



# Toast it Notes

## Simply Believe! - 2008-09 District 45 Theme

**Candice Buell, DTM**  
**District 45 Governor**

### Special Interest Dates:

District 45 Fall Conference -  
November 7 - 9, 2008 - St.  
Andrews by the Sea, NB.

TLI Spring Training - January  
17, 2008 - St. Vincent de Paul  
Parish - Time TBA.

District 45 Spring Conference  
- May 22 - 24, 2009 - Concord,  
New Hampshire

Regional Conference - June 5  
- 7, 2009, Hosted by District  
45 in Moncton, NB - Time &  
Location TBA.

### What's inside?

President's Message	2
Club Committees	2
Get To Know Our Members	3
Distinguished Club Program	4
Club/Member Achievements	5
Public Relations Update	5
Parliamentary Procedure	6
Learn By Critique	7
Membership	7
Mentorship	8

*As we start a new journey through our 2008 - 2009 Toastmaster year we all have great expectations. Working together with strong communications and leadership, anything and everything is possible. I am sure we all recognize the value and strength that working together can bring.*

*Many experts say that one of the keys to successful organization is good communication. Our organization needs to communicate with existing members and potential members. They are the core of any successful club. This is where I hope we all start this year, at the core. I look forward to watching each and every one of you grow and reach your individual goals. I chose the theme "Simply Believe" because that is what has aided me through my journey as a leader. Believing in the possibilities and seeing my strength grow through the encouragement of others has been an incredible journey. A journey I plan to continue for a lifetime.*

*Take time to reflect on your hopes, dreams and future achievements, and realize they are all reachable ... if you "Simply Believe!"*

**Candice Buell, DTM** ●●●  
Excerpt from District 45 Newsletter

*Go confidently in the direction of your dreams!  
Live the life you've imagined. As you simplify  
your life, the laws of the universe will be  
simpler. - Henry David Thoreau*



## Message From Our Club President

It is my privilege to serve as President for Sears Halifax Toastmaster Club #1555 for 2008-2009 term. The club executive and I are eager to provide support and guidance to our current and new members throughout the year, to help each of us become more confident and competent in communication and leadership!

My mission for this year is to ensure the provision of a mutually supportive and positive learning environment, so that each member can develop their speaking, listening and thinking skills. Leadership and professionalism will be some of this year’s hallmarks. I encourage everyone to consider contributing to one or more of the committees. Opportunities include contributing to the club website and newsletter, membership campaigns, mentorship of other members, many of these roles will lead you towards earning leadership designations.

As you take on speaking and leadership projects that move you towards your goals, remember to have fun, simply believe in yourself - you have the courage to conquer your fears, keep on learning, and never hesitate to ask for assistance!

Cameron Deacoff, CC / ALB

President 2008-2009 

***Are you interested in inviting a friend or colleague to a meeting?  
Contact your Vice President of Membership, Pauline Benoit 455-2233.***

### 2008 - 09 Executive Committee

President:	Cameron Deacoff
VP Education:	Graeme Van Leer
VP Membership:	Pauline Benoit
VP Public Relations:	Karen Caldwell
Secretary:	Dave Hubley
Treasurer:	Tony Easton
Sgt. at Arms:	Rosanna White
Past President:	Denis Liboiron

### Club Committees

Mentorship:	Graeme Van Leer
Special Events:	Rosanna White
Newsletter:	Karen Caldwell
Membership:	Pauline Benoit
Public Relations:	Karen Caldwell
Web Master:	Graeme Van Leer



## Get to Know our Members

### Erna Slingsluff - 7 Years in Toastmasters!

Erna Slingsluff became a Toastmaster in October 2001. She joined because she wanted to gain enough confidence to speak up, at least in meetings at work and be able to say what she needed to say instead of being just a little squeak in the corner.

Erna has no problem telling us how Toastmasters has benefited her over the past eight years. In Erna's words, "At that time, little did I know that Toastmasters was not only a place for me to find my voice but the place where I would find myself. Since I joined Toastmasters I have gained confidence in myself that has taken me from being an office clerk to presently being an Administrator for *Freedom of Information and Protection of Privacy Act* with the Department of Transportation and Infrastructure Renewal. I am no longer afraid to hear myself speak; actually I challenge myself to speak as much as possible. I have stepped outside my comfort zone on a few occasions, a few years ago I competed in the Evaluation Contest and made it all the way to District level, I didn't win at that level but the amount of confidence that I gained from that experience was tremendous".

