



# Toast it Notes

*Transform through Toastmasters! - Have you succeeded?*

## VP Membership Message

### SPECIAL INTEREST DATES:

Final Meeting - Sears Halifax  
Toastmasters Club - Sears in  
the Halifax Shopping Centre -  
June 5, 2008 6:15 PM - 8:15 PM

Club Summer Party - June 12,  
2008 - Hosted by Dave Hubley,  
165 Cresthaven Drive, Halifax  
(off Bedford Highway) - 6:30 PM

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

77<sup>th</sup> International Convention  
August 13-16, 2008 - TELUS  
Convention Centre - 120 Ninth  
Avenue SE, Calgary, Alberta

### *What's inside?*

Confessions of a Compulsive Speech Contestant!	2
Club Committees	2
Get to Know Our Members	3
American Idol & Toastmasters	4
Parliamentary Procedure	5
Club Mentorship	6
Public Relations Update	7
Executive Officers 2008-09	8

## Have you completed your transformation through Toastmasters?

If not, you may want to continue on your journey improving your communication and leadership skills. You can do that by sharing your talent with another club that meets during the summer months. Below is a list of the various clubs and contact information so you can continue "Transforming through Toastmasters" this summer.

Dalhousie Smooth Talkers - Dalhousie University  
[DalSmoothTalkers@gmail.com](mailto:DalSmoothTalkers@gmail.com)

East Coast Raconteurs  
[lbrenton@portofhalifax.ca](mailto:lbrenton@portofhalifax.ca)

Spirit-Ed  
[bst@eastlink.ca](mailto:bst@eastlink.ca)

Ten Beaches  
[foxpoint@ns.sympatico.ca](mailto:foxpoint@ns.sympatico.ca)

Toast of the Coast  
[info@toastofthecoast.freetoasthost.com](mailto:info@toastofthecoast.freetoasthost.com)

*Cameron Deacoff, CC, ALB* ● ● ●

*True happiness comes from a place deep inside,  
not necessarily in response to some good news.  
Most of us spend far too little time expressing  
joy and gratitude. Try it today! - Anonymous*



## Confessions of a Compulsive Speech Contestant!

We all know Charlie Vaughan as the fearless competitor from Division D, but Charlie thinks of himself as a “Compulsive Speech Contestant”. The following are suggestions that Charlie shared with fellow toastmasters during the 2007 Fall District 45 Conference in Fredericton, NB.

1. Expand your comfort zone.
2. Test yourself.
3. Become a better speaker.
4. Have fun.
5. Why not enter a contest.

What are the judges looking for?

Content	50%
Delivery	30%
Language	20%

If you are stuck on a topic for your speech, rework your old speeches. Write your speech out word for word. Change it to be as good as you can. Don't use a lot of words if you don't need to. Build in pauses in your speech. Give your audience time to laugh.

Try to incorporate humour if you can. Use stories from you life. Humour helps the audience relax. Don't tell jokes you are not a comedian. Keep it clean. Allow time for laughter. The larger the audience, allow for a larger length of time for laughter.

Use props only if they add value to your speech. Know how to bring the prop out and put it away at the end. Use it and then loose it when you have finished with the prop.

Seek feedback on your speech. This is your speech if you don't like the advise don't use it. Put your ego aside; if recommendations are solid use them. Record all the changes you have made and keep it current. Then you must read it, re-read it, over and over, again and again.

The day of the contest - arrive early. Check out the room - get a feel for the area, sit on the stage. Go to the back of the room - look for obstructions - walk the stage.

Use things in the room that will help you tell your story - a ceiling fan becomes a helicopter. Look at the people in the audience, find faces you know. Always use the microphone - put it on, test it, if possible keep it on.

Always speak hungry - your body wastes energy trying to digest food. Always have a bottle of room temperature water with you.

Finally, remember to watch the lights, never go over time.

*Presented by Charlie Vaughan, DTM*



### 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 - Karen Caldwell, ACS/ALS



Karen Caldwell first learned about Toastmasters through a friend several years ago. At that time she was looking for some way to challenge herself, and the Toastmaster program seemed to be exactly what she was looking for. She became a member of Sears-Halifax Toastmasters in February 2002. It took Karen three months, however, to work up the courage to give her Ice Breaker speech. That initial speech didn't go *quite* as smoothly as she would have liked. "I was so nervous that once I started talking, I couldn't stop," she says with a laugh. What should have been a six minute speech went on for 13 minutes before she finally wound down. "You would have been fine," her mentor told her afterwards, "if you had just stuck to the script!"

Although she rarely sticks to the script, Karen has come a long way since then. Today she's one of the most accomplished speakers in our club. She's given 37 speeches in six years, done countless evaluations and participated in several club and district competitions, winning Toastmaster of the Year in 2006; Best Evaluator for 2006 & 2007 and Best Evaluator in the District 45 competition in November 2007. However, she says she still suffers from stage fright from time to time.

