



March 2007  
Volume 3, Issue 2

Sears-Halifax Toastmasters No. 1555

# Toast it Notes

## *Transform through Toastmasters! - Club Executives Tell All!*

### *Special Interest Dates:*

Sears Halifax Toastmasters Club  
International Speech & Table  
Topics Contest - March 20, 2008

Area 18 International Speech &  
Table Topics Contest - April 5,  
2008 - Keshen Goodman Library -  
1:00 pm - 4:30 pm.

Division D International Speech &  
Table Topics Contest - April 26,  
2008 - NSCC - Akerley Campus,  
9:30 am - 12:30 pm.

District 45 Spring Conference -  
May 16 - 18, 2008 - Montpelier,  
Vermont. Transport is available.

TLI Spring Training - June 14,  
2008 - St. Vincent de Paul  
Parish - 12:30 pm - 4:30 pm.

## *VP Membership Message*

Heather Perkins, our District 45 Governor, established this year's District theme as "Transform through Toastmasters", and many of us are well on our way to doing just that.

Personally, I saw the need to begin my transformation in 2004 after presenting recommendations of a major research document I had authored to a group of senior managers, many of whom trashed both the report and my presentation. Since then, I have given about 15 speeches and taken on innumerable leadership roles within and beyond the club.

Through these challenges, I have grown immensely in confidence and competence in both presentation and leadership ability, such that I now look forward to my next opportunity to impress my superiors with my style in the board room and at the lectern.

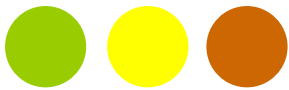
If you want to take yourself to a new level, challenge yourself and do that next speech, try that new meeting role, help out in a contest and show yourself just what you can do. You can make yourself proud, and feel more confident about dealing with challenges in other parts of life.

*Cameron Deacoff, CC, ALB* ●●●

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*Take just a minute out of this busy day to practice random kindness ... Call someone "out of the blue" to let them know you care. Pay the toll for the car behind you. Donate time or money to a charity. Pass it on ... it will spread. - Anonymous.*



## HOW TO MOTIVATE PEOPLE!

### Motivation vs Inspiration:

- Values determine how you spend your time, energy and money.
- Inspiration is aligned and attuned to your highest value and you act accordingly.
- Motivation is when you help people to reach their goals and you win as well.

### Principles of Motivation:

- Motivating others with rewards over punishment.
- Misuse of rewards de-motivates people.
- Everyone likes to do meaningful work or achieve goals - help them reach their goals.
- Employees and peers must believe you, so be credible. If you aren't you won't be respected or trusted.
- Act like the leader. Take initiative, be creative and inspire.

### What are Motivators?

- Money
- Praise
- Public Recognition
- More Responsibility
- Promotion

### How do you motivate?

- Recognize work immediately.
- Be specific in your praise.
- Match reward to the achievement.
- Reward only at the desired level of achievement.
- Eliminate de-motivators.

### Punish Undesirable Behaviour!

Use the “**LEAST**” method to diffuse an unpleasant or difficult situation:

**L** = Let it go once the situation is done.

**E** = Eye Contact must be maintained.

**A** = Ask questions to help situation.

**S** = Stop the meeting if necessary.

**T** = Terminate the situation now!

Inspire others - make sure that you create an inspirational environment for everyone to enjoy!

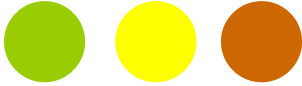
*Karen Caldwell, ACS, ALS* 

### 2007 - 08 Executive Committee

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

### Club Committees

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



## Get to Know our Members - Kamala Rangaswamy

I joined Toastmasters in 1990, a few years after finishing university, and have remained a member of the Sears Halifax club for the past 18 years. (Contrary to some reports, I am not a founding member of the Club!) I first joined Toastmasters to improve my public speaking skills at work where I was occasionally asked to make presentations. I am not one of those super achievers who flew through the TM program.