Again this year Erna has taken the challenge and competed in the Humorous Speech contest, so far, she has won at Club level and Area 18 level, I am feeling my confidence grow again. She has recently completed "*Certificate in Adult Education*" Program through Dalhousie University College of Continuing Education. She is now qualified to train adults, which is another part of her new job. Erna says she would never have taken this course or gotten her new job if she hadn't joined Toastmasters. "I never would have believed in myself, or taken the risk to get up in front of people and speak. I have always wanted to train people but just couldn't imagine standing in front of a group

of people and letting my voice flow freely. I am not even close to where I want to go in my career but I know that Toastmasters will keep me strong and confident along the way". She is taking another course starting in January 2009, this course will be a Certificate in "*Information Access and Protection of Privacy*" through the University of Alberta, on-line education program. "Not only have I learned great communication skills through Toastmasters, but I am learning excellent leadership skills".

Erna has been a mentor for new member in our club over the years and utilizes these skills to mentor colleagues at work in various volunteer programs.

Erna has served on the Club Executive as VP of Education and President. She has achieved her Competent Communicator and Competent Leader designations. This year Erna's goal is to work towards achieving her Advanced Communicator Bronze designation.

Erna's an inspiration to all of us on why we should continue with Toastmasters, the longer you are a member the more you learn, achieve and grow. To quote Erna "We all get busy at times and our attendance or achievements may not be as great as we set out but there is always next week, next month or next year to achieve, don't give up, your benefits will be numerous. Through Toastmasters, I have developed wonderful friendships – Thank you Toastmasters!"

**Karen Caldwell, ACS/ALS with contributions from Erna Slingsluff, CC/CL**

## Vice President of Education's Message "The Distinguished Club Program"



The Distinguished Club Program is an annual program, running from July 1 through June 30. The program consists of 10 goals your club should strive to achieve during this time. At year-end, World Headquarters calculates the number of goals your club achieved and recognizes it as a **Distinguished Club** (5 goals), **Select Distinguished Club** (7 goals) or **President's Distinguished Club** (9 goals); provided it has also met the membership requirements. These requirements are: 20 members at year-end *or* a net growth of at least 5 new members.

Since the 2003/2004 Award year, Sears-Halifax has been Select Distinguished twice and Presidents Distinguished for the last 3 years!

The goals the club has to achieve to meet the distinguished status are:

1. Two CCs
2. Two more CCs
3. One ACB, ACS or ACG
4. One more ACB, ACS or ACG
5. One CL, ALB, ALS or DTM
6. One more CL, ALB, ALS 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.

Why should we have a Club Success Plan? Well, the reason behind the Club Success Plan is to encourage members to strive to achieve the goals that they have set themselves to become better communicators and leaders. It gives them another goal to aim for knowing that personal achievement will also help their Club.

The Club Executive will be tracking the Club's progress and providing regular updates on our progress.

As Vice President of Education, I have noted the members' personal goals and will be tracking their progress towards achieving them. All this will go towards another hugely successful year for Sears-Halifax Toastmasters. Have great year!

Graeme Van Leer, CC, CL 

*If time be of all things most precious, wasting time must be the greatest prodigality, since lost time is never found again. - Benjamin Franklin*

## Public Relations Update

### TOAST IT NOTES NEWSLETTER

“*Toast it Notes*”, our club newsletter, is published four times per year - October, December, March and May. All of the articles are contributed by Toastmasters, including you the Members of the Sears-Halifax Toastmasters Club 1555.

The newsletter provides each member with an opportunity to contribute to the growth and knowledge of our colleagues. It's a chance to express your thoughts as a creative writer, a communicator and a leader. Every Toastmaster in our club may contribute to the newsletter and receive recognition for their submissions in their Competent Leader Manual.

Is there a story you want to tell, something that will assist or inspire us to improve our skills as Toastmasters? All you need to do is “Simply Believe” that you can contribute to the knowledge of our others. You just need to “Simply Believe” that you can express yourself in writing, take the plunge and go for it!

If you have questions, please contact Karen Caldwell, Vice President of Public Relations 443-5640 or via e-mail at [karen.caldwell@ns.sympatico.ca](mailto:karen.caldwell@ns.sympatico.ca).

Sears-Halifax  
Toastmasters 1555

Meeting Time:

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

Phone:

902-455-2233

E-Mail:

tm1555@chebucto.ns.ca

## Member/Club Achievements and New Club Charters:

### Presentations to Sears-Halifax Toastmasters & Members:

- **Competent Communicator** - Congratulations to Stephen MacNeil for being our clubs first Toastmaster to receive a designation of Competent Communicator for the 2008-09 year.
- **Club Humorous Speech & Evaluation Contest** - Erna Slingluff 1<sup>st</sup> Place in the Humorous Speech and Karen Caldwell 1<sup>st</sup> Place in the Evaluation Contest.
- **Area Humorous Speech & Evaluation Contest** - Erna Slingluff 1<sup>st</sup> Place in the Humorous Speech and Karen Caldwell 1<sup>st</sup> Place in the Evaluation Contest.
- **Annual Club Awards for 2007-2008** - Congratulations to Ralph Smith, “Most Helpful”; Stephen MacNeil, “Most Improved”; Dave Osborne & Dave Hubley (Tie), “Best Table Topics”; Karen Caldwell, “Best Evaluator”; Joanne Fraser, “Best Speaker” and Karen Caldwell, “Toastmaster of the Year”.