Despite the occasional attack of butterflies Karen has excelled, working her way steadily through the Advanced

Communication and Leadership programs. She attained her Advanced Communicator Bronze in 2006 and her Silver the following year. At the same time she has worked her way up to Advanced Leader Silver, and you can bet it won't be long before she reaches that pinnacle of the leadership track - Distinguished Toastmaster.

In addition to being a dynamic speaker and highly skilled evaluator, Karen is also one of the most dedicated and enthusiastic members of our club. She's usually the first to volunteer to work on various committees, has mentored seven new members, and has held three offices on the executive, including VP Membership, VP Public Relations and President. And if that weren't enough, in 2006/ 07 she tackled the demanding role of Area 18 Governor.

Karen says the communication and leadership skills she's learned in her years with Toastmasters have served her well in her challenging position as Business Development Manager for Kelly Services (Canada) Ltd. When not working or attending Toastmasters' meetings and events, Karen can usually be found getting her hands dirty in her garden or traveling to some exotic corner of the world.

*Joyce Glasner, TM* 

*It is a mistake to look too far ahead. Only one link in the chain of destiny can be handled at a time. - Winston Churchill*

## American Idol & Toastmasters - What do they have in Common?



OK, I confess. I am a huge American Idol fan. If I miss the TV show on Tuesday evening, I am so disappointed. Why? What intrigues me about a show that many shrug off as just another reality TV show? I watch it because I am impressed. Blown away, in fact, by the sheer nerve and determination of ordinary people, some as young as 17, who very publicly audition.

With or without obvious talent, they offer up their singing voices to a panel of judges and to a television audience of millions. They are critiqued, they are praised. For some the journey ends after the first audition; for others, the journey continues. Wherever their journey leads, these contestants are on stage because they made the choice to be there.

I suppose if I were being completely honest I would tell you that, as I watch these performers, I secretly wish it was me up there. I wish that, many years ago I had mustered the courage to expose my voice, my vulnerable self, and auditioned for something.

I wish instead of watching others enviously, I had jumped in, tested my mettle and performed before an audience, even just an audience of two or three.

Well, the good thing is that time and opportunity abound and, with some effort, wishes sometimes do come true. Thanks to Toastmasters I've found the courage to perform in a sense, by speaking in front of a "panel" of judges and an audience. Granted, the judges are a kinder, gentler bunch and the audience is much smaller. But, that's ok. Because what matters is that I, like those American Idol contestants, made the choice to be "on stage", and to be evaluated before an audience. And while I doubt I'll be auditioning for Idol any time soon, I do know of some local theatre groups who may need some help.

*Trish Aikens, TM*

*Whatever we are, it is but a stage on the way to somewhere else, and what every we do, however well we do it, it is only a preparation to do something else that shall be different. - Robert Louis Stevenson.*

## Why do we need Parliamentary Procedure?



### To Withdraw or Renew a Motion

#### Rules to withdraw a motion:

1. A main motion may be withdrawn (by the mover) at any time before final action is reached, provided no one objects.
2. If objection is made, leave to withdraw may be granted by a motion to that effect moved by another member.
3. Cannot be debated or amended.

#### Example:

**Member:** who made the original motion - "Mr. Chairman" (Pause for recognition) "I desire to withdraw my motion."

**Chairman:** "Mr. or Ms. X asks leave to withdraw his/her motion. If there is no objection, the motion will be withdrawn. Is there any other business?" (If any member objects to the withdrawal, some other member should rise, be recognized, and move:- )

**Other Member:** "Mr. Chairman" (Pause for recognition) "I move that Mr. or Ms. X be allowed to withdraw his/her motion."

**Chairman:** It is moved that Mr./Ms. X allowed to withdraw his/her motion. Those in favor say 'Aye'. (Pause) Those opposed say 'No'.

**"Aye" vote:** "The 'Ayes' have it, and Mr. or Ms. X has permission to withdraw his motion. Is there any other business?"

**"No" vote:** "The 'Noes' have it and permission to withdraw the motion before the assembly is denied. Is there any further discussion on Mr./Ms. X's motion that we (state the motion)?"

#### Rules to renew a motion:

1. A main question cannot be renewed except by motion to reconsider or to take from the table.
2. An amendment cannot be renewed in the same form if objection is made except by the motion to reconsider.
3. Any privileged motion, any incidental motion except objection to consideration and suspension of the rules for an incidental purpose, and any subsidiary motion except a specific amendment (see item 2 above) may be renewed after progress in business has altered the former state of affairs.

