



Toast it Notes

Be the best you can be - Transform through Toastmasters!

Special Interest Dates:

Area 18 Humorous Speech & Evaluation Contests - Sackville Library - Saturday, October 6 - 1:30-4:30.

Division D Humorous Speech & Evaluation Contests - Saturday, October 20 - time & location to be advised.

District 45 Fall Conference - November 2-4, Fredericton Inn.

TLI Winter Training - January 19, 2008- St Vincent de Paul Parish.

Area 18 International Speech & Table Topics Contest - April 26, 2008

Division D International Speech & Table Topics Contest - May 5, 2008

District 45 - Spring Conference - May 25, 2008

TLI Spring Training - June 14, 2008 - St. Vincent de Paul Parish.

What's inside?

2007-08 Executive	2
TI Website Changes	2
Get to Know Our Members	3
From Your Librarian	3
The Wider Picture	4
Parliamentary Procedure	5
Public Relations Update	6

District 45 Toastmasters' Theme for 2007-2008 "Transform Through Toastmasters"

Toastmasters' provides us with a unique opportunity to transform ourselves into better communicators and better leaders. We transform into people with more confidence and greater self-esteem.

The greater our involvement in Toastmasters, the greater our transformation will be. We transform by giving speeches, by taking leadership roles and by mentoring others.

Make the commitment to continue your transformation through Toastmasters.

Heather Perkins, DTM
District 45 Governor



President's Message

It's lining up to be another exciting year at Sears-Halifax Toastmasters. A year of great speeches, table topics, and competitions. Let's not forget about those parliamentary procedures!

My mission this year is to promote teamwork, support innovation, encourage leadership and professionalism, and provide a positive safe atmosphere to facilitate the learning process to ensure all goals are met in a fun, relaxed environment.

I encourage everyone to get involved in the various committees. Whether you wish to help edit the newsletter, or put on a membership drive, or even get involved with the club's website, your assistance will help you gain the knowledge of the inner workings of a Toastmasters club which is essential in achieving leadership designations.

As you move forth towards your goals think how you may become involved to bring the club to the "President's Distinguished" level for the third year in a row, but most of all remember to have fun and keep those speeches coming.

Denis Liboiron, CC,
President, Sears-Halifax Toastmasters





Dear Fellow Toastmasters,

As I reflect upon our past year and what we set out to achieve, it brings a big smile to my face and leaves me with great pleasure because what we set out to achieve we accomplished. We earned Toastmasters International's **President's Distinguished Club**. We received this distinction by earning 10 of 10 goals and not only did we achieve our goal but we did this well in advance of our deadline. We earned **President's Distinguished Club** before the end of April 2007, compared to end of June 2007. WOW!!! An accomplishment well earned.

The educational achievements could not have happened without the hard work of the members who earned the certifications. As well, we owe a debt of gratitude to the outgoing officers, without

Past President's Message

their dedication none of these accomplishments could have been possible. Thank you to Graeme Van Leer (VP Education & Webmaster), Jane Holden (VP Public Relations & Newsletter Editor), Danny Walmsley (VP Membership), Denis Liboiron (Secretary), Tony Easton (Treasurer) & Ralph Smith (Sergeant-at Arms).

The most important goal was to ensure a strong membership for 2007-2008; we succeeded by closing 2006-2007 year with 31 members.

Finally, thanks to all of you for giving me the opportunity to serve as your President for the past year. You made it a very pleasant and rewarding experience.

Erna Slingluff CTM, CL
Past-President 2006-2007



Are you interested in inviting a friend or colleague to a meeting? Contact our Vice President of Membership, Cameron Deacoff.

2007 - 2008 Club Executive

Denis Liboiron - President
Graeme Van Leer - VP Education
Cameron Deacoff - VP Membership
Karen Caldwell - VP Public Relations
Ralph Smith - Secretary
Tony Easton - Treasurer
Stephen MacNeil - Sgt. at Arms
Erna Slingluff - Past President

Big Changes to the Toastmasters Web Site!

Toastmasters International now has two Web sites - one for members and one for the general public. There is also a new online Shop area and access to the Toastmaster magazine.

members.toastmasters.org is customized for members and provides access to reports, contact information and many resources for membership building.

toastmasters.org is geared toward non-members and is the best place to direct people who are interested in learning more about Toastmasters.

Either site is linked, so you are able to move from one to the other. Check them out!



Get to Know our Members - Jack Kiuru Completes 38 Years In Toastmasters!


Jack Kiuru joined Toastmasters on October 10, 1969, wanting to become more proficient at speaking in public. He launched immediately into the **Communication and Leadership Program**, completing the 15 projects in less than three years, the equivalent of a CTM-- which did not exist at that time-- and continued into the **Advanced Communication and Leadership program**, earning his **ATM** designation three years later.

