



Toast it Notes

Changing Dreams Into Realities - 2009-10 District 45 Theme

A Message from Our Club President

Special Interest Dates:

November 5, 2009 - Club Awards Dinner to be held at Canadiana Restaurant and Lounge, 15 Lakelands Blvd., Halifax (Bayers Lake) 6:30 - 8:30 pm.

November 6-8, 2009 - District 45 Fall 2009 Conference at the Delta Brunswick Hotel in Saint John, NB.

November 12, 2009 - Regular club meeting to be held at the NSCC on Leeds St., Halifax

December 10, 2009 - Club Christmas Party. Location TBA.

January 23, 2010 - Toastmasters Leadership Institute (TLI) Time and location TBA

As President, it gives me great pleasure to welcome you to the 2009/10 season at Sears-Halifax Toastmasters Club. My theme for the club for this year is "Striving towards Excellence". In order to achieve excellence, we must set goals.

So, what are your goals for this year? What stories or adventures will you share with your fellow members of your summer? What kernel of a great presentation has been growing and is ready to sprout with passion, gestures and props? Have you a plan to connect with your mentor this month? How can he/she best serve you to leverage and grow your public speaking skills? How many presentations do you need for your next educational achievement? What roles at our meetings are you most apprehensive about, and hence need to tackle in your journey towards excellence?

As I hope you will discover, the Toastmasters program offers a proven way to improve your communication and leadership skills. By participating in a fun and supportive Toastmasters club, you will become a better speaker, a better leader, and gain the confidence necessary to succeed in whatever path you've chosen in life.

Since 1956, the Sears-Halifax Toastmasters club has supported and guided members towards becoming accomplished public speakers and leaders in their communities. Within Toastmasters, members receive immediate feedback on their performance, as well as encouragement to help you reach your goals. This evaluation is what sets us apart from all other public speaking organizations - and part of what makes us better. Whatever your goals may be, whether to become a better leader, a proficient speaker or a simply more comfortable thinking on your feet, Toastmasters has a program designed for you. Like most areas of life, you will get out of Toastmasters what you are willing to put in. So set your goals high this year, and we will help you reach new heights.

My mission this year, along with the rest of the Executive Committee, is to promote teamwork, encourage leadership and professionalism, and to provide a positive and safe atmosphere that facilitates the learning process so all members can reach their goals while enjoying a fun and relaxed environment.

You will be surprised how much fun you can have while learning to overcome what people fear most - public speaking.

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David Osborne, ATM-S, CL



A Message From Our Vice President of Education

First, I have a hard act to follow. Namely, the great job that Graeme Van Leer has done over the past three years as our Vice President of Education. He continues his support to the club as our webmaster. As the new VP of Education, my primary objective is for the members to feel comfortable enough to make speech commitments and, then of course, to fulfill those commitments. In this regard, I will commit to you:

- A four week window of opportunity in the form of a sign-up sheet will be circulated at each meeting for those in attendance to make a speech commitment. It will also include the opportunity to sign up for the other necessary roles for those future meetings.
- After the meeting, an updated version will be emailed to the membership so those who were not in attendance can sign up. It will also serve as a reminder to those that have committed to future roles.
- Every new member will have a mentor and every existing member can have one, if they wish, and do not already have one.
- I will carry on with Graeme's system of tracking each member's speaking progress.

Did you know that Toastmasters is listed in great detail in Wikipedia, the on-line encyclopedia? The web page is:

http://en.wikipedia.org/wiki/Toastmasters_International

After having a look at the information that is on the web in Wikipedia, our Toastmasters websites, www.toastmasters.org, www.toastmasters45.com and our own excellent club website, <http://www.searshalifaxtm.ca>, it's easy to see why so many people come to us via the internet. We each must do our part to ensure that when guests do visit they are impressed with a well run, friendly and educational meeting.

Ralph Smith ACS ● ● ●

2009-2010 Executive Committee

President: David Osborne
 VP Education: Ralph Smith
 VP Membership: Archie MacKinnon
 VP Public Relations: Cindy Slade
 Secretary: Binoj Daivahshayam
 Treasurer: Tony Easton
 Sargeant-at-Arms: Carol Andrews

2009-2010 Club Committees

Mentorship: Ralph Smith
 Special Events: Carol Andrews
 Newsletter: Cindy Slade
 Joanne Fraser
 Colleen MacLennan
 Membership: Archie MacKinnon
 Public Relations: Cindy Slade
 Webmaster: Graeme Van Leer



Meet Your 2009-2010 Executive Team



President: David Osborne ATM-S, CL. Dave joined Toastmasters more than 20 years ago and has been an active member of several clubs across Canada, taking on the roles of club President, Area Governor and Division Governor along the way. He joined our Sears-Halifax Toastmasters club in April 1999. As President, Dave is responsible for the general supervision and operation of the club to ensure that we meet our goals for the year. He organizes the executive committee meetings and guides the committee through the planning of club meetings, special events, etc. He encourages the growth and development of our members and ensures that the club meets its Distinguished Club Program goals.



