



Toast it Notes

Simply Believe! - 2008-09 District 45 Theme

Special Interest Dates:

The Art of Effective Evaluation -
Workshop - March 28, 2009 MacPhee
Pontiac, Portland St., Dartmouth -
Register by March 25th at
wrmerc@accesswave.ca

Sears-Halifax Toastmasters - Club
International Speech & Table Topics
Contest - April 2, 2009.

Area 18 International Speech &
Table Topics Contest - April 21, 2009
- 7:00 PM - location TBA.

Division D International Speech
Contest - May 9, 2009 - NSCC -
Akerley Campus, Dartmouth

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

Toastmasters Regional VII
Conference - June 5 - 6, 2009,
Hosted by District 45 at the Crowne
Plaza, Moncton, NB.

TLI Summer Training - June 13, 2009
- St. Vincent de Paul
Stewardship Centre - Time TBA.

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Message from Our Club President

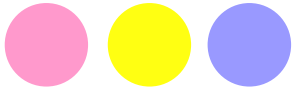
Fellow Toastmasters:

Earlier this month, Sears-Halifax Toastmasters set a new record. For the first time in our fifty-three year history, we have grown to an all-time high of 42 members. All of us joined the club to accomplish some goals for personal growth - in communication, in leadership, and self-confidence. We are all making strides towards these accomplishments - witness the recent achievement by Ralph Smith of his Advanced Communicator Silver designation. Together, by living our Toastmasters Promise and helping one another, we will all learn, grow and reach our goals.

Over the past few weeks, I have been consistently reminded of the power of generosity. My yoga instructor always closes our sessions with calm breathing exercises accompanied with some wisdom about the impact of generosity on both mind and body. A recent "Mind Tools.com newsletter" discussed the principles of generosity and their application to leadership. The author shared many valuable tips about enhancing our generosity of spirit - many of which are applicable to Toastmasters. These include: give people a sense of importance; give feedback - not criticism; give encouragement - opportunity and moral support; and share your knowledge and experience.

We at Sears will soon be blessed with the generosity of Vince Marsh, a former Sears-Halifax club member and finalist in the World Championship of Public Speaking, who will be speaking to our club on March 26, 2009. I encourage everyone to be generous with yourselves and with your club. Set your goals high and strive to achieve them. At the same time, do your best to help your fellow club members. When the time comes for club officer elections, remember that you too will grow through leadership.

Cameron Deacoff, CC/AL-B ● ● ●



Connecting with your Audience!

Presented at the 2008 Fall District 45 Conference
By Charley Vaughan, ATM-S, CL

Last fall at the District 45 Conference Charlie Vaughn shared his secret on how to be an effective speaker and contestant.

Charlie says “We have 30 seconds to get the attention of our audience. It is your job as the speaker to make the connection - not the audience.” Begin with a strong start and grab their attention. Ask a question draw them in from the start.

Make your speech a conversation - a dialogue between you and the audience. Charlie says “Tell a story - YOUR story - your personal story.” Your unique stories tell the audience what has shaped you to who you are now. Stories help you make your point.

Start a “Story File” to use for future speeches. By keeping a Story File” you always have a subject to draw on when you need one.

To keep your audience’s attention you can step out of a scene”, ask them a question to make them stay connected and then continue the story.

Use humour - You don’t need to be a comedian! Be your own critic - is your subject offensive? If it is offensive remove it from the speech. When you use humour - write your 3 points - try them serious and then try them humourously. If it works as humour, use it to connect to your audience.

Delivery is so important! Make eye contact, use pauses in your speech, write a five minute speech and deliver it in seven minutes.

Give some information, but allow the audience to visualize the rest of the content. Let your audience go on their own journey in their own minds.

Be yourself - don’t try to change who you are.

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 - Dave Osborne, ATM-S, CL



Dave Osborne began his journey as a Toastmaster more than 20 years ago. He has been a member of several clubs throughout Canada: (Kingston ON), Limestone City Toastmasters (Calgary AB), Foothills Toastmasters (Vancouver BC) 3500 Foot Toastmasters and Metro Speakers, before moving to Nova Scotia. Dave's dedication to Toastmasters was not only as a member, but he served as an Executive Officer holding various positions such as Club President, Area Governor and Division Governor.

Dave joined Sears-Halifax Toastmasters Club on the 1st of April, 1999, almost 10 years ago! Yes, it was April Fools Day, when Dave took the plunge and became one of our members. He hasn't been a joke though; he has been an inspiration to all of our members. Dave has been an active member from the day he dawned our door. He has won more enthusiasm awards at our club than anyone else. He brings an energy and positive attitude to the club that encourages us all to improve.

