



Sears-Halifax Club 1555 Halifax, Nova Scotia



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A Word From Our President

Karen Caldwell, DTM

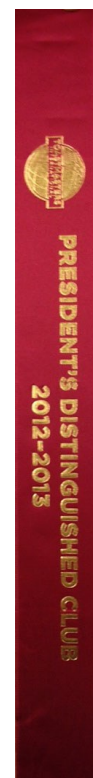
Welcome to Sears-Halifax Toastmasters – Club 1555 for the 2013 – 2014 season.

This season of Toastmasters will be very exciting as we will celebrate our 58th birthday of the Sears-Halifax Toastmasters club on February 25th, 2014. Sears-Halifax Toastmasters is the oldest Toastmaster club in the Province of Nova Scotia. There have been many milestones for the Sears-Halifax Toastmasters Club; however the biggest achievements are measured by the members who participate in the Toastmasters International programs and our club activities.

Toastmasters International provides each member with proven, successful programs in communication and leadership through its Distinguished Club Program (DCP). The goal of Sears-Halifax Toastmasters Executive is to assist each member to improve their communication and leadership skills. Our club offers a fun and friendly environment to achieve the Toastmaster mission in an environment where it is fun to learn, grow and achieve together.

As a member you will learn and grow at your own pace – no one is pushing you along the way. Mentors are provided to assist each member with their learning experience. We want to ensure your experience as a Toastmaster will be enjoyable and successful. Let us help you develop the self-confidence, leadership and communication skills you need to succeed in your work and personal life.

Let's make this year, your year of achievement and success!



Sears-Halifax 2013-2014
Club Executive

Club President: Karen Caldwell
VP of Education: Ralph Smith
VP of Membership: Ed Glover
VP of Public Relations: Craig Rupert
Treasurer: Steven McLaughlin
Club Secretary: Tony Easton
Sergeant-at-Arms: Sharon Amey
Past President: Erna Slingluff



Scan for quick
directions to club

Our Executive

Craig Rupert, CC/ALB



Karen Caldwell, DTM

President

Erna Slingloff, ACB/CL

Past President



Tony Easton, CTM

Secretary

Craig Rupert, CC/ALB

VP of Public Relations

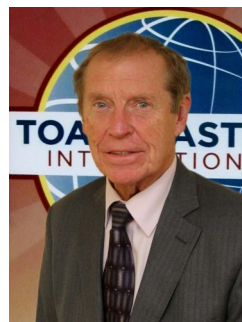


Ed Glover, CC

VP of Membership

Ralph Smith, ATM

VP of Education



Sharon Amey, TM

Sergeant-at-Arms

Steven McLaughlin, CC

Treasurer



Choosing an Advanced Manual

Karen Caldwell, DTM



Are you intimidated by the various selections of the Toastmasters Advanced Manuals? Are you having a hard time deciding which one is best for you? It isn't easy, but you just have to take a leap of faith.

My favorite manual was the Storytelling manual. I loved doing the research on each of the five topics. It was challenging, but at the same time fun and interesting. As a child, I have always loved having stories told to me and this manual tugged at my heart strings. It brought back memories of childhood, love, loss, survival and history.

The projects were as follows:

The Folk Tale – I told the story of “Silent Bianca” – This story was about a young woman, in medieval times, who was wise but could not talk. She saved a kingdom from ruin and won the King's heart.

Let's Get Personal – This story was entitled “Gulp! Gulp! Gulp” – It was a true story of me almost drowning at the age of 11 and the fear I had of water. It was also about my Son who taught me how to snorkel at the age of 55 taking away my fear of water.

The Moral of the Story – “The Wild Swans” – as all about of kings, 11 princes, 1 princess and an evil witch. The evil witch had turned the 11 princes' into swans by day and men by night. The Princess freed them from the spell by knitting nettle blankets to break the spell. It was a story of good over evil.

The Touching Story – “True Love & Devotion” – Is the story of Evangeline and Gabriel, love for each other and the tragedy during the Expulsion of the Acadians.

Bringing History To Life – “Halifax Explosion” – This is a true historical story that meant a lot to me as my Grandfather was there and lived the experience. He helped at the hospital and he told us stories about the devastation.

