



Sears-Halifax Club 1555 Halifax, Nova Scotia

A Word From Our President

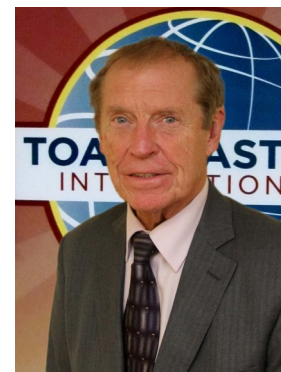
Ralph Smith, ATM

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It was 90 years ago that my namesake Ralph Smedley held the first Toastmaster meeting in a Santa Ana, California YMCA. I find it kind of interesting that he was 46 years old which would be middle aged- especially then. Maybe that's why Toastmasters is for all ages.



Our club's 59th birthday is February 25, 2015 and unlike many humans we will be announcing and celebrating our 60th. We have maintained a good balance of tradition and technology over the years. I remember when face-to-face and the telephone were the only way to make meeting arrangements. One of Sears club's former members, Connie Carruthers, was an original promoter of The Chebucto Community Net as far back as 1993, and they eventually carried our web page under the direction of Tony Easton. Most of our club started to use the Chebucto email service back then and we have continued to advance technology-wise since then. We were just recognized for having the best web site in the district, thanks to Graeme Van Leer. And thanks to all members that contributed material to the club newsletter, which also won a prize of distinction. This was attributable to the high-tech editing skills of Craig Rupert and other V.P.'s of Public Relations. We know that Sharon Amey, our current editor, will carry on our winning tradition with the support of material submitted by the membership.

We are now at the cutting edge of technology with "easy-Speak". Ben Worth has done a lot of work on this. I was surprised to easily find my own history of speeches and projects and that goes back for a long time. Easy-Speak seems to be the way of the future so let's be sure to use it.

In recognition of Toastmasters 90th birthday and our club's 59th, I ask you all to reflect on the progress you have made as Toastmasters and the direction you want your growth to take. In closing, to Ralph Smedley from Ralph Smith on behalf of Sears Halifax Toastmasters; thank you.

Sears-Halifax 2014-2015
Club Executive

Club President: Ralph Smith
VP of Education: Ben Worth
VP of Membership: Zhou Hui
VP of Public Relations: Sharon Amey
Treasurer: Tony Easton
Club Secretary: Dave Hubley
Sergeant-at-Arms: Mark Doyle
Past President: Karen Caldwell



Scan for quick
directions to club

Our Executive

Sharon Amey, TM



Ralph Smith, ACS/CL

President

Karen Caldwell, DTM

Past President



Dave Hubley, ACS/CL

Secretary

Sharon Amey, TM

VP of Public Relations



Zhou Hui, CC

VP of Membership

Ben Worth, CC

VP of Education



Mark Doyle, TM

Sergeant-at-Arms

Tony Easton, CTM/CL

Treasurer



The Power of *WOW*

Karen Caldwell, DTM

Presented at the 2014 Fall District 45 Conference

By Joe Grondin, ATM Gold, ALB

Before you speak – what do you put in your introduction? Win them over!

- Make your introduction have credibility and keep it short.
- Humor – add it in there.
- Give your audience a compliment.

Know your audience!

1. Do your homework. **Know the crowd** you are speaking to.
2. **Humor** – Collect stories and use one of them every ten minutes in your presentation. Funny stories relax the audience and connects them to you.
3. **Help** – You are there to help them, where is the WOW?
4. **Be Passionate** about your subject. When you are passionate you will always present an interesting talk.

Be Original – Expand Your Comfort Zone

- Be creative with your presentation
- Make your presentation unique
- Always be original
- You will get comfortable with practice

Keep them wanting more!

- Have your audience always wanting more – from themselves.
- Get people to think differently.
- Be an inspirational speaker.
- Be a merchant of hope.

Wow is the ability to win over your audience while constantly striving to be original and leave your audience wanting more.

W = Win

O = Original

W = Want

▶ NEWS TO SHARE WITH MEMBERS

Toastmasters International - Newsletter

90th Anniversary: A Year-long Celebration

Pay tribute to the rich history and legacy of Toastmasters International and celebrate in your club or district. Visit the [anniversary](#) website for ideas and fun resources you can use through October 2015. Limited-edition T-shirts, buttons or decals also are available, so [shop](#) today.

The New Toastmasters.org

Have you seen the [beta version](#) of the website? Explore its easier navigation, interactive multimedia, a resource library and a new online store.