To become more experience, Jack became involved in **Club Visitation and New Club Development**, which extended the Toastmasters organization through the chartering of new clubs in Truro, Sydney, Antigonish, Port Hawkesbury, Sackville as well as several in Halifax.

His introduction to the **Executive** came early when Jack was asked to become **Sergeant-at-Arms** four months after joining the club, followed by election to **Treasurer** five months later and **Club President** in 1971, during which **Sears Club** attained **Distinguished Club** status for the first time. With the participation of the Club, he organized and conducted a **Youth Leadership** course for the Boy Scouts and a **Speechcraft** course for the Royal Bank Managers. That year, Jack was honoured as **District 45 Toastmaster of the year**, entering the **Toastmasters Hall of Fame**.

Continuing his progress, Jack joined the **Area 1 executive**, progressing to **Area 1 Governor**, achieving **District 45 Area Governor of the Year** in 1974, and continued to serve on the **District 45 Executive**, working up to **District 45 Governor** in 1978-79 the year that **District 45** attained **Distinguished District** for the first time in history. That year, Jack received his **DTM** recognition, the first **Toastmaster** in **Nova Scotia** to attain this title.

The highlight of Jack's Toastmaster career was his election to the 1980-'82 **Toastmasters International Board as International Director for Region VII**, representing seven **Districts** comprising the **Atlantic Provinces** and the **Eastern USA** as far south as **Virginia**. Jack served on the **Education Committee** which launched the **Ten-project C & L manual**, and established the **CTM** designation. To create more learning opportunities, the **Advanced C & L program** was expanded to provide many **subject-specific manuals**. The two years on the **Board** provided Jack with a **perspective** on the **international impact** of **Toastmasters!**

Jack lives in **Halifax** with his wife **Joan** who is also a **Toastmaster (ATM)**, **Past President** of **Telco 3819**. They are both **retired** now; they enjoy **travelling**, **artistic** and **cultural activities**, as well as **spending part of the winter** in **Florida!** 

A Few Words from Our Vice President of Membership

Why did you join Toastmasters? Why are you still here? Are you getting the most from your membership? As your **VP of Membership**, it's my job to make sure that you continue to benefit from membership, and to recruit new members to keep our club vital and strong. Please help me help you by:

- i) Completing and returning your club evaluation forms by **October 11, 2007**;
- ii) Joining me on the **Membership Committee** for **2007-2008**; and
- iii) Encouraging new guests to join.

Cameron Deacoff
Vice President Membership

A "Post-it"® from your Librarian

Are you transforming yourself into an **Advanced Leader**? The following is a list of eleven "**Leadership Excellence**" speeches available for loan from our **Toastmaster library**:

The Visionary Leader	Develop a Mission
Values & Leadership	Building A Team
Goal Setting & Planning	Delegate to Empower
Giving Effective Feedback	Motivating People
The Leader as a Coach	Resolving Conflict
Services and Leadership	

If you are interested in borrowing any of these projects, please see me to pick-up the manual(s).

Stephen MacNeil
Sergeant at Arms/Librarian



Vice President Education's Message - *The Wider Picture*


Toastmasters International prides itself on its program of self development and leadership. It has helped thousands of members successfully overcome their fear of getting up in front of a crowd of people and speaking. It has helped members develop previously untapped or undiscovered leadership skills.

However, there is more to being a Toastmaster than being able to stand up and speak in front of a crowd. All Toastmasters have family. Whether it's a spouse, parents, children; these family members know we are Toastmasters. They know we disappear for a couple of hours every week to improve ourselves and help our fellow members improve.

Our families can no doubt see the difference that being a Toastmaster has made for us. They therefore have quite high expectations when they meet other Toastmasters. They know that long standing Toastmaster members have (or should have) good communication skills. So why is it that when they meet these Toastmasters who have achieved countless designations they find that they still suck at basic social interaction? Why do some find it so hard to carry out a

one-to-one conversation? They should be drawing on all that training, all those Table Topic sessions and making an effort to be articulate when speaking to members of the public. At the end of the day, one of the best adverts for Toastmasters Clubs is an actual Toastmaster!!!

We see these people stand up in front of a crowd and become another person. They are transformed into a witty articulate communicator, but when you meet them in an elevator and try to have a conversation, it's like pulling teeth.