So when you are choosing an advanced manual, which one speaks to you heart, your needs and the things you may want to change in yourself. Good Luck and Keep Going!

▶ NEWS TO SHARE WITH MEMBERS

Toastmasters International - Newsletter

Planning a Speech Contest?

Ensure your contest is a success and contestants are eligible to compete by using the most up-to-date documents. You can download the latest speech contest materials from the Toastmasters Online Store for free. Additionally, consider purchasing and presenting awards to celebrate contest winners' accomplishments.



Read the Toastmaster on Your iPad

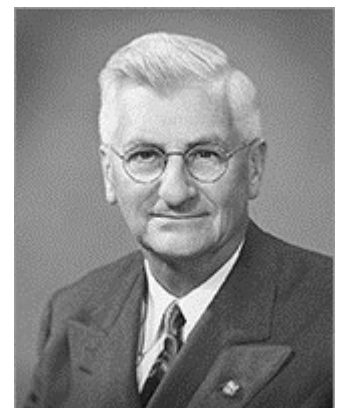
The September *Toastmaster* magazine is available for download on your iPad via an app, and the October issue will be available soon. The digital version is enhanced with multimedia interactivity, videos, photo slideshows and links. For instructions on how to download the Toastmasters International app, please visit www.toastmasters.org/magazine. Members will still receive the print edition unless they choose to opt out.

Call for 2014 Convention Presenters

Toastmasters International seeks great speakers for the 2014 International Convention in Kuala Lumpur, Malaysia. If you have experience addressing international audiences and engaging groups of 500 or more, apply by **November 15** at www.toastmasters.org/callforpresenters.

Happy 89th Birthday to Toastmasters International

The first official Toastmasters meeting was held in Santa Ana, California, in October 1924. Why not celebrate the organization's anniversary with a themed club meeting devoted to Toastmasters history? The [Toastmasters Timeline](#) offers additional milestones in the organization's history.



Advice Corner

How to Renew Your Passport

Colette Robicheau, TM



Print out the forms at www.pptc.gc.ca. You may qualify for the **simplified form**. Look under forms on the website. You can fill out the electronic version and it will let you know if you miss something.

1. Fill out the forms.
2. **Get new passport photos taken.** It must be taken by a commercial photographer and printed on high quality photo paper. Try a pharmacy or discount department store's photo lab or photo studio. They can often give you copies immediately without the cost of going to a 1 Hour passport photo store. You will need 2 copies of this picture. The address and date the picture was taken should be written on the back of one of the photos.
3. Write the declaration, **"I certify this to be a true likeness of (your name)"** on the back of one of the photos. Often the photo lab will stamp the declaration on the back for you.
4. **Select someone to be your guarantor.** The rules have changed for this, as previously you had to get a doctor, minister, lawyer or similar professional to sign the back. Now it is anyone who has known you for 2 or more years.
5. Have them sign and date the declaration on the back of one photo, fill out part 2 on the form, and sign your proof of identity photocopies. Make sure you check that it has been done correctly or you will need to redo everything.
6. **Photocopy BOTH SIDES proof of ID and have guarantor sign copies.** You can alternatively send in the original.
7. **Get the money you will need** (\$120 /5 Yr, \$160 /10 Yr). See accepted methods of payment depending on mail in or in person.
8. **Mail form or visit Canada Post location, Passport Canada office, or Service Canada office.** Visiting a passport office is the quickest way to get it renewed. In Nova Scotia:

**Suite 1508, 15th Floor
Maritime Centre
1505 Barrington Street
Halifax, NS**

You will need:

- ☐ 3 page application form
- ☐ 2 identical passport photos
- ☐ Signature of guarantor- signature on application, on proof of ID, and on photo
- ☐ 2 References who have known you for 2 or more years
- ☐ Original proof of citizenship such as a birth certificate
- ☐ Photocopy (front and back) or original document to support identity such as a driver's license or health care card
- ☐ Any Canadian passport or travel document issued to you within the past 5 years
- ☐ \$120 /5 Yr or \$160 /10 Yr - cash, debit, credit card, certified cheque, money order

**SURROUND
YOURSELF
WITH
POSITIVE
SUCCESSFUL
PEOPLE**

Connect, Learn, Do

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

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Phone: (902) 233-1577

Email: colette@organizeanything.com

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Pictures of "Some of our accomplishments"