Immediate Past President: Cameron Deacoff CC, ALS. Cameron joined the club in March 2004 and has since taken on the roles of club Secretary, VP Membership and President. He has also been both the Chief Auditor and Secretary for District 45. In his role this year, Cameron will provide guidance and serve as a resource to the club officers and members. He will also chair the nominating committee in the spring of 2010. This committee works to identify members who are interested in being nominated for club officer positions for the new Toastmaster year starting in July 2010.



Vice President of Education: Ralph Smith ACS. Ralph joined Sears-Halifax Toastmasters in April of 1994 and has been a very active member, holding all club executive positions except for President and Treasurer. As VP Ed this year, Ralph is responsible for planning successful club meetings, ensuring that each member has the opportunity to achieve his or her educational goals. He will promote member participation by circulating the meeting sign-up sheet on a regular basis and encouraging us to take on roles and move forward to meet our personal goals for the year. To help with the latter, Ralph will be tracking members' progress toward achieving communication and leadership goals.

NO
PHOTO
AVAILABLE

Vice President of Membership: Archie MacKinnon TM. Archie joined us in late 2008 and immediately began fully participating in the meetings by taking on roles, giving speeches and by joining the executive committee. His role for this year is to conduct ongoing membership building programs, follow up on guests to obtain their commitment to join the club and ensure that new members are inducted and have the information they need to start their participation in the program.



Vice President of Public Relations: Cindy Slade ACB, CL. Cindy joined Toastmasters in November of 2002 as a member of a corporate club and joined Sears-Halifax Toastmasters in October 2008. She has served as a club Sergeant-At-Arms, Secretary, VP Education and President, as well as a District 45 auditor. This year, her responsibilities are to attract new members through a public relations campaign, to promote membership programs, announce upcoming events and programs and to produce and distribute a club newsletter several times a year.

Meet Your 2009 - 2010 Executive Team (cont'd.)



Secretary: Binoj Daivashayam TM. Binoj rejoined our club in April 2009 and has been an active member ever since. He was immediately recruited onto the Executive Committee and is responsible for maintaining an accurate membership roster, handling general club correspondence and files. Binoj completes a detailed record of regular meetings, as well as preparing and circulating the minutes of our business and executive meetings.



Treasurer: Tony Easton CTM. Tony joined the club in 1987 and has since held every club officer position except for VP Education. He has been the club Treasurer for a number of years and is our unofficial statistician, keeping track of those vital stats which allow the club to present deserving members with awards at the annual Awards Banquet every autumn. His role this year is to prepare a club budget, collect member dues and forward them to World Headquarters, pay all bills and keep records of all financial transactions relating to the club.



Sergeant at Arms: Carol Andrews TM. Carol joined us in early 2009 and has also been a very active participant in our meetings from the beginning. Carol is responsible for scheduling our meeting locations, maintaining club equipment and supplies and setting up our room prior to meetings. She arranges our special events, such as the Awards Dinner, Christmas Party and year end party. At meetings, Carol introduces the Chair for the evening, as well as collecting ballots and tallying votes for awards.

Cindy Slade ACB, CL



"If you keep doing what you've always done, you'll always get what you've always gotten."

~John Maxwell

*Are you interested in inviting a friend or colleague to a meeting?
Contact Archie MacKinnon, Vice President of Membership, 404-1576.*

Club News

Humourous Speech and Evaluation Contests



Oct 1, 2009: The smiling participants in our club contests. From left to right: Cameron Ells (2nd place Humourous), Dave Hubley (1st place Humourous), Sally Arsenault (2nd place Evaluation), Joanne Fraser (1st place Evaluation), Archie MacKinnon (Chief Judge), Jane Holden (Contest Chair) and Carol Andrews (Test Speaker).

It was a fun evening of speeches and evaluations made by our members who were willing to show their competitive spirits by participating in these two contests.

Joanne Fraser and Cameron Ells (as Dave's alternate) continued on to the Area 18 contests held in Cole Harbour on October 9, 2009. Cameron placed third in his contest and Joanne again took the day and placed first. She continued on to the Division D Evaluation Contest.