*Nothing in life is to be feared, it is only to be understood.  
- Marie Curie*



## Why do we need Parliamentary Procedure?

### 'Rise to a Point of Order'

#### Purpose:

To call the attention of the assembly and the presiding officer to a violation of rules, or an error in procedure, and to receive an immediate ruling from the presiding officer concerning the question raised. Any voting member may rise to a point of order.

#### Example:

MEMBER: "I rise to a point of order."

PRESIDING OFFICER: (Without waiting for a second) "State your point of order"

MEMBER: "The motion just made is out of order because there is another motion on the floor"

PRESIDING OFFICER: "Your point is well taken. The last motion is out of order."

Or

Your point of order is not well taken. The previous motion was referred to the Executive Committee; therefore, the second motion is in order. Is there a second?

#### Rules Governing Point of Order:

1. Can interrupt a speaker, and must be raised immediately after the violation occurs.
2. Requires no second.
3. Is not debatable, unless the presiding officer invites discussion.
4. Cannot be amended, and no other motion may apply to it.
5. Requires no vote, and must be decided immediately by the presiding officer.
6. Applies to any mistake, violation or omission.

Jack Kiuru, DTM



*Life is far from perfect and if we expect it to be so we'll be frustrated. Keeping calm when we come across an obstacle allows us to think more clearly about finding our way around it. Staying flexible will enable us to discover creative solutions. - Anonyms*

## Learn by Critique

When I first joined Toastmasters I was in total awe of the evaluators. How could they decide what to praise and what to suggest for improvement? A few months after joining the club I attended a District Conference in Maine. It coincided with a visit to family and friends and I was curious. This was my first exposure to the mysterious role of Judging. Several people gave speeches while a few Judges filled out forms to determine the winners. How do we learn these roles? Evaluation can be learned at the club level. We begin by receiving evaluations for our own speeches. This gives us both an understanding of how it feels and how suggestions can help us improve. After giving a few speeches we may consider doing an evaluation.

To learn this role we have 3 resources: *Effective Speech Evaluation*, a booklet in our membership package, Leadership Manual Projects 1, 2, 3, & 8, and other club members. To learn Judging we attend an educational session at a District Conference. Judging is a combination of evaluation and scoring. Each contest has a judging form with areas to observe and score. Gaining experience evaluating and judging improves our speeches as we learn to observe and judge the many aspects that contribute to a great speech.

Jane Holden, CC, CLB 

## VP of Membership's Message

As VP Membership for 2008-2009, I would like to challenge each and every one of our club members to bring new members into the club so that they can also gain the benefits of Toastmasters. Here are some of the things you can do:

- When talking to your friends and co-workers, **mention Toastmasters** and how it has helped you.
- **Bring guests to our meetings** - it's even more effective if you escort your guests and introduce them to the club members yourself.
- **Attend meetings regularly** - the more people attending our meetings, the more fun we will have.
- **Talk to guests** - introduce yourself and explain to our guests how our meetings are conducted and your role in the meeting that evening.

My challenge to you for this year is: **escort one guest to at least one meeting every month**. More guests mean more potential for new members.

TM Pauline Benoit, VP Membership 

## *Mentorship - You can do it!*



**What is a Mentor?** A Mentor is a person with experience, a role model, a coach and a confidante.

**As a Mentor in Toastmasters, your role and responsibilities are as follows:**

- Assist new and existing Toastmasters learn the Competent Communicator and Competent Leadership programs.
- You help them achieve their goals and designations.
- You assist them with understanding the standards and customs set out by Toastmasters International and our Club.
- With your support the member builds confidence.
- Your guidance helps the member understand the roles and responsibilities of the various positions in the club and executive, providing them with an opportunity to participate and expand their knowledge.
- Through you support, members learn new speaking, writing and leadership skills.

**Benefits for the Mentor:**

- You learn from your Mentee to be supportive, patient, understanding and how to communicate effectively.
- You remain productive in your club.
- You assist someone in achieving their goals, which gives you a sense of pride.
- You receive recognition from your peers and the executive of the club.
- Mentoring further refines your skills as a communicator and leader.

**Qualities of a Mentor:**

- Be available and flexible
- Be patient, sensitive and respectful
- Be knowledgeable about Toastmasters
- Be supportive of your club
- Have concern for others
- Be a good listener and communicator

*Karen Caldwell, ACS/ALS*

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Sears-Halifax Toastmasters # 1555

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