



## Sears-Halifax Club 1555 Halifax, Nova Scotia

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#### Sears-Halifax 2011-2012 Club Executive

Club President: Rick Joseph  
VP of Education: Karen Caldwell  
VP of Membership: Jane Holden  
VP of Public Relations: Craig Rupert  
Treasurer: Cindy Slade  
Club Secretary: Ralph Smith  
Sergeant-at-Arms: Norris Eddy  
Past President: Graeme Van Leer

### *A Word From Our President*

**Rick Joseph, DTM**

Here we are coming to the end of the 2011/2012 Sears-Halifax Toastmasters season. Looking back over the past year I end my term as President with great satisfaction. Thank you to the Executive committee and all members who contributed to this years Club success and especially to those who made important educational advances:

**Jane Holden** on receiving her **Advanced Communicator Silver and Gold**

**Joanne Fraser** on receiving her **Advanced Communicator Silver**

**Cindy Slade** on receiving her **Advanced Leader Bronze**

**Craig Rupert** on receiving his **Competent Communicator and Competent Leader** designations

**Norris Eddy** on receiving his **Competent Communicator** designation

Our year is not quite finished and we have already achieved the **Presidents Distinguished** designation, having completed **9** of the **10** goals set out under the Distinguished Club Program.

Special recognition and deep thanks to our **Vice-President of Public Relations**, Competent Communicator / Competent Leader **Craig Rupert**, for all of his hard work and skill in putting together the newsletters for this year and garnering our Club **The District 45 Outstanding Newsletter Award** for the **Best Club Newsletter for 2011-2012**.

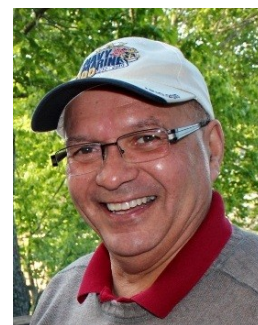
#### Congratulations to our incoming Executive Committee:

President - Erna Slingluff	VP of Education - Ralph Smith
VP of PR - Sophie Williams	VP of Membership - Patricia LeDrew
Secretary - Karen Caldwell	Treasurer - Tony Easton
Sgt-at-Arms - Saker (Sam) Mrishih	

As we break for the Summer season, may you all have a happy, sunny and relaxing Summer.



Click Ribbon  
for details



## *Where Did That Saying Come From?*

*Rick Joseph, DTM*

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June... However, since they were starting to smell Brides carried a bouquet of flowers to hide the body odour, hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies, by then the water was so dirty you could actually lose someone in it. Hence the saying, **"Don't throw the baby out with the bath water!"**

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof, hence the saying **"It's raining cats and dogs."**

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, **"Dirt poor."** The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway, hence a **"threshold."**



\*\*Source: Multiple Sources

## *Improve Your Speaking - Improve Your Life*

Jane Holden, ACG/ALS



The District 45 Conference in Halifax had fantastic educational speakers on Saturday, May 19th, 2012. These are my favorite part of each conference and I recommend attending whenever you can. It is worth the effort. Here is an overview of the four speakers I heard present.

Dr. Yu Ming Ye got us moving with 4 games in "The Art of Your Speaking Voice". First we checked our voice in the 'Big Ear Game' by placing our hands behind our ears. Second in the 'Rainbow Game' we coloured our voices as we spoke with our neighbors. We imaged 'Red' in our voices to express excitement as we waved our hands. Next we learned how to vary our tone in 4 ways. A flat tone sounded boring; a rising tone exciting; going down and then up added mystery; a dropping tone conveyed possible dislike. In the 4th game we practiced belly breathing. These 4 Games were a fun way to improve our voices.

Debra MacLean, ACB/CLB, presented "What about "YOU" – do you have the Positive Attitude to be all you can be?" We examined attitudes and learned that if our attitude is bad, we can 'flush it and move on'. We learned that charismatic people smile and that the act of smiling not only relieves stress, it also gets work promotions. Finally, Debra encouraged us to be grateful for our lives, our gifts and other people. Let's be the sunshine in the lives of others.

Sheila Kelly, ACB/CL, guided us into "Collaboration: The Leading Edge of Leadership". Step-by-step Sheila took us through problems in the workplace: dissatisfaction, lack of trust and the culture of decision-making leading to lack of buy-in. She offered a new model that replaces hierarchy with collaboration. Changes happen in the culture: it becomes win-win; we take ownership and are aligned, we trust the process which becomes leaderless - like the geese taking turns leading the formation. Sheila gave us an overview of the "Collaborative Operating System" and insight into the way companies can operate to fully engage all employees.

