



Sears-Halifax Club 1555 Halifax, Nova Scotia

A Word From Our President

Ralph Smith, ATM

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On Wednesday, February 25th, 2015 the Sears-Halifax Toastmasters club will celebrate 59 years as the oldest Toastmaster club in Nova Scotia.

Throughout 2015 we will be preparing for our Diamond Jubilee Celebration in early 2016. Our diverse membership will ensure that the planning for this will result in a memorable event for the worldwide Toastmaster community. We will be amazed at how the Toastmaster program prepares us for events like this by enhancing leadership, organizing and communication skills. In order to make Toastmasters work it is important for members to take on leadership and speaking roles. For those who are not yet members please visit a meeting and determine for yourself if Toastmasters can help you.



The program is structured in such a way that you can customize it to your own needs and comfort. A lot of exclusive material is available through Toastmasters International to enhance your experience and knowledge.

As a member you can progress at your own pace. There are no formal instructors or examinations or deadlines to meet. Your fellow members will provide constructive feedback and support. Mentors are available to assist each new member with their learning experience.

We look forward to the opportunity to demonstrate how it all works.

Sincerely,

Ralph Smith, President
Sears-Halifax Toastmasters Club # 1555

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



How to Cope with **Difficult** Personalities

Chances are there are people in your life who are very difficult to interact with. While your first line of defence may be to avoid the difficult behaviour, when it comes from a co-worker or a family member, these interactions may be unavoidable. Pointing out difficult behavior often falls on deaf ears. Instead, interactions can be made easier if you understand what makes them tick. Below are common motivations for 6 types of difficult people and some tips for how to manage their behaviours.

Sharon Amey, TM

Summarized from “Dealing with Difficult Personalities” © 2012 Shepell-fgi

The Bully

Bullies are motivated by power and by looking good. They have a need to be right and they mistakenly believe that in putting other people down that are raising themselves up. Their comments are frequently critical and often rude. Usually bullies are masking their own insecurities and lack of self-esteem through their attacks on others.

How to cope:

- Stand up to them– Assert your position without arguing.
- Don't embarrass them– When bullies look bad in front of others it heightens their need to make themselves look good.
- Get results by sharing credit– Let them think it was their idea and you will get your way more times than not.
- Remind them to be a team player– Show them that working together to get a job done faster will make them look good.

The Gossip

Gossips love to be in the spotlight and believe that their audience really likes them, just because they like listening to their stories. Gossips seek to make themselves look popular by sharing personal information about others.

How to cope:

- Don't confide in them!
- Don't participate in listening to their stories– If a gossip shares a story, simply say you're

not interested, and remove yourself for the conversation if it persists.

- Defend the people who aren't present– Take a stand for the person being discussed and remind the gossip that one can never be sure that stories being told are true.

The People Pleaser

People pleasers are driven by helping others and being liked. They are typically passive and have a high need to avoid conflict. The thought of upsetting someone or letting someone down is very upsetting to them and they often commit to more than they could ever possibly follow through on.

How to cope:

- Challenge their over commitments– Help them understand that you count on them to keep their promises. Show them that saying yes and not delivering is disappointing.
- Encourage them to express their displeasure– People-pleasers tend to bottle up their feelings and express them in passive-aggressive or subtly sarcastic ways.
- Teach them how to say no– Help them to tactfully decline requests on their time and energy.
- Remind them that they can't please everyone.

How to Cope with **Difficult** Personalities (continued)

The Martyr

Martyrs crave sympathy and attention. They need people to recognize the sacrifices they've made and derive pleasure from people feeling sorry for them and acknowledging the hardships they perceive that they've endured.

How to cope:

- Cautiously offer sympathy— If martyrs think you will give them the sympathy they crave, you will be the first person they go to vent and complain
- Do not fall into the trap of feeling guilty— Ask yourself: Have I taken advantage of them? Have I made unreasonable demands?
- Recognize any truth in their complaints and address the issue— Perhaps they are pointing out a problem that is genuinely challenging. Use this as an early warning system and address the issue before it grows.

The Complainer

Complainers always see the glass as half-empty. They have a hard time being optimistic and end up bringing people down with their displeasure. Misery loves company.

How to cope:

- Create an environment where they feel heard— Often, complainers need someone to listen to them more than they need to voice a complaint. The seldom seek or even desire change, they just want to feel heard.
- Listen without passing judgment— If you have to say something, rephrase what you have heard rather than try to pacify the situation.
- Protect your own attitude— Don't fall into their trap of negativity. Resist the urge to complain as well. Negative thinking is contagious. If necessary, take a break and think things through yourself.



The know it all

Know it alls are motivated by arrogance, accuracy, and control. Know it alls believe they are superior to others and enjoy when others look “less” than them. They have a strong desire have things go their way, and have a high desire for accuracy and precision.

How to cope:

- Don't be too quick to dismiss their idea— Sometimes their sense of precision and accuracy is exactly what you need, so be willing to listen even if their attitude is abrasive.
- If you think you're right, don't let them dominate the conversation. Request the opportunity for equal airtime so that you can also express your point. Point out any errors with care and diplomacy.
- Know your facts— If you “ball park” or estimate an answer, know it alls may dismiss you as being incompetent. Make sure what you are saying is accurate, complete and thought out.

▶ NEWS TO SHARE WITH MEMBERS

Toastmasters International - Newsletter

The Redesigned Website Is Here!

Toastmasters International's [redesigned website](#) was engineered with your user experience in mind. It offers a sleek design, easier navigation, mobile-friendly access, an improved shopping experience and more resources than ever before. Leadership Central gives you quick access to all the management tools you need. **Please note:** You will need to log in to view Leadership Central web pages.