So I challenge you, when you present your next Table Topics session, or stand up to do a speech think about the wider picture. Think about the everyday situations that you are going to find yourself in. Put yourself out there, introduce yourself to guests at our meetings and try to strike up a conversation with them during the break. You'll be glad you did because not only is it yet another step towards your personal development, it is a skill that is going to be useful virtually everyday of your life! Graeme van Leer 

“Using Evaluation to Develop Your Speech”

During the District 45 Spring Conference, Angela Louie, DTM and Allan de la Plante, DTM gave a presentation titled “Using Evaluation to Develop Your Speech.” The following is a brief summary of their recommendations you can use in preparing your next speech:

1. **Select a Topic** - Use Table Topics as a source - add the details to make a 5 to 7 minute speech.
2. **Winning Speech** - Give it, get it evaluated, and change the speech to cover your weaknesses.
3. **Deliver the Speech Again** - Remain open to change to deliver an effective speech.
4. **Evaluate** - Use the “GLOVE” approach:
 - G = Gestures
 - L = Language
 - O = Organization
 - V = Vocal Variety
 - E = Eye Contact and Emotion



“I must tell you that the supply of words on the world market is plentiful, but the demand is falling. Let deeds follow words now.”- Lech Walesa, Political Leader

Why do we need Parliamentary Procedure? The Main Motion



Most Parliamentarians see the Main Motion as the bottom rung of the Parliamentary ladder, after all it can be pushed aside while amendments to it are discussed, has no rank in the face of subsidiary, privileged and incidental motions, and can end up looking battered and beaten at the end of the day.

Like the knights of old when entering battle, the Main Motion requires a second in order to be considered. Once in the fray, it can be debated, amended and requires a majority to be approved (thumbs up or thumbs down).

But how does it get to the field of battle?

1. A member of the assembly requests the floor.
2. The Chair assigns the floor to the member.
3. The motion is made --- "I move that ----".
4. The motion is seconded.
 - Robert's states *that a motion must be considered if two people are in favour of its coming before the meeting.*
 - Motions from a committee do not require a second.
 - If the motion fails to get a second the Chair states - "*Since there is no second, the motion is not before this meeting.*"
5. The Chair states the motion.
 - It is important to restate the motion so that the proposal is clear in the minds of the assembly.
 - The motion is said to be **pending** once it has been stated by the Chair. It must be disposed of in some manner before other business can be conducted.
6. Debate is held.
 - Debate should continue as long as members wish to discuss the question, unless motions have been adopted to either limit or extend debate.

7. The Chair puts the question to a vote.
8. The Chair announces the vote.

Other Points:

- a. The Chair (the referee) can require long motions to be submitted in writing.
- b. The maker of the motion has the first right to speak to it.
- c. A member can vote against his own motion but cannot speak against it.
- d. A member can modify his own motion before it is stated by the Chair. Once it is stated by the Chair, it becomes the property of the assembly. The member can also make an amendment after the Chair has stated the motion.
- e. A member can withdraw his motion up to the time it is stated by the Chair, after that he must have the permission of the meeting.

The Chair (Referee) should rule out of order motions that:

- Conflict with the law or by-laws;
- Repeat the same question on the same day;
- Conflict with an already adopted motion;
- Operate outside the scope and/or object of the organization;
- Conflict or repeat motions held in committee;
- Appear dilatory, incorrect, **frivolous**, or rude.

After all of that the Main Motion emerges, either beaten, battered and defeated, or bruised but shiny and new to move the organization forward. I would argue that rather than the lowest rung of the parliamentary ladder; the Main Motion is the foot soldier and foundation of our parliamentary process.

(Rick Joseph, DTM is a member of the National Association of Parliamentarians.)



*"One learns by doing a thing; for though you think you know it, you have no certainty until you try."
- Sophocles (496-406 B.C.)*

*"Nothing will work unless you do."
- Maya Angelou*

**Sears-Halifax
Toastmasters 1555**

Meeting Time:

Thursdays
6:15-8:30 pm

Retail Training Room at Sears in
the Halifax Shopping Centre

Phone:

902-463-9368

E-Mail:

tm1555@chebucto.ns.ca

Public Relations Update

SEARS - HALIFAX TOASTMASTERS CLUB COMMITTEES

This year we have added several club committees to assist you in your journey to “Transform Your Leadership Skills through Toastmaster”.

Below is a list of the Committees you may be interested in volunteering as a member. Please contact the Chair of the committee you are interested in and begin transforming yourself.

- Mentorship - Karen Caldwell
- Special Events - Steve MacNeil
- Newsletter - Karen Caldwell
- Membership - Cameron Deacoff
- Public Relations - Karen Caldwell
- Web Master - Graeme Van Leer

DISTRICT 45 TOASTMASTERS NEWSLETTER OF THE YEAR 2006 - 2007



Congratulations to Jane Holden, CC/ALB and her Newsletter Committee for winning the District 45 Newsletter of the Year Award. Jane and her team have set the standards high for this year’s committee. We are proud of their great teamwork and Newsletters.

Photo supplied by Carl Nugent.

Sears-Halifax
Toastmasters No.1555

Website is <http://toastmasters.chebucto.org>