Jim Kokocki, DTM, presented Toastmasters International information about "Quality Clubs and the Role of Coaches". Club coaches can bring life to a struggling club and help a club meet goals of the Distinguished Club Program. This role can be rewarding for the coach and also help the coach to meet requirements in the Leadership track. The role can be fulfilled at a distance via phone/Skype. If you are interested in this role, contact the District Governor or Lt. Governor of Marketing for District 45.

Sadly, I missed "Get Ready....Get Set...Go!" by Wendy Harding, DTM and "From Greenland to Everywhere: Lessons for Toastmasters from a Livestream to a Worldwide Audience" by Carl Duivenvoorden, DTM.



## *What Makes A Successful Club Newsletter?*

*Craig Rupert, CC/CL*

As I sit here thinking of what makes a successful newsletter, the first and foremost thing that comes to mind is all the support that I get from the club members. Without their submissions of fabulous articles and photos of their success, my newsletters could not be made possible. Although I too have written the odd article, I know that there is no way that I would be able to come up with as many as I have received from my fellow members.



When putting together my newsletters, I think it to be very important that the layout be uniform, in a way it's like reading the newspaper, you always know where to find sports, the comics or whatever section you're looking for because it is laid out in uniform matter. It needs to be eye-catching and easy to read, I find it frustrating when I'm surfing the net trying to find information on something and the pages I go to are plain and boring or even somewhat encrypted.

I always aim for a 10 page newsletter, if the first page or two are boring, then what are the chances of people wanting to read further? The fact that I get fabulous articles from club members certainly aids in having people read further than two pages. Like a newspaper or magazine, the newsletter is a publication; therefore I like to have something in it for everybody. I have my "advice" page, "photo" page and if you know me, then you know that there is no way that I would not have the "smiles and chuckles" section followed by a puzzle of sort.

I feel that the newsletter should be informative, educational and enjoyable both in a fun and aesthetically pleasing way. I have been with Toastmasters for approximately two years now, and I find that I have learned a lot about Toastmasters from the articles that are submitted to me.

Before you publish your newsletter online or on paper, have a fresh set of eyes read it over to make sure you haven't made any grammatical or spelling mistakes. Having an editor for your newsletter is a great way to give another member of your club the opportunity to sign off something in their Competent Leader manual.

Each person putting together a newsletter will of course apply their own thoughts and artistic skills; like fingerprints, you will not get two identical styles when constructing a newsletter. Take your time with it and be sure to give yourself the time to take your time with it. So gather your articles, pictures and whatever else you wish to put into your newsletter and have fun.



## Advice Corner

### Car Clutter

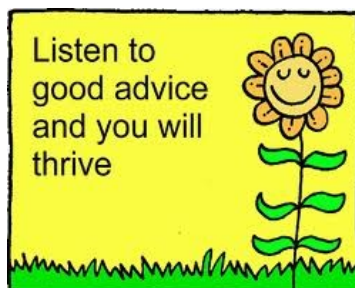
Colette Robicheau, TM



Did you know that 80 per cent of car accidents are caused by distracted drivers? Many of these drivers were looking for something. If you keep your car organized with these few simple tips, not only can you avoid accidents, but your car will no longer resemble your junk drawer.

- 1) **Buy an over- the seat - organizer:** You can get them to attach to the back of the seat, to sit on the seat, to sit on the floor - just about anywhere! You can keep maps, umbrellas, toys, books and snacks in there. If everything is in the organizer, it means the items are not rolling around on the floor.
- 2) **Don't overstuff your console:** This will keep you from digging to the bottom while you are driving. Keep a small note pad, a working pen, tissues or baby wipes and a container to hold small items like change.
- 3) **Not everyone likes - or needs - junk in the trunk:** If it doesn't need to be there, why is it? Take it into the house and put it in its proper spot. Take inventory of the items that you do require in your trunk. Grocery bins, storage containers or trunk dividers can keep things from moving around.
- 4) **It may be called a glove compartment, but try not to keep your gloves in there:** Keep only car-related items in there. This includes the owner's manual, insurance and registration, car cell phone charger, etc.
- 5) **Keep a garbage bag or can handy:** Hang it off of the back of the seat or place it on the floor so that it does not get in the way of your driving. Try to get into the habit of emptying it every time you fill up on gas.
- 6) **Keep up - to - date on your inspections and appointments:** Sometimes we think that since the car is not human, we can push its maintenance to the back burner. When you go to pay for an oil change, book your next one.