Call for 2015 Convention Presenters

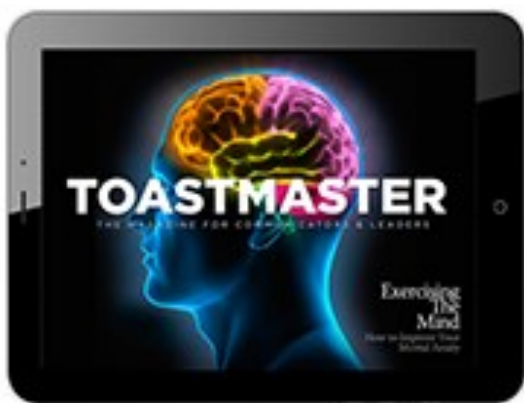
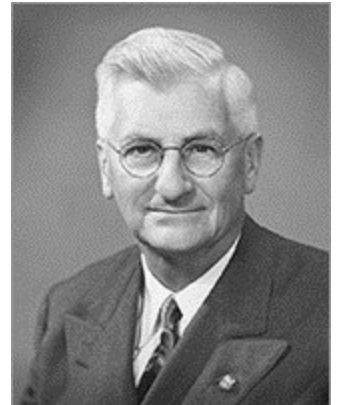
Do you have experience addressing large international audiences of 400 or more? Dynamic presenters are invited to [apply](#) to speak at the 2015 International Convention in Las Vegas, Nevada. Apply between **November 4 and December 15**.

Accredited Speaker Program Deadline

Applications for the 2015 Accredited Speaker Program will be accepted **January 1 through February 1, 2015**. To learn more about the program, or to download an application, click [here](#).

Latest Toastmasters News

Get breaking news about the organization in your email. Visit the [Media Center](#), and click on "Subscribe to News Alerts" in the menu on the left.



Awaken Your Stone Age Brain

Elaine McManus, TM

Presented at the 2014 Fall District 45 Conference
By Sheila Kelly, ACB, ALB

The 2014 Fall District 45 Conference got off to an enthusiastic start with Sheila Kelly's presentation, "Awaken Your Stone Age Brain."

Sheila explained how our brains express power through our bodies. When we feel confident and on top of the world, we show it by sprawling widely in our chairs or standing tall and open. On the other hand, when we feel insecure, we "cave in" on ourselves by slouching or standing with head down, eyes downcast, and shoulders slumped. These postures actually change our internal chemistry, which affects how we feel, think, and perform.

Sheila referred to research conducted by Social Psychologist, Amy Cuddy, which revealed that, by adopting a confident, open, "power pose" for as little as two minutes, it increases our testosterone level by 8% and decreases our cortisol (stress hormone) level by 25%.

What does all this mean? Adopting a power pose (in private) before an interview or meeting increases your performance and positively changes other people's perceptions of you. The workshop ended with everyone on their feet – adopting a power pose – before heading off to the rest of our day, feeling keen and confident! A terrific start to a great conference experience!



*Adopt a Power Pose for Increased
Confidence and Performance*

Advice Corner

Get your home ready for

Contributed by Sharon Amey, TM

Originally published in Readers Digest



Clear out the gutters.

Remove leaves and other debris from your drainpipe and gutters to prevent clogging. Outdoor faucets should be drained and remove any attached hoses and store them away for the winter to prevent cracks, preserve their shapes, and prolong their life. Wrap outside faucets with covers to prevent water damage.

Clean the fireplace and chimney.

Clear out ash and charred wood from the fireplace. Have a professional check the damper to ensure it can be tightly closed to prevent drafts.

Check that smoke alarms and carbon monoxide detectors are in working order.

Change batteries in detectors twice a year- when you set your clocks back in the fall and ahead in the spring is an excellent time to do that.

Check the heating system.

Do a survey of your home's heating vents to make sure they're not blocked or covered by furniture, carpeting, or curtains. Dust vents and clean all filters.

Store air conditioners.

If you have removable window air conditioners, be sure to unplug them before taking them down. Dust and clean before covering or storing.

Check for drafts.

Stay warm, save energy, and reduce your heating bills this fall by examining windows and doors for cracks and sealing them to prevent drafts.

For more winter storm advice, check the Readers' Digest website at:

<http://www.rd.com/home/improvement/prepare-your-home-for-fall-and-winter#>

An Introduction to Easy-Speak

Ben Worth, TM



As many of you may already know, easy-Speak is an online Toastmasters scheduling tool that Sears-Halifax Toastmasters club has begun using this year. Easy-Speak offers many benefits that will not only help individual club members achieve their Toastmasters goals, but will also help the club as a whole.

What easy-Speak can offer you:

- Sign up for meeting roles and request speeches
- Track your communication progress
- Track your leadership progress
- Set goals

Not only can you look at the agenda and assigned roles for the next club meeting, you can look ahead to meetings that are weeks and months ahead and sign up for roles and speeches. That way even if you missed the last meeting, you can sign up for the next meeting without missing a beat. If you have a goal to complete a communication or leadership manual by a certain date, you can sign up for everything far in advance to help motivate you to keep your deadline.

Maybe you're a seasoned Toastmaster with years of experience, or maybe you just joined this month, either way easy-Speak can help track your communication and leadership achievements. If you've been a member for years, it can be hard to keep of all the manuals and projects you've completed in the past, especially if you no longer have the manuals. Not to worry, with easy-Speak you're entire communication and leadership achievement history is in one place! You can see exactly what manuals and projects you've completed, what your speech titles were, and the dates they were given, you can even see who your evaluator was. You might discover that you're one project away from completing a manual that you lost track of years ago!