Toastmasters.org Updates

Our redesigned website launched in December 2014. Since then, the following updates have been implemented or are in progress:

- [Website FAQs](#) offer tutorials to aid in navigating the site.
- The [Find a Club Advanced Search](#) tool helps users locate clubs by country or district, and you can export the results to a spreadsheet. Find it in the Leadership Central section under [Club Officer Tools](#) and [District Leaders Tools](#), which are available after logging in.
- The Search function provides results for both products *and* content. You may choose to view either.
- Enhancements to both the Search and Shop functions will be made throughout the first quarter of 2015.

Member feedback is a key reason these improvements are being made. We appreciate your comments and review them regularly. Please email your feedback to webfeedback@toastmasters.org

Did you know?
Toastmasters.org
has easier navigation
and a sleek new design



Executive Elections Are Coming! – May 2015

Are you ready to transform into an effective leader?

By Karen Caldwell, DTM

The President:

- Chief Executive Officer/Chairperson
- Meets and greets guests
- Answers questions or concerns
- Discusses issues, concerns with members
- Assists with mentors
- Checks with officers for reports
- Participates in Inductions of new members
- Notifies members of upcoming events
- Keeps members up-to-date on DCP
- Coordinates & chairs executive meetings

The VP Education:

- Plans & schedules each meeting
- Assists members to achieve their goals
- Charts accomplishments of members & club
- Recognizes awards/achievements of members
- Informs guests about Toastmasters program
- Assigns mentors
- Participates in inductions of new members

The VP Membership:

- Coordinates membership building activities
- Greets all guests and assigns a host member
- Answers guest questions (break & close of meeting)
- Maintains statistics on guest visits
- Runs membership drives
- Completes membership forms, collects dues
- Coordinates inductions of new members
- Records new members with Toastmasters Int. Promotes healthy environment for existing members

The VP Public Relations:

- Prepares public relations campaign
- Promotes Toastmasters within the community
- Creates newsletter
- Updates website
- Greets guests
- Promotes healthy environment for existing members

Secretary:

- Records the minutes of each meeting.
- Keeps records of membership attendance.
- Notifies president a list of actions to conduct during meeting.
- Records and maintains the membership contact list.

The Treasurer:

- *Handles financial planning & budgets*
- *Collects dues*
- *Orders supplies and issues checks*
- *Presents financial reports*

The Sergeant At Arms:

- Arranges the room
- Sets up the lectern, gavel, timing lights, visual aids
- Displays the awards
- Distributes ballots and agendas for use during the meeting.
- Greets and registers guests then introduce them to the VP Membership
- Calls meeting to order
- Once the meeting is adjourned, puts away all materials.

Pictures of our Christmas Party/Awards Night



Recipe Corner

Maple Glazed Chicken Wings

Contributed by Diana Gentile, TM

2 lbs Chicken Wings
½ cup Pure Maple Syrup
¼ cup Grainy Mustard
2 tbsp Tamari
1 tbsp Lemon Juice
2 tsp Sea Salt
2 tsp Chili Flakes



Method:

Preheat oven to 375° and line a baking sheet with parchment paper. Set aside chicken wings. In a large bowl mix all remaining ingredients then add chicken wings and coat the chicken evenly. Place chicken on the baking sheet and bake for 20-25 minutes turning often to glaze evenly. Chicken is done when it is golden brown and the internal temperature is 170°.

What's Bushi Saying?
Bushi's quick cooking tip

Step 1: Leave butter on counter to soften.
Step 2: Enjoy!



Cheese Ball

Contributed by Brenda Taylor, TM

1 cup orange cheddar cheese (shredded)
2 packages cream cheese (softened)
1/3 package blue cheese
Garlic to taste (minced)
Tabasco to taste
Parsley Flakes
Sliced or Crushed Almonds
Crackers

Mix first 5 ingredients together; divide into 2 or 3 balls; blend Parsley Flakes & Crushed Almonds on sheet of wax paper; roll each ball in flakes & almonds, covering ball; wrap in wax or parchment paper, plus Saran Wrap. Chill 2 hours. Serve with Crackers. Can be frozen.



Smiles & Chuckles

Sharon Amey, TM

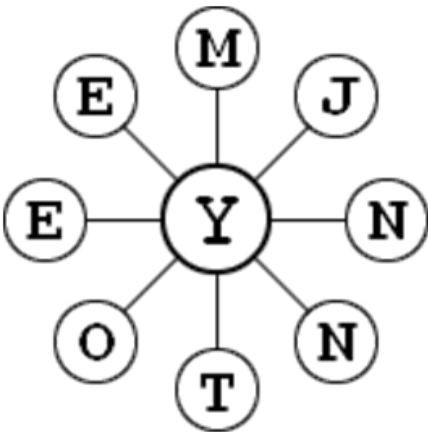


Toastmasters Puzzler

Sharon Amey, TM

Using the grid on your right, how many words can you find? Each word must contain the central Y and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word?

Excellent: 13 words. Good: 11 words. Average: 9 words.



ANSWERS

9 letter word: Enjoyment. All words: enemy, enjoy, enjoyment, etymon, eye, eyen, eyne, jenny, joey, joy, money, mony, motey, my, neoteny, oy, toney, tony, toy, tyee, tyne, ye, yen, yente, yeomen, yet, yo, yom, yon yen, yeomen, yet.

Below you will find ten 6 letter words, however, every other letter is missing.

Can you determine the words?

_S_E_D
_P_A_G
_R_F_R
_Y_R_D
_R_F_E
_A_B_N
_A_E_A
_O_D_G
_S_F_L
_I_S_E

ANSWERS

ASCEND
SPRANG
PREFER
HYBRID
TRIFLE
CARBON
CAMERA
HOTDOG
USEFUL
TISSUE