Remember: people you love drive in your car, so you want them to be as safe as possible. Use these tips to avoid accidents and stay organized!



### Connect, Learn, Do

For more great tips and information on our services visit us at

<http://www.organizeanything.com/> and <http://www.coletterobicheau.com>

Phone: (902) 233-1577

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# Pictures of "The International Speech Contests & Table Topics Contests"

*Craig Rupert, CC/CL*

## Winners of the Club contests

*International Speech Contest*



Stephen Hall

Cameron Ells

*Table Topics*



Christophe Lorenz

Cameron Ells

## Winners at the Area 21 Contests



Al Oakley Christophe Lorenz Stephen Hall

*Table Topics*



Al Oakley Stephen Hall

*International Speech Contest*



Stephen Hall  
Contestant

Charley Vaughan  
Contest Chair

It's the season once again for the annual Toastmasters International Speech Contests & Table Topics Contests. We had great participation, both with contestants and organizers. The Sears-Halifax Club contests were held on Apr 19th and the Area 21 contests were held on Apr 28th at the Sears Club. It was a great pleasure to have a participant from the Steel Centre Toastmasters Club, 3285 in Sydney, Al Oakley come and compete. Good luck to all of those moving on to the next level.

## *Graeme Van Leer Boosts Careers of Massage Students*

*Jane Holden, ACS/ALS*



Graeme Van Leer, CC/CL

Students of the Canadian College of Massage & Hydrotherapy (CCMH) gathered on March 20, 2012 to hear Graeme Van Leer speak on the key points of an internet presence. Using powerful graphic images Graeme demonstrated the advertising revolution from the old yellow pages to the current internet. Eight tips for website success captured their attention. They learned about SEO or 'Search Engine Optimization' and ways to get their website to display in the top sites. Graeme promoted the use of Facebook, Blogger and LinkedIn to enhance web presence, as well as basic career exposure. He finished by explaining how to get a good deal on website hosting and crucial aspects of website design. His presentation was very professional thanks to his many speeches using graphics in Sears-Halifax Toastmaster's Club and in his profession. Fantastic job Graeme.

## Want To Be A Hit? Bring The Dip!

Craig Rupert, CC/CL



Have you ever been to a party where they had chips and dip and thought **WOW**, this dip is fantastic? Well, I am going to share with you a secret recipe that has been in my family for centuries. With just a few simple ingredients, you to can be the hit of the party.

The items you will need are: **one 16 ounce container of Sour Cream** (I prefer regular, but light can be used, it'll just be thinner and won't stick to chips as well.)



one package of **Dry Onion Soup Mix** (No-name brand works great too)



**Garlic Powder**



and of course a big bag of **Rippled Potato Chips**.