I took 5 years to get my CTM and then another several years apiece to get my ATM-B and ATM-S. But in that time I also served on the Club executive as VP-Public Relations, VP Membership and President. I also worked on committees for a District conference (1992) and the club's 40th anniversary. What I didn't realize when I first joined Toastmasters, was the fact that there are many opportunities available to improve leadership skills and build self-confidence. These were invaluable when I was downsized from a job a number of years ago. I received a great deal of support and encouragement from my fellow members and my new communication skills were helpful in the job search.

I have stayed in Toastmasters because I enjoy the dynamic and varied group of people I have met in the club. The Sears club has a great atmosphere where you can learn while having fun. I enjoy watching new members slowly improve their skills and eventually blossom into effective speakers with the support and encouragement of their fellow members.

Evaluations are an important part of the Toastmasters program and I always try to give positive feedback along with concrete and specific suggestions for improvement. I feel that public speaking, like any other skill, requires continuous practice to stay sharp, so I like the idea of a club that meets regularly rather than just taking a public speaking course for a few days or weeks. I can honestly say that I still get nervous before a speech but through Toastmasters I know it doesn't mean that I'm going to forget everything I want to say or that I won't be able to express myself clearly and coherently.

Other accomplishments: Club Best Evaluator Award (3 times) and Best Speaker Award (once).

I have lived in the Halifax-Dartmouth area most of my life and am currently employed as a Specialist Engineer at Nova Scotia Power Inc. I enjoy reading and I have renewed my interest in photography having recently purchased a digital camera.

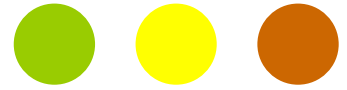


*Kamala Rangaswamy, ATM-S*

*There is only one person you should ever compete with and that is yourself. Keep aiming to surpass your "one best performance" and be every hitting higher levels. - Anonymous*

## Becoming Butterflies

### By Joyce Glasner, TM



In George Bernard Shaw's 1913 play, *Pygmalion*, phonetics professor Henry Higgins and his friend, Colonel Pickering, run into Eliza Doolittle, an illiterate cockney girl who makes her living selling flowers on the streets of London. Higgins makes a bet with Pickering that in a few short weeks he can transform the coarse, ill-spoken flower girl into a refined woman with the manners and pronunciation of an aristocrat. Eliza's reinvention isn't instantaneous or easy. After all, an ugly duckling does not become a regal swan overnight. But in the end the transformation is astonishing. At her first public appearance, everyone, including Higgins, is dazzled by Eliza's charm and grace. Anyone meeting her for the first time would never believe that this sophisticated, well-spoken woman was once a street urchin.

Shaw's theme of transformation in *Pygmalion* wasn't exactly groundbreaking. Since the dawn of civilization the process of changing form or appearance has fascinated humans. Greek mythology, for example, is awash in stories about the wily gods assuming different forms in order to achieve their mischievous ends. And when they weren't busy shape shifting, they toyed with mortals, turning them into cows, trees, bears and anything else they found amusing.

Today, our obsession with outer transformation has reached an extreme. Stories about cosmetic surgery dominate the media. Plastic surgeons have become the new messiahs. Changing our outward appearance, we're told, will transform our lives. (Happiness is just a Botox shot away.) In reality, liposuction, face lifts and Botox are only temporary, superficial fixes. Profound and lasting change isn't bestowed by the gods (or plastic surgeons). It comes from within *and* it requires effort.

The Toastmasters program facilitates *true* transformation. In my four years as a member of Sears-Halifax Toastmasters I've witnessed Pygmalion-like metamorphosis again and again. It's truly inspiring to observe timid, tongue-tied members blossom into skillful, confident communicators and leaders. Some of us take longer than others to venture out of our cocoons. But with the support and encouragement of fellow members, sooner or later we all spread our wings and take flight.

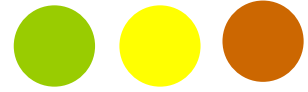
This is the magic of Toastmasters.

Joyce Glasner TM



*Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence. Helen Keller*

## Why do we need Parliamentary Procedure?



### Tie Votes

Quite often the question arises on the matter of a **tie vote on a motion** and the Chair's role in that situation. Robert's Rules of Order are very clear on this matter. Keep in mind that in most cases the Chair maintains an impartial position and is there to preserve an objective and impersonal approach, especially when serious divisions of opinion arise. However, it seems that there are exceptions to almost every rule.

