



## Sears-Halifax Club 1555 Halifax, Nova Scotia

*Celebrating Our  
58th Year*

### Inside this issue:

<i>A Word From Our President</i>	1
<i>Our Executive</i>	2
<i>Procrastination</i>	3-4
<i>Speech Preparation As A Process</i>	5
<i>Advice Corner - New Lights With Incredible Efficiency!</i>	6
<i>Pictures of "Halloween 2013"</i>	7
<i>Recipe: Red Shrimp For Two</i>	8
<i>Smiles &amp; Chuckles</i>	9
<i>Toastmasters Word Find</i>	10

### **A Word From Our President**

**Karen Caldwell, DTM**

Welcome to 2014, we are at the halfway point of our Toastmaster Year. I hope that each of you had a Merry Christmas and a Happy New Year.

Sears Halifax has an amazing track record of achieving President's Distinguished Club status. Your dedication and hard work makes our club strong and successful. Now is the time to reflect on the goals you set at the first of the year and strive to complete your plan. You have a team of Executives, Mentors and Members who are there to support you in your quest – don't hesitate to ask for help if you need it.

Toastmasters International will be implementing a new and exciting Education program in the spring of 2014. Over the years Toastmasters has focused its program towards developing leaders, while maintaining its core program of communication.

We can expect **MAJOR** changes. The new Education program will have five key priorities:

- Public Speaking
- Leading and Managing
- Interpersonal Communication
- Leading Strategically
- Building Confidence

These priorities stem from a need and desire to make the Toastmaster International program more 'real world' relevant. A new on-line tool is being developed to enable members to determine their personal goals and interests. From that, a personal learning path will be developed. It will have five levels that build in complexity, with 12 projects at each level. Educational designations will be renamed, but there will be a transition period (18-24 months) between the old and the new program. For projects and activities in progress, a means of transferring credit from the old system to the new will be developed. Your Executive Team will keep you posted on these changes as they occur.

Change is definitely in the air, Toastmasters International continues to provide us with new and exciting opportunities to be better leaders and communicators. I would like to thank all of you for making the first half of our year run so smoothly. I look forward to serving you over the next 5 months.



#### 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

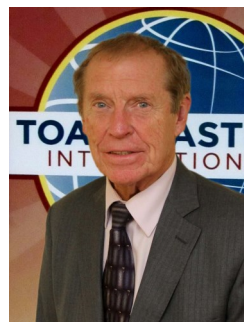


*Ed Glover, CC*

VP of Membership

*Ralph Smith, ATM*

VP of Education



*Sharon Amey, TM*

Sergeant-at-Arms

*Steven McLaughlin, CC*

Treasurer



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## *Procrastination*

*Ralph Smith, ATM*

One of my jobs as your V.P of Education is to prepare agendas for upcoming meetings. This role allows me to procrastinate by encouraging others to speak rather than speaking myself. It also gives me the opportunity to study procrastination behaviour.

Here are some of the observations of my study with assistance from a speech I gave about ten years ago on procrastination.

First, there are categories of procrastinators:

1. Arousal types or thrill-seekers: They wait to the last minute for the euphoric rush. At RSP season they are in the line up just before the midnight deadline. To make it even more exciting they have not yet arranged for the money. They need a loan first. The problem with this type is that sometimes it is just impossible to get the job done on time.
2. On the other side we have the fearful; more likely a risk adverse person. They harbour a fear of failure. If they don't try it, they don't have to confront the possibility that they can't do it. For most of us, "I will not do it" is a lot easier to deal with than "I cannot do it".

And, believe it or not, there is a fear of success. For example the student thinks, what happens if I get this degree. People will expect me to get a job. Or, if I finish this job I'll be expected to do it again, and do even more the next time. Or, the Toastmaster might think, if I deliver this speech, I will be asked to go into a contest and, good grief, I might even win that.

3. There are decisional procrastinators: Those who cannot make a decision or don't want to make a decision. Not making a decision absolves procrastinators of responsibility for the outcome of events.

Let me offer some suggestion to overcome procrastination.