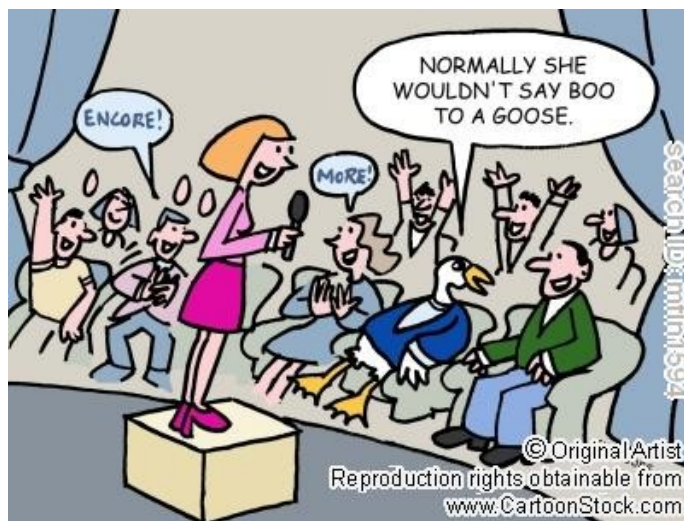
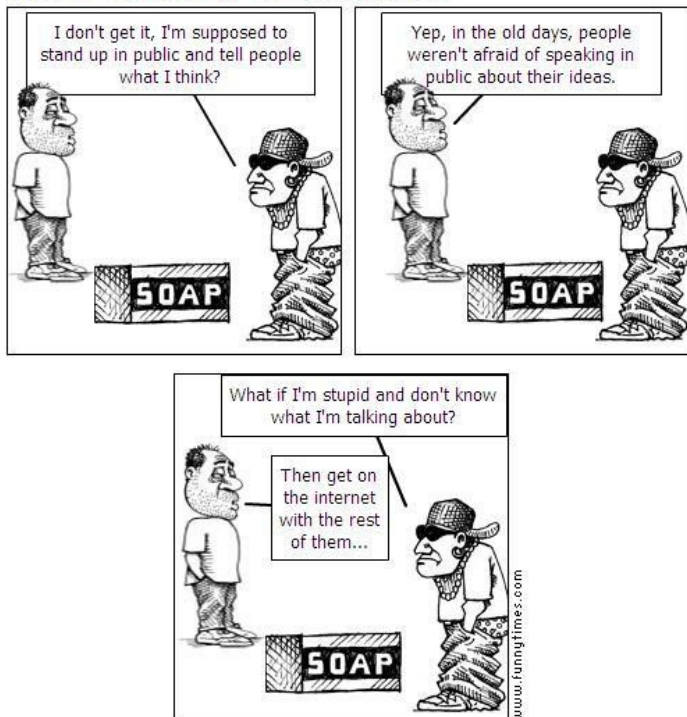
The **day before** the event, scoop sour cream into a large bowl. Add in a package of onion soup mix. Next add approximately a 1/4 teaspoon of garlic powder, you can add more or less to taste. Thoroughly mix all of the ingredients, ensuring that there are no spots of dried soup mix throughout. A small hand blender works great if you have one available to you. Cover bowl and refrigerate until the next day. After mixing all of the ingredients, it is now okay to eat, but I find letting it sit for 24 hours softens up the crunchy pieces of onion in the mix. Feel free to substitute the onion soup mix with the roasted garlic flavored onion soup mix, this too is very delicious. You are now ready to head off to the party, so grab your bowl of dip along with your bag of potato chips. Put your chips and dip out, then stand back and watch everybody totally enjoy them.



## Smiles & Chuckles

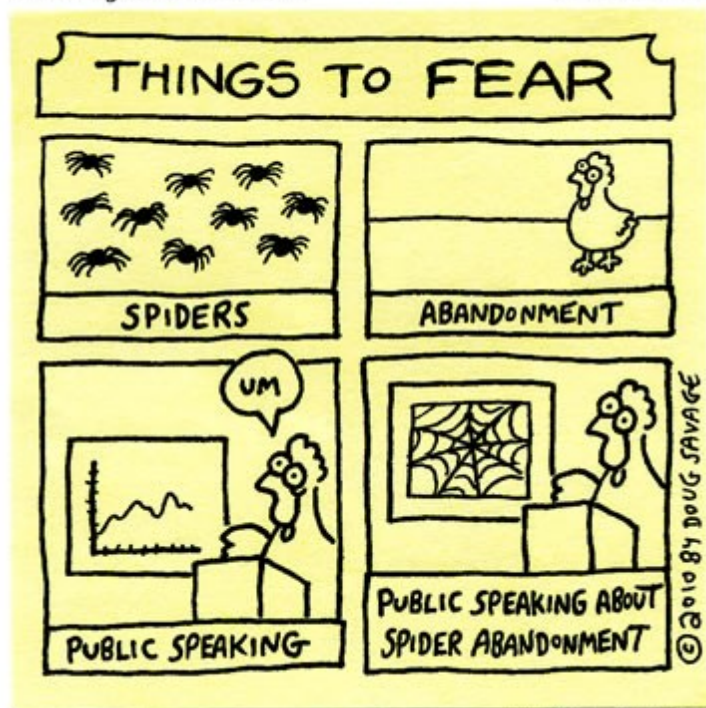


### Public Speaking by Rick Dickulous



### Savage Chickens

by Doug Savage



www.savagechickens.com

The secret of success is sincerity. Once you can fake that you've got it made.

- Jean Giraudoux

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

- Winston Churchill

Once you get people laughing, they're listening and you can tell them almost anything.

- Herbert Gardner

It's better to keep your mouth shut and give the impression that you're stupid than to open it and remove all doubt.

- Rami Belson

# Toastmasters Find the Differences

by Craig Rupert, CC/CL

Find 10 things that are different between the two pictures

Answers at bottom



1. Colour of laces 2. The colour 3. Flag on license plate 4. Painted line on ground 5. Chimney missing behind Ruppo 6. Window of house lighter 7. Truck mirror missing 8. Stickers missing from clown box 9. Button missing 10. Ruppo's eye colour changed