



Toast it Notes

Sears-Halifax Toastmasters No: 1555

Special Interest Dates:

- 25 Feb. Sears-Halifax 50th Anniversary
- ? March for the Club International and Table Topics Speech Contest
- 9 April. Area One International and Table Topics Speech Contest
- The District 45 conference is 26-28 May

Message from the President

Distinguished Club Program.

The Distinguished Club Program is an annual program running from July 1 through June 30. The program consists of 10 goals that the club strives to achieve.

Recognition

- 5 goals - Distinguished Club
- 7 goals - Select Distinguished Club
- 9 goals - President's Distinguished Club.

Goals to Achieve

1. Two CTM's
2. Two new CTM's
3. One ATM-B, ATM-S, or ATM G
4. One more ATM-B, ATM-S, or ATM-G
5. One CL, AL, or DTM
6. One more CL, AL, or DTM
7. Four new members
8. Four more new members
9. Minimum of four club officers trained during each of two training periods
10. One membership dues renewal report and one club officer list submitted on time.

As of January 31 2006, our club has earned two points. The executive and I look forward to reaching our goals by helping you achieve yours. At the beginning of the year, members were asked what their goals were. Our VP of education has been tracking these goals. If you are close to reaching your next milestone, we encourage you to come forth and do your best to reach it. If you are not sure on how to reach the next level, then ask your VP of education on how to get there. We know that as a team the club will receive the recognition that you deserve. Good Luck

Respectfully
David Hubley
President

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Membership Contest (Membership Mania) UPDATE

You bring a guest, we'll do the rest!

So far we have a 5 way tie for second place: Karen, Cameron, Erna, Sean and Dave Osborne. Dan Walmsley is in first place. All that anyone has to do is bring three guests and they will be ahead. Since the contest runs until April 30th the grand prize is attainable by anyone.

How to Win

- 3 points for bringing a guest,
- 1 point if guest returns,
- 5 points if guest joins.

We do have a need for new members so, notwithstanding the contest to achieve the distinguished club award so please promote Toastmasters

Ralph Smith
VP of Membership



Blast from the Past

CONQUER YOUR FEAR OF WRITING AND PRESENTING SPEECHES

I joined Toastmasters to improve my ability to listen, to conquer the fear of speaking in front of people and to think quickly on my feet during a conversation.

Some of the problems I have experienced difficulties with in writing, practicing and presenting speeches are as follows:

1. **Nervousness** - It took me almost nine months before I presented my "Ice Breaker" speech. I felt like I really couldn't stand at the lectern and speak about myself. I felt foolish and lacked confidence to write and present a speech about me. Through the guidance of my "Mentor" it was possible for me to write a seven-minute speech about myself and present it. Through all my fear, shaking hands, trouble breathing and my heart jumping out of my chest, I was able to present my speech and begin my growth process as a Toastmaster.

- a. What I have learned since I joined Toastmasters is that everyone, even seasoned speakers, are nervous each time they do a speech.
- b. To combat the nerves I do thorough research on my topic and make sure it meets the guidelines for that project.
- c. I write speeches about subjects I am passionate about. That makes it easier to remember the content, forget the nervousness and breeze by the mistakes if there are any.

- d. I rehearse over and over again until I know the opening, the main points and close without much thought of delivery.
- e. On the day of the speech, I arrive early and test any equipment I may be using. I also stand at the lectern and get a feel for the room. This helps put me at ease.
- f. I do deep breathing exercises before I present, which slows my heart rate down, relaxes me and makes me more at ease.

2. **Content** - I found that it is sometimes difficult to think of topics that will interest the audience. I chose topics that are of interest to me and hopefully others. Your audience wants to take the information and turn it into reality.

I ask myself these questions in writing my speeches:

- a. Does my material share information that others would grow from?
- b. Is the content clear and easy to understand?
- c. Are there technical terms or terminology that the audience might not understand?
- d. Does the audience connect with my speech?
- e. Does the speech allow me to show my personality? To share what I have learned/experienced in life?
- f. Does everything flow in a logical manner?
- g. Does every point, illustration, joke, prop return you to the purpose of the speech?
- h. Does the topic energize the audience and urge them to take action?