Oct. 17, 2009: The Division D Evaluation Contest participants. From left to right: Wayne Mercer, Lt. Gov. of Marketing, D45 (Chief Judge), Joanne Fraser (3rd place), Michael Kennedy (2nd place), Heather Perkins (1st place) and Charley Vaughan, Area 18 Governor (Contest Chair).

The contests were held from 10 am to 1pm in Bedford. It was a busy morning, with 8 speakers and 8 evaluators displaying their skills in front of a crowd of 50- 60 Toastmasters from all over the province of Nova Scotia.

Joanne did a fantastic job of representing Sears-Halifax Toastmasters at the Division D contest. She came in third out of a field of eight skilled competitors. As you can see, she's still smiling!! Congratulations Joanne!

Member/Club Achievements and New Members:

New Members - **Scott Clarke TM, Carolyn Ells TM, Elaine McManus TM, Andrea Smith TM**

Advanced Communicator Bronze (ACB) - **Cindy Slade, Nadine Wentzell**

Advanced Leader Silver (ALS) - **Cameron Deacoff**

Sears-Halifax Toastmasters Club - the Club is currently sitting at **2** out of **10** of the **Distinguished Club Program** goals.

How to Become a Distinguished Toastmaster (DTM)



Sears-Halifax Toastmasters member Karen Caldwell became a DTM in May 2009. In case you were wondering exactly what she had to do to achieve this designation, this is how it's done! The diagram below shows the progression of awards that must be achieved in both tracks to become a DTM.

CommunicationTrack

New Member

Leadership Track

Competent Communicator (CC)

Competent Leader (CL)

Complete the *Competent Communications* manual (10 speeches)

Complete the *Competent Leadership* manual

Advanced Communicator Bronze (ACB)

Advanced Leader Bronze (ALB)

Achieve CC award and complete two Advanced Communication Program manuals (10 speeches)

Achieve CL and CC awards, serve as club officer, participate in creating a Club Success Plan and participate in club officer training. Conduct two Programs from *The Successful Club* or *The Leadership Excellence Series*.

Advanced Communicator Silver (ACS)

Advanced Leader Silver (ALS)

Achieve ACB award and complete two additional advanced manuals (10 speeches). Conduct two programs from *The Better Speaker Series* and/or *The Successful Club Series*.

Achieve ALB award, serve as district officer, complete the High Performance Leadership program and serve as a club sponsor, mentor or coach

Advanced Communicator Gold (ACG)

Achieve ACS award, complete two additional advanced manuals (ten speeches), conduct a Success/Leadership, Success/Communication or a Youth Youth Leadership program and coach a new member with their first three speeches

Distinguished Toastmaster (DTM)

Achieve ACG and ALS awards

Cindy Slade ACB, CL



To Be or Not To Be DISTINGUISHED? That is The Question!



Sept. 17, 2009: Karen was presented with her DTM plaque and flowers from the Sears-Halifax Toastmaster Club in recognition of her accomplishment.

If someone had told me in February 2002 that I would be the first female Distinguished Toastmaster (DTM) for Sears-Halifax Toastmasters Club, I would have cracked up laughing at you. I didn't think about being a DTM in the beginning. I certainly didn't think I would be the first female DTM in the Club.

So how did it all happen? Well I guess it came about because of my need to find myself. Who was I, what did I want in my life and how was I going to improve myself.

Several years before my induction, I heard Terri Harnish, a Toastmaster, give a presentation at the Halifax Women's Network. Her speech was inspiring and she challenged the group to do more with their lives, to challenge themselves. At the time, she sparked my interest in Toastmasters; several years later I said, "Go ahead chicken, what have you got to lose?"

I didn't give my first speech until May of 2002. It took a lot to begin the process of becoming a Distinguished Toastmaster, however I knew if I set goals I would succeed. I felt I needed to participate in the roles during our weekly meeting and to write and present interesting speeches. How else was I going to change my life?

That began the planning process. How many speeches could I present in a year? How many roles could I master? What project would I take on next? As I worked through each speech, meeting role, or project, I wanted to learn more. Toastmasters became like candy, I had to have more. I kept challenging myself, setting goals, volunteering on the Club Executive and determining how I could reach each target I set.

Through all of this planning and presenting, I discovered I was becoming a better speaker, mentor and member. I was noticing how my style of communication and listening skills were changing. Toastmasters was helping me have a better relationship with my son, friends, peers, and business associates.

Step by step, I could see the big piece of pie getting closer - that little slice of heaven - the DTM pie. I just had to break down all of the tasks into individual steps, challenge myself and just go for the gold.