#### Tie Votes and Cases in Which the Chair's Vote Affects the Result

"If the presiding officer is a member of the assembly, he can vote as any other member when the vote is by ballot. In all other cases the presiding officer, if a member of the assembly, can (but is not obliged to) vote whenever his vote will affect the result – that is, he can vote either to break or to cause a tie; or in a case where a two-thirds vote is required, he can vote either to cause or to block the attainment of the necessary two-thirds, In particular;

- **On a tie vote, a motion requiring a majority vote for adoption is lost**, since a tie is not a majority. Thus if there is a tie without the chair's vote, the presiding officer can, if he is a member, vote in the affirmative, thereby causing the motion to be adopted; or if there is more in the affirmative than the negative without the chair's vote (for example, if there are 72 votes in favour and 71 opposed), he can vote in the negative to create a tie, thus causing the motion to be rejected.

- **Similarly, in the case of a motion requiring a two-thirds vote**, if, without the chair's vote, the number in the affirmative is one less than twice the number in the negative (for example, if there are 59 in the affirmative and 30 in the negative), the chair, if a member, can vote in the affirmative and thus cause the motion to be adopted; or, if there are two-thirds in the affirmative without his vote (for example, if there are 60 in the affirmative and 30 in the negative), the chair can vote in the negative, with the result that the motion is rejected.

----- RRONR 10<sup>th</sup> Edition

Simply put, the Chair, if a member of the organization/assembly, can influence the outcome of a vote by affecting a tie, which means the motion is lost, or by creating a majority for or against the motion.

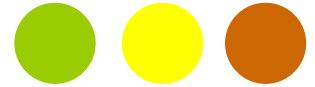
*Rick Joseph DTM* 

*Seek not good from without;  
seek it within yourselves, or  
you will never find it. -  
Epictetus*

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

## Brief from your Secretary

### *A Bit of Robert from Ralph!*



Your secretary is not trying to transform himself into a parliamentarian! However sometimes (an understatement?) we refer to something called Robert's Rules of Order during meetings. It is a handbook of parliamentary procedure, originally written by General Henry M. Robert in 1876. The latest edition, *Robert's Rules of Order Newly Revised*, is number ten and the authors include the grandson of the General. There is an official web site, [www.robertsrules.com](http://www.robertsrules.com) with some information but its main purpose is to sell books and even a CD.

Something in the new edition that your secretary found interesting was the procedure to be followed when making motions. It is presented below.

#### Clarity of a Motion's Wording

"If a motion is offered in a wording that is not clear or that requires smoothing before it can be recorded in the minutes, it is the duty of the chair to see that the motion is put into suitable form - preserving the content to the

satisfaction of the mover - *before* the question is stated. The chair should not admit a motion that the secretary would have to paraphrase for the record. The chair - either on his own initiative or at the secretary's request - can require any main motion, amendment (10, 12), or instructions to a committee to be in writing before he states the question." (RONR\* (10<sup>th</sup> ed.) p. 38, l. 7 - 16)

According to this rule your beleaguered secretary can insist the motions be presented in recordable manner. As your current secretary I do not intend to insist on motions in writing. I just thought you would like to know that the power is there!

Note: \*RONR is the standard abbreviation parliamentarians use to cite Henry M. Robert III and others, *Robert's Rules of Order Newly Revised*, 10th ed. (Cambridge, Mass.: Perseus Publishing, 2000). The standard citation to particular pages and lines is "RONR (10th ed. [for 'edition'], p. [for 'page' or 'pages'], l. [for 'line' or 'lines'])."