With easy-Speak you can also enter any Toastmasters goals you might have. Say you want to complete your CC manual by June 2015, you just enter that goal, and by tracking the speeches you give, easy-Speak will let you know exactly how often you need to give a speech to meet your goal and whether or not you're on track.

What easy-Speak offers the Sears-Halifax club:

- Track members' goals and progress
- Set agendas for future meetings
- Support the club's mentorship scheme
- Track Distinguished club status
- Track actual meeting roles and attendance

All of the above benefits that help you as a club member are even more valuable to your club VPE. The club VPE can use easy-Speak to get an overview of every club members' goals, progress, and mentoring relationships. This allows the VPE to better plan meetings and assist individual members with reaching their goals. By setting future meeting agendas that individual club members can view and sign up for, the VPE is free to spend more time on helping members reach their goals and less on repetitive clerical paperwork. Even if your VPE misses a meeting, club members can sign up for future roles without a hiccup. Easy-Speak has the added benefit of retaining all of the club information in one easy to access online site. So when your club executive changes, you can be sure that the next VPE will know exactly where you are with your goals without missing a beat.

A basic overview of easy-Speak can be viewed in this short [youtube video](#) made by Toastmaster Edward Wedler. Easy-Speak has many more benefits that you're sure to discover if you take some time to explore it for yourself. It's as easy as checking your e-mail.

Recipe Corner

Pasta Salad

contributed by Meagan Campbell, TM

INGREDIENTS

16 ounces uncooked elbow macaroni
4 carrots, shredded
1 large red onion, chopped
1/2 green bell pepper, seeded and chopped
1/2 red bell pepper, seeded and chopped
1 cup chopped celery
2 cups mayonnaise
1 (14 ounce) can sweetened condensed milk
1/2 cup white sugar
1/2 cup white vinegar
salt and pepper to taste



DIRECTIONS

Bring a large pot of lightly salted water to a boil. Add macaroni, and cook until tender, about 8 minutes. Rinse under cold water, and drain.

In a large bowl, stir together the carrots, red onion, green pepper, red pepper and celery. Mix in the mayonnaise, condensed milk, sugar, vinegar, salt and pepper. Add the macaroni, toss gently, cover and refrigerate for at least 8 hours. I usually make this a day ahead of time, and stir it occasionally to blend the flavors. The macaroni will absorb some of the liquid

Red Shrimp

contributed by Zhou Hui, TM

INGREDIENTS

A half pound of shrimp (approx. 6; must have shells)
2 tbsp of cooking oil
1 tbsp of sugar
2 tbsp of light soya sauce
One green onion cut to 1" pieces
5 slices of ginger



DIRECTIONS

Clean the shrimp by cutting the length of the body from front to back with scissors and rinse with water.

In a frying pan, add 2 tbsp of oil and layer sliced ginger and then shrimp on the bottom of the pan. Cook with medium heat until the shrimp turns red (see photo for colour). Turn the shrimp over and cook the other side.

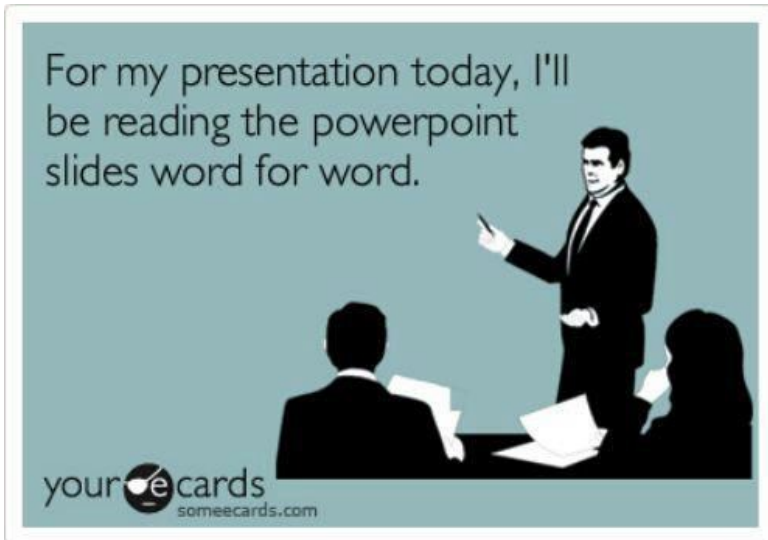
Add to the frying pan: sugar, soya sauce, and green onion. Stir to combine flavours and cover with a lid. Cook with low heat about 5 min

Serves 2.



Smiles & Chuckles

Sharon Amey, TM



"If I get too nervous to finish my presentation,
Mr. Bobs will take over"



"There will be six designated yawning breaks during
my presentation. Please pace your boredom accordingly."



Toastmasters Word Find

Sharon Amey, TM

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

Speaker
 Chair
 Conference
 Sears
 Distinguished
 Grammarian
 Membership
 Communication
 Newsletter
 Roberts Rules



Leadership
 Ralph Smedly
 Anniversary
 Ninety
 Easy speak
 Table topics
 Evaluator
 Parliamentarian
 Thought of the Day
 Fines master