So you see, it really was quite simple, all I had to do was plan, prepare and push myself to succeed. It's all any of us needs to do to become a DTM. So you see the question is now yours. "To Be or Not To Be a DTM?"

Karen Caldwell, DTM



Parliamentary Procedure



THE QUORUM

Before an organization can legally transact any business at a meeting, a quorum must be present. *Quorum* is a Latin word meaning "of them," as in "do we have enough of them - the members?"

A quorum is the minimum number of members who must be present in order to conduct business. The organization's bylaws should contain this number. If the bylaws don't contain a quorum number, then, according to parliamentary laws, the quorum is a majority of the entire membership. The presiding officer should know what that number is and make sure that a quorum is present before calling the meeting to order. To establish that a quorum is present, the president or chair can take a head count of those present, the secretary can call the roll, or members can sign in. However, the officer does not have to state that a quorum is present when he or she calls the meeting to order. If, as a member, you're unsure whether a quorum is present, you may ask the presiding officer after he or she calls the meeting to order. To do this, stand and say the following:

Member: Mr. or Madam Chair, I rise to a parliamentary inquiry.

Chair: Please state your inquiry.

Member: Is there a quorum present?

If the Chair says yes, then say "Thank You" and sit down. If the Chair says no, remind him or her:

Member: Mr. or Madam Chair, we cannot conduct business without a quorum. (Sit down)

Never conduct a business meeting without a quorum present. If business is transacted without a quorum, it is null and void. It is also important that a quorum be present throughout the entire time that business transactions take place. If you notice that people have left the meeting and a quorum is no longer present, it is your duty to raise a point of order (which points out a breach of the rules) by informing the presiding officer that a quorum is no longer present and any business transaction now will be null and void.

Member: (Rises) Point of order.

Chair: Please state your point.

Member: Members have left and there is no longer a quorum. Any further business transaction is now null and void.

Chair: Thank you. Your point is well taken. Since there is no longer a quorum present, this meeting is adjourned. (Raps the gavel once).

Karen Caldwell, DTM



"In order for you to profit from your mistakes, you have to get out and make some."

~Albert Einstein

District 45 2009 Spring Conference



If you've ever wondered what went on at a District Toastmasters conference, but have yet to venture forth, you're missing out! As the 2008-2009 District Secretary, I had the privilege of attending and participating in the Spring 2009 District 45 Conference - my fourth with Toastmasters. There was, as always, a lot to see and do, not least of which was getting there!

The Spring Conference this year was held in Concord, New Hampshire - a mere 1100 kilometres away. After the planned bus trip fell through, I was fortunate enough to carpool with Toastmasters from three other clubs (Faithfully Speaking, Harbourview and Toast of the Coast), from which I learned about different ways these clubs run their meetings.

The general format of spring conferences remains consistent from year to year: Friday evening is a time for registration and socialization, Saturday is THE main event with opening ceremonies, a suite of educational presentations, an Awards Luncheon, the International Speech Contest, Banquet and more socializing. Sunday is a short day, starting with breakfast, then the Table Topics Contest, installation of New Officers, Awards Presentation and closing remarks.



This past May we had several excellent presentations from a variety of Toastmasters. Roger Davies taught us about humour and how to effectively incorporate it in our speeches, Wendy Harding, Lt. Governor of Education & Training, educated us about the fundamentals and some finer points on contest judging, and International Director Kristin Nicholson delivered a very memorable presentation on different leadership styles. Heather Perkins delivered an inspiring PEP rally to help us deliver quality club meetings, and we also heard from Nita Patel and Heath Suddleson on evaluations and Membership Growth & Retention. Several excellent educational aids were provided by these presenters, and they now reside with our club executive for their reference as they steer us through 2009-2010.

The District 45 Table Topics contest was won by John Roy, and the winner of the District Speech Contest was Dan Bell. (See photo above courtesy of June 2009 CanAm Link - from left to right: Dorothy Savery, Div. A Governor; Candice Buell, District 45 Governor; Dan Bell, winner of District 45 2009 International Speech Contest). Many of you will recall that Dan went on to represent our District at the Regional Contest in Saint John, NB; he delivered his presentation at Sears on June 4 the night before his departure.

The 2009 Fall Conference is not far away; it is to be held at the Delta Brunswick Hotel in Saint John, NB from November 6-8. For further information about this conference, be sure to check the website at www.district45conference.com. I encourage everyone to take the opportunity to participate in our fantastic District Conferences; you are guaranteed to learn new things, meet new and interesting people and have fun!

 **Cameron Deacoff CC, ALS**

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