Dave's lists of accomplishments are extensive. He has competed in Table Topics, Evaluation, Humorous and International Speech contests on behalf of the various clubs in which he has been

involved. He holds awards for 2nd Place, District 61 Table Topics, Quebec City; 1st Place, District 21 Evaluation, Victoria BC. In Nova Scotia, on behalf of Sears-Halifax Toastmasters, Dave's competitive nature has won him 1st place in Table Topics and Evaluation for Area 18 and 1st place Table Topics for Division D.

When I asked Dave to tell me why he keeps coming back to Toastmasters, he said "The people are what attract me and keep me coming back."

"My business is management consulting, leadership training and sales skill training." He is the Vice President and a Certified Predictive Index and CFS Facilitator for Predictive Success Corporation. Dave says "My 20 years in Toastmasters has provided me with a laboratory to try new things, build and reinforce my confidence and develop my skills in the arena of public speaking and communication. Plus, I have had the privilege to meet and become friends with some amazing people from a wide variety of walks of life."

We call him "*SUPER DAVE OSBORNE*"; it's a title he has earned with grace and charm.

Karen Caldwell, ACS/ALS 

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



Vice President of Education's Message Communications & Leadership Goals

Here we are, spring is approaching (I hope!). It's time for the last push at achieving our Communication and Leadership educational programs.

As I have mentioned a few times before, carrying out normal meeting roles can be evaluated and used towards your Competent Leader. Remember, you don't have to carry out ALL the roles for each project in the CL manual. Check out the new Competent Leader Matrix on the website downloads page. The top of each column tells you how many you have to complete to earn the point. If you have any questions, please don't hesitate to speak to me during the break or after the meeting.

Towards the end of the year, we tend to have a frenzy of speech bookings with people trying to cram in those last few speeches before the end of the Toastmasters year. We have been very fortunate this year with a full speech program most weeks. If you have a specific goal that you want to achieve before year-

end, then let me know and I can program you in accordingly.

Don't forget, there are other clubs in the Halifax area who would welcome a guest speaker. If you are having problems scheduling your speeches, why not do one at another club? Not only do you meet your goal of another speech, but you also step outside the box and out of the familiarity of your home club which is a great learning experience. The bonus is you get credit for our Club towards the Bill Chase Award. This award is presented to the club with the highest number of member visits to another club and is awarded at the Spring Conference.

It's contest time! Please consider entering the club speech competition on April 2nd. We always struggle with getting enough participants. If you want to see a copy of the contest rules, let me know. I will also post a copy on the club website.

Graeme Van Leer, CC



Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity. - Louis Pasteur

Public Relations Update

Call for District Officers for 2009 - 2010

Nominations are now being accepted for the May 23, 2009 election to the 2009 - 2010 Offices of District Governor, Lt. Governor of Education & Training, Lt. Governor of Marketing, Public Relations Officer, and the four offices of Division Governor.

All nominations must be received by March 15, 2009 by the Nominating Committee Chair:

Carl Duivenvoorden, DTM, PDG Phone: 506-363-8117
Email: cduivenv@nbnet.nb.ca

Feel free to contact Carl to ask any questions you may have about the role or the process. A nominating committee report will be submitted to District Governor, Candice Buell, DTM prior to our annual business meeting. Candidates must submit a brief resume of qualifications to the Nominating Committee Chair. The resume should include the following information along with any other pertinent information:

- Name & Designation (CC/AL/DTM)
- Club(s) Number and Division/Area
- Date Submitted
- Mailing Address
- Telephone Number(s)
- Email Address
- Years of Toastmaster Service
- Offices Held
- Toastmasters Awards
- Education
- Community Service
- Occupational Background
- Hobbies & Interests

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

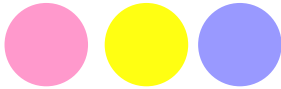
Member/Club Achievements and New Club Charters:

Presentations to Sears-Halifax Toastmasters & Members:

Competent Communicator (CC) - Congratulations to Joanne Fraser for being our third Toastmaster to receive the designation of Competent Communicator for the 2008-09 year.

Advanced Communicator Silver (ACS) - Congratulations to Ralph Smith for being our first Toastmaster to receive the designation of Advanced Communicator Silver for the 2008-09 year.

Sears-Halifax Toastmasters Club - The Club is currently sitting at 6 out of 10 of the DCP goals. We are currently a Distinguished Club. However, we should all strive to achieve our personal goals that we set in September and help the club to reach President's Distinguished status by June 30th.



Why do we need Parliamentary Procedure?

Substitute Motion & Rules for Substitute Motion

Substitute Motion:

If a member does not like a motion, he or she can make a motion to strike out all or part of the motion and replace it. This is the motion to substitute. Members can use this method to strike out a paragraph, a section, an article, or even the entire motion or resolution. In the case of a main motion, the substitute replaces one main motion with another main motion. Members can also use this motion to make more than one change at a time.