#### Roberts Rules of Order



Learn as if you are going to live forever. Live as if you were going to die tomorrow. - Mahatma Gandhi

## Club Mentorship Jump at the Chance!



If you are invited to be a Club Mentor, *jump* at this rare chance. Last June I was fortunate to have Karen Caldwell ask me to mentor a corporate club forming at CGI in Halifax. I knew this opportunity would come infrequently. With the support of Club Sponsors, Heather Perkins and Karen Caldwell, it became a time of growth for me. There are 3 new experiences I would like to share as a Club Mentor.

First, taking a 'New View'. Usually we focus on our role for a meeting or perhaps as a Club Officer. As a mentor I suddenly needed to be aware of the club as a whole including each member and potential member all with many questions about roles and details.

Second, lots of 'New Learning'. There are many details involved in chartering and running a new club. Toastmaster's International has set guidelines for all aspects. Of course, new club officers have a steep learning curve and they turn to their

mentors & sponsors to help them through what seems like a maze. By seeking answers for their queries, I learned a lot. My previous experiences from the Leadership Manual projects were frequently a key to success.

Third, taking a 'New Role as Executive Coach'. It is a leap to go from coaching other members to coaching a whole new executive. I was able to draw on my experience as VP of Public Relations at Sears-Halifax Toastmasters and my observation of our club's many strong role models. I had to learn more about each role in order to help new members get off to a good start.

If you are invited to be a Club Mentor, jump at this rare chance. It's a great chance to grow and a unique opportunity to assist a group of new Toastmasters. Meanwhile prepare by doing the projects in your Leadership Manual, running for club office, and helping with speech contests.

*Jane Holden, CC/ALB  
District 45 Treasurer*



*You cannot do a kindness too soon, for you never know how soon it will be too late. - Ralph Waldo Emerson*

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

## Public Relations Update

District 45 Spring Conference - Highlight  
Recorded by Cameron Deacoff

### Awards presented to Sears-Halifax Toastmasters:

- TI Gift Certificate for \$25 (presented by District 45 among recipients of Select Distinguished and President's Distinguished Clubs)
- Otto Peter Memorial Award for Best Club Newsletter (framed certificate)
- President's Distinguished Club (framed certificate)

### Other Awards handed out at the Awards Luncheon:

- Bill Chase Interclub Visitations: Schooner
- Best District 45 Club Website: 2nd Place - Schooner  
1st Place - Kennebecasis
- Ted Nichols Membership Retention: George Burton Club
- David R. Rosvall Memorial Award for Continuous Service to District 45: Margaret S.
- Division Governor of the Year: Brenda Saunders/Todd
- Area Governor of the Year: Louise Bernier

**District 45 Incoming District Officers for 2008-2009**  
(incomplete list - only those elected, not appointed, were announced)

District 45 Governor: Candice Buell  
Lt. Governor Education/Training: Wendy Harding  
Lt. Governor Marketing: Sue Francesco  
Public Relations Officer: Sue Meek  
Division A Governor: Sue Francesco (yes, double-role)  
Division B Governor: Kishore Sasthiri  
Division C Governor: Louise Bernier  
Division D Governor: Wayne Mercer  
Immediate Past District 45 Governor: Heather Perkins

*Karen Caldwell, ACS, ALS*

*No one can sincerely try to help another without helping himself. - Charles Dudley Warner*

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:

Members Receiving Half-Way Certificates in May:

Tim Ackerley  
Joanne Fraser  
Colette Robicheau  
Joyce Glasner  
Stephen MacNeil

### 2007/08 New Members:

Carol Trenholm  
Colette Robicheau  
Jana Hodgson  
Jean Sloan  
Katie Sparks  
Leah Sinnott  
Pauline Benoit  
Robert Niven  
Tim Ackerley  
Nadine Wentzell  
Rosanna White

## *Elections Are Completed!*

### *Meet your 2008 - 2009*

### *Executive Officers & their Roles:*



#### ***The President: Cameron Deacoff***

- Chief Executive Officer/Chairman
- 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 DCP
- Coordinates & Chairs Executive Meetings

#### ***The VP Education: Graeme Van Leer***

- Plans & schedules each meeting
- Assist Members to achieve their goals
- Charts Accomplishments of Members & Club
- Recognizes Awards/Achievements of Members
- Informs Guest about Toastmaster Program
- Assigns Mentors
- Participates in Inductions of New Members

#### ***The VP Membership: Pauline Benoit***

- 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 Int.
- Promotes healthy environment for existing Members

#### ***The VP Public Relations: Karen Caldwell***

- Prepares public relations campaign
- Promotes Toastmasters within the community
- Creates Newsletter
- Updates for Website
- Greets Guests
- Promotes healthy environment for existing Members

#### ***The Secretary: Binoj Daivasahayam***

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

#### ***The Treasurer: Tony Easton***

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

#### ***The Sergeant At Arms: Rosanna White***

- 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.