I hope the above information is helpful to you in preparing and presenting your speeches.

Good luck.

Karen Caldwell, CTM/CL
Past President 2005-06



"Interested in Judging the Area One International and Table Topics Speech Contest Contact our president Dave Hubley."

Club Officer Recruitment (?)

If you think that you would like to be a Club Officer for the 2006-2007 season, please let one of the Executive members know which position(s) capture your interest. The appropriate Club Officer can then meet with you to discuss their

responsibilities and help you make an informed decision. Elections are in May - take that first step towards becoming a Competent Leader.

Cameron Deacoff
Secretary



We're on the Web!

See us at:

<http://www.toastmasters.clubcto.org>

PUBLIC SERVICE ANNOUNCEMENT

TOASTMASTERS 50 YEARS IN NOVA SCOTIA

Toastmasters International is a non-profit organization designed to help people become effective leaders and communicators. Through participation in the Toastmasters Communication and Leadership programs, people from all backgrounds learn to effectively speak, conduct a meeting, lead, delegate, and motivate others.

Our Keynote Speaker is Senator John Buchanan, who is a former member of Toastmasters. Senator Buchanan was elected to the N.S. Legislature in 1967, elected Leader of Progressive Conservative Party of N.S. in 1971 and was the Premier of Nova Scotia from 1978 to 1990, followed by his appointed to the Senate in 1990.

Sears Halifax Toastmasters is celebrating its **50th Anniversary** on February 25, 2006, the actual date of the club's charter in 1956! **We are the oldest Toastmaster Club in Nova Scotia.**

Achievement awards will be presented to our members. Come enjoy an evening with the 2006 Sears Halifax Toastmasters and former members.

We are holding a **Gala 50th Anniversary Banquet** at The Westin Nova Scotian Hotel, 1181 Hollis Street, Halifax on February 25th, 2006, Reception at 6:00PM, Dinner at 7:00PM. This 50th Anniversary celebration is a wonderful opportunity for you to see and experience the skills a person can achieve as a member of Toastmasters.

Tickets are \$40.00, taxes-in, which includes a three course meal. Drinks are available at the cash bar. Tickets may be purchased from Ralph Smith, via e-mail at xxxxxxxxx or by telephone at 902-xxx-xxxx. The deadline to purchase tickets is February 20, 2006.



Toastmasters District 45 Spring Conference - Win Big !!

You won't want to waste this opportunity to win a one-on-one coaching session with a world-famous presenter and speech coach.

Yes, we are having a world famous speaker at our Toastmasters District 45 Spring Conference. You'll be amazed to find out who he is.

But that's not all. Because he will be joined by two other world famous speakers. We know that your jaw will drop when you find out their names. And you'll be glad that you're a District 45 Toastmaster because any other conference with these three speakers would be at least five times the price.

But right now their names are a mystery. And each month, one name will be revealed. But while the names are a mystery, you have a chance to win BIG.

That's right - you have a chance to win a one-hour one-on-one speech coaching session with our Mystery Speaker #1 by simply registering and guessing the speaker's name.

It's easy to enter. And it's easy to win. The chances are good that you'll be the one.

But that's not all the good news. Our Saturday morning educational sessions are also going to be top-notch. And they'll be presented by your fellow District 45 Toastmasters.

In the afternoon, our three famous guest speakers will teach us how to further improve our presentations. The Saturday evening Banquet and International Speech Contest is always a winner. Check out the menu!

So is the Table Topics Contest on Sunday morning. It's fascinating to see how the different participants answer the same question.

Then there's that ever-popular Hospitality Room.

Check it out. Don't waste an opportunity to win. Don't waste an opportunity to grow.

www.district45conference.com

May 26 - 28 in Saint John, New Brunswick.