*Ralph Smith, ATM-B* 

*The race is not always won by the swift, but by those who keep on running.  
- Anonymous*

## Public Relations Update

### The Power Within - Anthony Robbins & Company

On February 26<sup>th</sup> the Halifax Metro Centre rocked with positive attitude not music. An extraordinary line up of diverse inspirational and motivational speakers - Mike Lipkin, Loretta LaRoche, Mitch Joel and Anthony Robbins - provided the 4,500 spectators with a phenomenal show that left them energized and enthusiastic. The following are a few inspirational/motivational comments I took away from the show:

- Celebrate your inherent happiness.
- Treat every conversation as a one time, one meeting opportunity.
- Verbalize what you are feeling.
- Make your voice heard with impact.
- Get others to focus on you by being positive and motivated.
- Inspire someone else.
- Use everything you have within you to amaze people.
- Remind yourself and others that life is magical, enjoy every day.
- Don't whine and complain.
- The brain creates pathways - practice positive energy and your brain will give positive energy.
- Shift your attitude - act like every day is the day.
- Become the fun you are seeking.
- Don't be afraid to fail.
- Don't hang with negative people.
- Show gratitude, joy and be positive.
- Change your focus, change your state, change your life!

#### Anthony Robbins's three mandates of leadership:

- **See things as they are!** Tell yourself the truth, don't whitewash it.
- **See it better than it is!** You need a vision, don't wait for someone else to create it.
- **Make it the way you want it!** A leader keeps trying to find ways to make it change. Follow through.

*Karen Caldwell, ACS, ALS* ●●●

*You have two hands, one to help yourself, the second to help others. - Helen Keller*

Sears-Halifax  
Toastmasters 1555

Meeting Time:

Thursdays  
6:15-8:30 pm  
Retail Training Room  
Sears Store  
Halifax Shopping Centre

Phone:

902-463-9368

E-Mail:  
tm1555@chebucto.ns.ca

#### CLUB ACHIEVEMENTS:

Sears-Halifax  
Toastmasters Club set a  
record by achieving  
"President's Distinguished  
Club"  
in February.

Danny Walmsley achieves  
his Advanced  
Communicator Gold (ACG)  
designation.

#### 2007/08 New Members:

Carol Trenholm  
Jana Hodgson  
Jean Sloan  
Katie Sparks  
Pauline Benoit  
Robert Niven  
Tim Ackerley  
Nadine Wentzell  
Jenny Shi  
Joanne Fraser  
Cameron Ells



## *Club Officer Elections Are Coming! - May 2008*

Which Executive role will help you transform into an effective leader?

To register as a nominee for 2008 - 2009 Executive  
Contact Erna Slingluff, Chair - Nominating Committee.

### **The President:**

- Chief Executive Officer/Chairperson
- Meet and greet guests
- Answer questions or concerns
- Discuss issues, concerns with members
- Assist with mentors
- Checks with officers for reports
- Participates in inductions of new members
- Notifies members of upcoming events
- Keeps members up-to-date on Distinguished Club Plan
- Coordinates & chairs executive meetings

### **The VP Education:**

- Plans & schedules each meeting
- Helps members to achieve their goals
- Charts accomplishments of members & club
- Recognizes awards/achievements of members
- Informs guests about Toastmaster program
- Assigns mentors
- Participates in inductions of new members

### **The VP Membership:**

- Coordinates membership building activities
- Greets all guests and assigns a host member
- Answers guest questions – break & close of meeting
- Maintains statistics on guest visits
- Runs membership drives
- Completes membership forms, collects dues
- Coordinates Inductions of new members
- Records new members with Toastmasters International
- Promotes healthy environment for existing members

### **The VP Public Relations:**

- Prepares public relations campaign
- Promotes Toastmasters within the community
- Creates newsletter
- Updates website
- Greets guests
- Promotes healthy environment for existing members

### **Secretary:**

- Records the minutes of each meeting
- Keeps records of membership attendance
- Gives President a list of actions to conduct during meeting
- Records and maintains the membership contact list

### **The Treasurer:**

- Handles financial planning & budgets
- Collects dues
- Order supplies and issues cheques
- Presents a financial reports

### **The Sergeant At Arms:**

- Arranges the room
- Sets up the lectern, gavel, timing lights, visual aids
- Displays the awards
- Distributes ballots and agendas for use during the meeting.
- Greets and registers guests and introduces VP Membership
- Calls meeting to order
- Once the meeting is adjourned, puts away all materials