit.

Financial Records

Audit reports (internal)	3 Years
Bank Statements	1 Year
Cancelled Checks (if returned)	7 Years
Cash receipts, check register receipts	7 Years

Administrative Records

Correspondence (routine)	1-3 Years
Correspondence (legal, controversial)	Permanently
Internal reports (officer reports)	3 Years
Membership Rosters	4 Years
Minute Books	Permanently

Governance Records

Article of Incorporation and Bylaws of Toastmasters International	Permanently
Club Constitution and Standard Club Bylaws (Including any amendment the club has made)	Permanently
Club policies and procedures or standing rules (Including and amendment the club has made)	Permanently

Other Records

Charter papers (Including roster of charter members)	Permanently
Club Charter Certificate	Permanently

Hold Club Elections in May

In May, all clubs must elect annual officers serving from July 1, 2006 through June 30, 2007, or semi-annual officers serving from July 1, 2006 through December 31, 2006. Semi-annual terms are an option available only to clubs that meet weekly.

- First meeting in April, appoint a nominating committee. The committee should be chaired by the immediate past president or most recent past president.
- Last meeting in April, the nominating committee will report to the club.
- First meeting in May, elections should be held.

Call for nominations from the floor. Nominations and elections begin with the president and proceed in descending order.

Remember: A quorum (51 percent of active members) is needed to conduct business (including election of officers). Proxies or absentee ballots are not allowed at the club level. Members must be active and present to vote.

Remember to submit your club and officer information immediately to WHQ so the correct officers will receive every important mailing. You can fill out a Club Officer Report Form online. Go to www.toastmasters.org, the link is in the “Member Quicklinks” section on the home page.

Milford Toastmasters Host First Annual Speech Jam

Article by: Bob “Mac” McIlvaine

With a newly renovated 470-seat auditorium at their disposal, Toastmasters Bob “Mac” McIlvaine and Robin LaCroix couldn't resist brainstorming.

Mac, president of the Milford (NH) Toastmasters, and Robin, facilities manager of the Amato Center for the Performing Arts in Milford, took their idea for a speech marathon to fellow club members. The club embraced the idea with enthusiasm, and the 1st annual Milford Toastmasters Speech Jam was born.

Realizing few Toastmasters have a chance to speak from an actual stage, the club promoted the event throughout the District by emphasizing the theater venue – blinding stage lights and all. The results were gratifying.

On February 18, 2006, more than 60 people gathered at the Amato Center, located at the Boys and Girls Club of the Souhegan Valley in Milford, to hear speakers from as far away as Keene, NH, Pittsfield, VT, and Bangor, ME. Seasoned Toastmasters were joined on-stage by four freshmen from a local Nashua high school – all members of a speech and debate class.

The program was divided into three segments, with each segment including a group of 5- to 7-minute speeches, followed by standard 2- to 3-minute evaluations. Speakers were encouraged to do manual speeches and were provided written, as well as oral evaluations.

Each group of speeches and evaluations was followed by a brief intermission for refreshments and general camaraderie. With 15 pre-registered speakers and 4 walk-ins, the program ran significantly over the planned three hours, but surprisingly few people left early.

Admission for the afternoon was \$5 per person to cover rental of the theater and other expenses. The club donated all additional proceeds to the Boys and Girls Club.

All in all, the day was an unqualified success, and the Milford Toastmasters expect to make this event a yearly happening.

Have questions? Email solutions:

Questions about how to start a new club?

newclubs@toastmasters.org

Need to change your mailing or e-mail address?

addresschanges@toastmasters.org

Need help related to your club's officers?

clubofficers@toastmasters.org

Have questions about an award application?

educationawards@toastmasters.org

Need your password to access the online processes?

lostpassword@toastmasters.org

Have a membership-related problem or missing your magazine?

membership@toastmasters.org

Questions about dues renewals?

renewals@toastmasters.org

Need some help with your club's statement?

statements@toastmasters.org

Want to submit club by law amendments or questions?

clubbylaws@toastmasters.org

Want to place an order?

supplyorders@toastmasters.org

Still not sure? Visit the Contact Us section of the TI Web site or e-mail tminfo@toastmasters.org.

The Proxies are Coming...

The official Toastmasters International proxy certificates will be mailed to the club presidents of record on March 31.

Be on the lookout for this important mailing. The form will have instructions on how to complete the proxies to ensure that club's vote are heard. Take the following steps to help your district survive the annual proxy chase:

* Make sure club officer lists are current

* Advise clubs of the mailing to club presidents on March 31 in your district's website and newsletter.

* Contact club presidents in early April. Ask if they plan to send a delegate to regional and international convention, if not the proxy should be tendered to the district governor or another officer.

* If the president claims to not have received the proxies, check with the previous president before contacting WHQ.

* WHQ can send only one duplicate proxy, mailed to the club president.



And Give Your
Very Best in
Return

Mark your Calendars!



Regional VII Conference

Sheraton Meadowland Hotel

East Rutherford, New Jersey USA

www.toastmasters.org

More information regarding hotel, registration and educational sessions available on website: www.toast46.com



International Convention

“A Capital Experience”

The Washington Hilton - Washington, DC USA

Join us in Washington, D.C. for the **75th Annual International Convention, August 23-26, 2006**. Hotel and convention registration information will appear on this page in March and in the March, April and May issues of *The Toastmaster* magazine. A day-to-day schedule of convention events and educational programming will appear in the May issue of *The Toastmaster* magazine / www.toastmasters.org

Upcoming Events around District 45

➤ You are all cordially invited to the Charter Ceremony of Valley Health Toastmasters Club to be held on Friday, June 2, 2006 at 2 pm in Conference Room 1A of the Dr. Everett Chalmers Regional Hospital in Frederick. For information contact Wendy Harding hardstew@nb.sympatico.ca



Triple Crown Award Winners – 2005-2006

Take part in District 45's TRIPLE CROWN Promotion! Attain three or more Educational Achievements before June 30, 2006, and you will be recognized as a “Toastmasters Triple Crown Achiever.” Your name will appear on the Wall of Fame and you will be presented with an award at spring conference .

Eight members have already achieved the Triple Crown Award for 2005 – 2006.

Tim Smith,	# 7268	Marjolaine Lemay	# 2738
Candice Buell,	# 7682	Marilyn Page,	# 1094
Bill Tighe,	# 693838	Deb Nowak	# 2669
Lucy Paine-Kezar	# 4557	Carl Duivenvoorden	# 4502

Educational Opportunities

Special Toastmaster Award

Has some special Toastmaster helped you to achieve your best? To recognize their contribution email Gerry Higgins at gerry.higgins@toastmasters45.com and let him know what your special Toastmaster has done for you.

Toastmaster of the Year Award

The Outstanding Toastmaster Guideline document 1113 sets out all the information you need to collect 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.

Halfway Certificates

Halfway Certificates are sent to members that have completed five manual speeches, they receive a certificate signed by the District 45 Governor. To recognize these members email candice.buell@ge.com. For complete list see our District 45 website.

More information regarding all your educational opportunities are available on our District 45 website. www.toastmasters45.com

Publisher

Gerry Higgins, DTM

District 45 Governor

506-847-2183

ghiggins@nbnet.nb.ca

Editor

Candice Buell, ATM-G/CL

Public Relations Officer

603-692-3430

candice.buell@ge.com

“If you wish to see the best in others, show the best of yourself”

Chinese fortune cookie