Member 1: "Mister/Madame Chair" (Pause for recognition to present the Main Motion) "I move to buy a new word processing type-writer."

Member 2: "Mister/Madame Chair" (Pause for recognition to present the Substitute Motion) "I move to amend the motion by striking out the entire motion and substituting "to buy a computer and laser printer."

The motion to substitute needs a second and is debatable. It is considered a primary amendment, which cannot be tabled when another primary amendment is pending. Debate can focus on the merits of both the original main motion and the substitute. Through debating, the membership decides which motion is the main motion.

Chair: "It is moved and seconded to amend the motion by striking out the main motion and substituting "to buy a computer and laser printer." Is there any discussion on the original motion, or on the substitute motion?"

At this time, either the original motion or the substitute motion or both may be perfected by detailed amendments. Debate goes on until the members are ready to vote.

When there is no amendment pending and no further discussion, the Chair should say...

Chair: "The question is on the motion to substitute. Shall the motion to buy a computer replace the motion to buy a typewriter as the main motion of the assembly? Those in favor say "Aye." Those opposed say "No."

Chair: Announces the "Ayes have it." The motion to substitute is adopted.

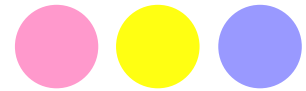
Remember that during this process, members vote to determine which motion is the main motion. The vote taken does not adopt either the main motion or the substitute motion. After the motion to substitute is decided by a vote, the main motion is considered by the membership just like any other main motion.

Rules for Substitute Motion:

1. A substitute motion is just an amendment that changes an entire sentence or paragraph in a motion.
2. It may be amended (like any other amendment).
3. It differs from an amendment only in that the motion to substitute, if adopted, does away entirely with the original motion.



Organize Your Speech



Are you stuck on beginning your speech? Start with the body of your speech - yes, the body of your speech. This will help you create the opening and the closing. Your opening and closing should not exceed 5% of your time allotment for your speech. Make your opening quick and catchy, this will make your audience listen to your every word. Make your closing a review of what you said. Try to stick to one main topic.

Three methods of organizing your speech:

Method # 1 - Tell them: Tell them what you want, tell them and then tell them again.

Method # 2 - Begin in the Middle:

- List your key points
- Arrange the points in an order
- Expand on the points
- Develop an Introduction
- Develop a Closing

Method # 3 - Mind Mapping: Lay out the parts of your speech in a map format. This allows you to glance at the map and recall the information you need to talk about just by viewing the points you have listed.

Tell 'Em

Tell 'Em What You Are
Going to Tell 'Em, Go On
To Tell 'Em, Then Tell 'Em
What You Told 'Em.

*TITLE OF
SPEECH*

Outline

Introduction
Body:
• Main Idea or Point
• Supporting Material
End/Close

Develop Main Idea First

List points, arrange them, expand on them,
develop introduction, and then develop the
closing.

Presented by ACB/ALS Karen Beehan at TLI Training



*The only way to discover the limits of the possible is to go beyond
them into the impossible. - Arthur C. Clarke*

District 45 Realignment

Presented by DTM Wayne Mercer at TLI Training



Toastmasters International structure begins with members, clubs, areas, divisions, districts and then regions. District 45 consists of 1,700 members, 97 clubs, 20 areas and 4 divisions.

Occasionally, due to the number of new clubs joining the district, we are required to realign our divisions and areas. Ongoing assessments are carried out by the Division Governors and discussed with the Area Governors. The Area Governors in turn discuss any changes with their clubs.

Why Realign?

- When an area has fewer than 4 clubs.
- When an area has greater than 6 clubs.
- It allows a greater ability for the Area Governor to effectively serve their clubs.
- It has the potential of providing a greater number of leadership opportunities for members.

What is an Area?

- An area has a minimum of 4 clubs.
- An area has a maximum of 6 clubs.
- The administrative unit is lead by the Area Governor to ensure successful speech contests, to conduct area council meetings and to ensure that all clubs are working towards their Club Success Plan.

What Happens if an Area is Realigned?

- A different area number may be assigned to your club.
- Your Area Governor may change.
- There will be additional clubs in your area contests.
- Additional clubs attend the area council meetings.
- Increased opportunities for success for individual members.
- Increased success of your club's Distinguished Club Plan.
- Greater ability to compete in contests.
- Improved access to resources
- Meeting times and locations may change.

If it is necessary to realign a division or area, a proposal is made to the District 45 senior leadership team, a motion is put forward at the District 45 spring council meeting and, if passed, realignment will occur in the following term.

Editor - Karen Caldwell; Copy Editors - Jane Holden & Cindy Slade

Sears-Halifax Toastmasters # 1555

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