For the thrill seekers:

A sense of urgency is needed to accomplish goals. Establish a deadline and dramatize the importance of meeting and the consequences of missing the deadline. The word deadline is derived from the correctional system. It's a boundary line in a prison that if a person crossed it they were shot dead. So, visualize the consequences of not making the deadline. For example, everyone in the club has been anxiously waiting for your advertised speech, but it never seems to get delivered.

## *Procrastination (Cont'd)*

*Ralph Smith, ATM*

For the fearful:

Identify the fear. Give it a name and confront it. Think of the consequences of your actions or non-actions as objectively as you can. Take out the emotion and fear. Have a look at the job that just isn't getting done and see if you can redefine it in terms of the ultimate benefit you'll receive for doing it. Make "WIIFM" work for YOU.

Eliminate the words "try" or "might" from your vocabulary! BE POSITIVE!! For example, if you volunteer to be table topics master don't think "I might have fun", instead, think, "I will have fun." Don't try to be enthusiastic, be enthusiastic! There's also a supplementary benefit ... that you won't have to do a table topic yourself.

For the indecisive:

Look at what you want to accomplish, after considering the reasons for your resistance. Decide if now is the best time for your project. You are allowed to make a decision to postpone it but it's important to establish a deadline. Think in terms of making a decision to "do now", "do at another established time" or "not do it at all."

If you say to yourself that you are "trying" to do something, and then you don't do it, you disempower yourself. See yourself as someone who makes solid decisions. When you commit to something, honour it. What you gain in self-respect will pay dividends.

For all categories of procrastinators:

Many times the tasks we find the hardest to begin are overwhelming when looked at in their entirety. The solution here is to break it down into specific tasks.

To motivate all procrastinators promise yourself a reward when you complete a task that you have been putting off. Looking forward to a tangible reward spurs motivation. For example, "when I finish this speech I'm going to have a big drink". As you may know, our club provides the opportunity and support for this reward. One of the wonderful benefits of a speech is your gift of transferring something useful to other people. You could possibly be rewarded with a trophy but at least you will receive tumultuous applause.

Keep out of the Procrastinators' Playground. This includes email, Facebook, Twitter ... anything to avoid working on a project.

In conclusion, please do not let this article discourage you to sign up for meeting roles. It is still better to make some kind of commitment even if you plan to procrastinate. At least it provides a target and in the event you can't make it there are no consequences. We always seem to manage to fill meeting roles at the last minute, thanks to the support of your fellow Toastmasters.



## Speech Preparation As A Process

Erna Slingloff, ACB/CL

Real speech preparation means digging something out of yourself. You have to gather facts and arrange your thoughts. As you collect the ideas, you have to nurture your ideas and think about a unique way to express them in an organized manner.

A speech needs time to grow. Prepare for weeks, sleep on it, dream about it and let your ideas sink into your subconscious. Ask yourself questions, write down your thoughts, and keep adding new ideas. As you prepare every speech ask yourself the following questions.

1. In one concise sentence, what is the purpose of this speech?
2. Who is the audience? What is their main interest in this topic?
3. What do I really know and believe about this topic as it relates to this audience?
4. What additional research can I do?
5. What are the main points of this presentation?
6. What supporting information and stories can I use to support each of my main points?
7. What visual aids, if any, do I need?
8. Do I have an effective opening grabber?
9. In my final summary, how will I plan to tell them "What's In It For Me?"
10. Have I polished and prepared the language and words I will use?
11. Have I prepared a written and concise introduction for myself?

Have I taken care of the little details that will help me speak more confidently?

Lenny Laskowski is an international professional speaker and the author of the book, **10 Days to More Confident Public Speaking** and several other publications.



THE PRINCETON LANGUAGE INSTITUTE  
AND LENNY LASKOWSKI

# 10 Days to More Confident Public Speaking

Say Good-Bye  
to Stage Fright  
Forever!

SELF-  
IMPROVEMENT  
IN ONLY MINUTES  
A DAY!