Craig Rupert, CC/ALB



Jane Holden receiving her DTM



Christophe Lorenz winning 1st place at the Division D Table Topics Contest



Craig Rupert wins 3rd place at the Division D Humorous Speech Contest



Cindy Slade wins 3rd at the Division D Evaluation Contest



Steven McLaughlin wins 3rd at the Division D International Speech Contest



Steven McLaughlin wins the 2012-2013 Sears-Halifax Toastmaster of the Year

Time to look back and share some of the proud moments this year in the Sears-Halifax Club

A Few Words from Our Club Statistician

Tony Easton, CTM

When we were asked to submit articles for the newsletter, it occurred to me that, while many of you may be aware that I am the club's unofficial statistician, you may not realize just what statistics I record and why.

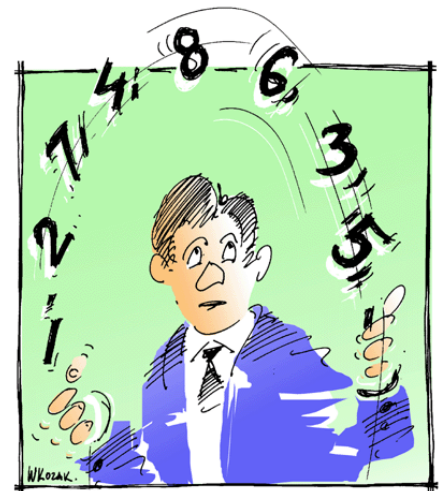
Virtually everything that happens during a Toastmasters meeting is recorded in the minutes. From these minutes, and from personal observation, I extract all the relevant information and compile statistics.

There are many things to keep track of in a Toastmasters club. First, obviously, is membership; this means names, addresses, phone numbers and email addresses, so we can keep the member list up to date. But we also record educational achievements, meeting attendance, meeting roles, contest participation, new members, and so on. Some of this is information for other levels in the Toastmasters organization, but much is used to determine the winners of our annual trophies, which are presented at the Annual Awards Dinner in the fall.

Years ago, the executive committee would meet to sit around a table and go over the list of members and decide who might be most worthy of each award. While this usually ended up with a reasonable result, it was very subjective. So, several years ago we undertook to create a system for making the selections easier, using statistics collected during the year. As a result, with one exception, the awards have become almost automatic.

The awards for Best Speaker, Best Evaluator and Best Table Topics Speaker are, obviously, based on the results in those categories from all the meetings throughout the year. The award for Toastmaster of the Year is a result of points earned for many other factors as well, including attendance, educational achievements, service on the executive, speeches and other educational presentations, contest participation and new member sponsorship. The winner is the member who earns the most total points in the course of the year. The Most Improved Toastmaster award goes to the member who has the greatest increase in points from one year to the next. The final award, Most Helpful Toastmaster, however, is still decided in the old-fashioned way, by discussion.

So, please help me do my job by reading the minutes when distributed and reporting errors or omissions, and also letting me know of any information that may be of use in my records.



Indian Chicken Tikka Masala

Karen Caldwell, DTM

2 tsp (10 ml) paprika
1 tsp (5 ml) dehydrated minced garlic
1 tsp (5 ml) garam masala spice
1/2 tsp (2 ml) ground cumin
1/2 tsp (2 ml) crushed red pepper
2 tbsp (30 ml) butter
1 cup (250 ml) chopped onions
2 tbsp (30 ml) lemon juice
1 can (540 ml) diced tomatoes, with juice
1/3 cup (75 ml) whipping cream or cereal cream
1 ½ tbsp (22 ml) cornstarch
½ tsp (2 ml) salt
1½ lbs (750 g) boneless chicken, cut into 1 inch (2 cm) cubes

Directions:

1. In large skillet, melt butter over medium heat. Add chicken, onion and lemon juice, sauté 10 minutes. Stir in all spices, except for Red Pepper. Simmer 1 minute, stirring constantly.
 2. Stir in tomatoes until well mixed. Combine cream, cornstarch and salt. Gradually stir into mixture. Stir in Red Pepper, to taste. Bring to boil. Reduce heat to low; simmer 5 minutes or until thickened, stirring frequently.
- Serve with cooked basmati rice or naan bread.