## Advice Corner

### ***New lights with incredible efficiency!***

***Carl Duivenvoorden, DTM***



#### **The next lighting revolution: LED light fixtures and panels**

In the midst of a home reno this fall, I discovered new, incredibly efficient LED light fixtures. I took the three pictures below yesterday:

1. the model we're installing (no endorsement intended). It's surface mounted (not recessed into the ceiling like a pot light) but only about 5 cm thick.
2. what the light looks like: a warm glow, just like an incandescent light. (If you're into the technical side of light colors, these are 3000K.)
3. the reading from my power meter when I measured how much electricity the fixture uses. It produces almost as much light as a conventional 60 watt bulb, but uses just 11 watts – an incredible 82% saving.



There are no light bulbs; the LEDs are part of the fixture, and the fixture is permanently installed by an electrician. With a rating of 50,000 hours, LED fixtures are designed to last as long as your house. New lighting panels are available too, for commercial buildings; learn more in this [90 second video](#) (again, no endorsement intended).

If you're building or renovating, forget about installing conventional lights – look to incredibly efficient LED light fixtures and panels.



#### **Carl Duivenvoorden, DTM**

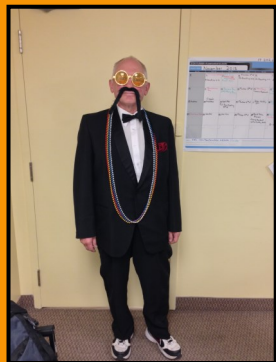
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## Pictures of "Halloween 2013"

Craig Rupert, CC/ALB



*Having some fun at our Halloween meeting*



## *Red shrimp (for two)*

*Zhou Hui, TM*



### What you need:

A half pound of shrimp (about 6 from Sobeys, \$13.99/pound, must have shells)

2 tbsp of cooking oil

1 tbsp of sugar

2 tbsp of light color soya sauce (Chinese grocery, or other stores)

1 green onion cut 1 inch long

5 slides of sliced ginger

### Process:

Cleaning the shrimp: cut along the length of the shell with scissors. (This will also help absorb the flavors when cooking) and remove the dirt if any exists and rinse with water

Put 2 tbsp of oil in a fry pan, place the sliced ginger on the bottom of the pan and then add the shrimp

Cook over a medium heat until one side of the shrimp turns red in color, turn them over and cook the other side

Add sugar, soya sauce, green onion and stir or turn with the shrimp a couple of times to disperse the flavours

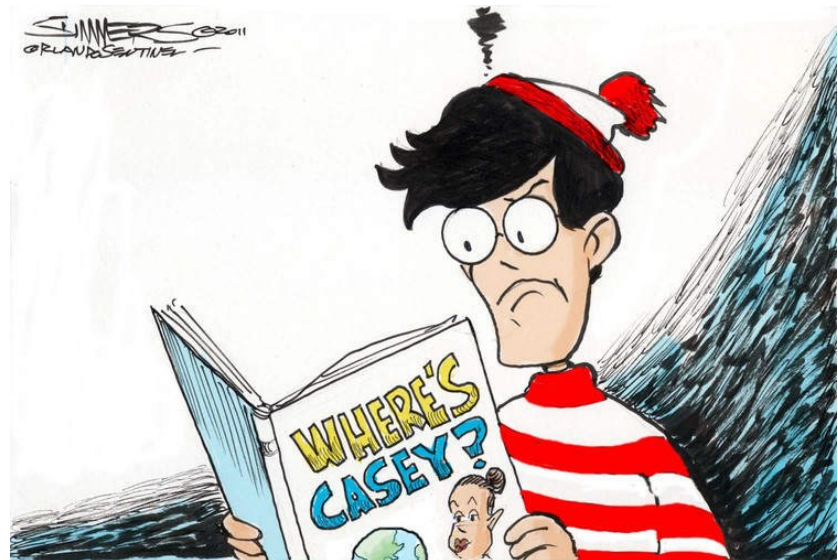
Cover with a lid and cook over a low heat for about 5 min

Serve

The shrimp turn red when cooked due to the release of astaxanthin molecules (related to carotenes which are responsible for the yellow/orange colouring of fruit and vegetables) The amount of shrimp can be varied depending on how many shrimp you like to cook and eat. I bought 3 pounds of shrimp, 42 in total for Christmas Eve. After you try it, you may find the other ingredients (sugar, soya sauce.....) are adjustable depending on preference. You can also adjust the amount of oil used as well.







Click on image below to do this challenging puzzle, see how fast can you do it.