Preparation time: 15 minutes

Cook time: 25 minutes

Servings: Makes 6 servings



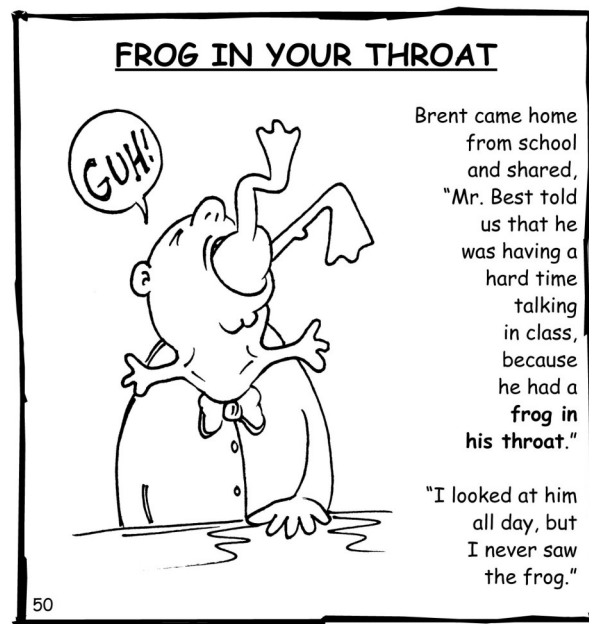
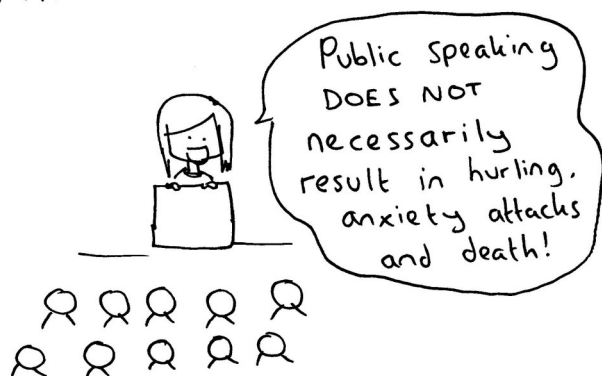


Smiles & Chuckles

Craig Rupert, CC/ALB



WHAT I LEARNT TODAY



Tips for public speaking, #1:

To combat stage fright, imagine that your audience is naked (especially that cute calico in the first row).

I wonder what they'd think if they knew what I'm really thinking.



IT CAN BE STRESSFUL TO GIVE THE KEYNOTE ADDRESS AT THE ANNUAL GHOST CONVENTION.

MINIMUMBLE.COM

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Toastmasters Word Find

Craig Rupert, CC/ALB

G C O N T E S T O Q Q G W C M N V L C
 T M X T I M I N G L I G H T S R W E R
 M C F Q X H M M E C O N F E R E N C E
 L M K M U K P I Q V I B M Y E T I F G
 G N T M A G A Z I N E M B I U C X J B
 C C H A I R H F D P Y L I I Q E B P X
 R E T S A M T S A O T F C B X L L V A
 B W D M T D N D K X F F U E V I I P F
 W Q J U R X R B H E B P O D I U M B I
 T K D I S T I N G U I S H E D L O D L
 Z Z N B N H U Q J T U V D B K G Q B A
 A S Z Q G H O K G R A M M A R I A N H
 H X C R T H G U O H T E S J W B H J S
 B P N J Q E R E T T E L S W E N M G R
 T E Z F G R E X Q R T T R L J V C Y A
 O T L V E S P E E C H Z K F O V M H E
 A R P F O P V R O B E R T S R U L E S
 X X T H U R S D A Y H U N X G M I S U
 I R E K A E P S T S E B K Y M Y U Y S

Best Speaker
 Chair
 Conference
 Contest
 CTM
 Distinguished
 DTM
 Grammarian
 Lectern
 Magazine



Newsletter
 Podium
 Roberts Rules
 Sears Halifax
 Speech
 Thought
 Thursday
 Timing lights
 Toastmaster
 VP of PR