



THE 1555'ER

Club #1555

Sears-Halifax Toastmasters

Employee Seminar Room
Upper Level, Sears
Halifax Shopping Centre
7001, Mumford Road, Halifax

Winter 2017

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Our Executive Committee

"Love people, not things; use things, not people."

~ Spencer W. Kimball

President's Message

Time to Prepare that Speech (...continued)

Sunshine! Yes you! We had a deal! I would give you a few pointers, get you started, and in return you would tell Robin you did not get much from the article. Robin would let me off the hook. In fact, I heard from Robin (not of Sherwood). He had not heard from you! You let me down! I travelled half way around the world to Xian (see ann), ancient capital of China, I am hiding among the Terracotta soldiers. See me inside the circle? Now find me in the second pic. Nonetheless, I hear "Dave we need your follow-up article." What didn't you understand? "Use your manual!!!!".



I even gave you three key words; **map**, **recipe** and **guide**.

Recall, I suggested you take 20 minutes, perusing your manual, the time it takes to drink a cup of coffee. Coffee in one hand manual in the other. Afterward things should have been unconsciously percolating, details working out, issues resolving, thinking of additional challenges, or even a better topic - as if another mind were working in the background. As an example, when I wrote the earlier article, I was planning my trip to Amsterdam and reading a book by Jeffrey Archer, from *The Clifton Chronicles*. Out of the blue one of the characters proceeds to Amsterdam and mentions the very museum, *Rijksmuseum*, I had been researching. If I had not started thinking of a topic, my procrastinator mind would be either trying to find time or reasons not to begin.



I suggested you generate 3-5 tentative topics. Consider how each might meet the project objectives. Play with it in your mind or on paper. Consider the degree of comfort you would experience presenting each. Having selected a topic, just write out the speech, don't worry about the wording. Don't seriously consider a title, beginning, body or closing. Choose a topic from your past, something you know, hence neither learning nor recall become monumental. Preparing a speech 5 to 7 minutes long, may seem like a lifetime, but in reality, it is only two or three table topics put back to back. You may recall Rejeev Chowdhury forgot his prepared speech during the fall. He used a very familiar topic in lieu of it - his partner emigrating to Canada.

Remember those three words: map and...? If your manual is the map, if you do not follow it you will neither know where you are going nor when you have arrived. Another word was...? Come on, you remember? While cooking your mother used a...? A *recipe*! I knew you were smarter than you look, and believe me that is a good thing, Sunshine.

Use the skills (ingredients) of public speaking, speech structure, opening, body, closing, gestures, stance, voice, humour, visual aids. Below, I have listed the criteria for each of the 10 speeches in the CC manual. Taking the recipe analogy a little further - the ingredients (skills) of a good speech are:

Project 1

- a. Speak before an audience
- b. Discover skills you have/require

Project 2

- a. Use an appropriate outline
- b. Make message clear and support with contributory material
- c. Use appropriate transitions (from one idea to another)
- d. Create a strong opening/conclusion

Project 3

- a. Have an opening, body & conclusion which reinforce the purpose
- b. Try not to use notes, project sincerity/conviction, control nervousness

Project 4

- a. Select appropriate words/sentence structure to communicate ideas clearly/accurately/vividly
- b. Use rhetorical devices (simile, metaphor, alliteration, triads to enhance/emphasize ideas (pg 23)
- c. Eliminate jargon and unnecessary words
- d. Use correct grammar

Project 5

- a. Use stance, movements, facial expression and eye contact effectively and naturally
- b. Use smooth body language

Project 6

- a. Use vocal variety, volume, pitch, rate and quality effectively.
- b. Use pauses to enhance
- c. Use vocal variety smoothly and naturally

There you have it Sunshine! Seventeen skills to becoming not just a speaker, not just a good speaker, but a Great Toastmaster. But wait, those are only the ingredients, you have to prepare (cook) it in a unique manner. Otherwise, it would be tantamount to believing there was only one type of rice. Well, let me tell you, there is more than Uncle Ben's out there, partner!

Hence, on to “whipping” together projects 7-10, research & support using points and facts:

- Project 7 - Select visual aids/used correctly (can be a challenge). *Clearly show the club's history, brought to you by Mark Doyle, Toastmaster of the year.*
- Project 8 - Persuade an audience to adopt your point of view. *Why our meetings should be held on Tuesday.*
- Project 9 - Appeal to an audience using logic & emotion, using anecdotes, quotes and add drama. *Why Halifax City should only do street paving at night? (Sorry Dave H., I had to get that in.)*
- Project 10 - Inspire by challenging them to a higher level. *Why members should run for office.*

Creating Fine Cuisine

From our final regular meeting in December, Diane's table topic speech has kept running in my mind. Diane's speech was straight forward: a. she got glasses, and b. the same day her grandfather arrived from Italy. Perhaps the topic appeals because of its universality. Also, by chance quite similar to Rejeev's. How might this table topic be developed into a speech?

What were her feelings toward the glasses, what did others think of them? Seeing the world through a different set of lenses, colour, look, feel (senses). Her thoughts, comments, family, friends, teachers.



Grandfather arrived at pier 21. Background. Many have met relatives for the first time ever, or gone to visit relatives. Whose father was he, stories she had heard, what he did, why was he coming, for how long, who did he look like. Her impression of the ship. Pier 21, getting there, waiting, appearance, history, ship, noises, smells. Grandfather, seeing, appearance, respective behaviors, first impressions, voice. Pier 21 today, looking up arrivals, Ruth Goldbloom etc.

As Diane falls asleep that night, thoughts of tomorrow at school, new glasses, stranger in the house.

Now your story...

Print those pages where I listed the project criteria, use them, let them guide you. Work with it! Just write it out, from the heart. Create an opening, a hook (get people interested, involved). What are you going to tell us? Use your senses (see, smell, feel, hear, taste). It is with those senses we create mental pictures. Your emotions. Two or three facts, bits of information.

For the body: three points, enlarge upon these, be certain to bring in our senses (see, smell, touch, taste, hear). It is with those senses we create verbal pictures.

Conclusion: Reinforce, summarize or give a lesson learned.

Let us see what you are capable of, next time saying it out loud.

David Gorsline, President

Nova Scotia: Wonders of the World

LaHave Bakery's Donald Robertson Seville Orange Marmalade

One of the things I love about Nova Scotia are the little treasures you find flourishing, seemingly in the middle of nowhere. LaHave Bakery is a prime example. Situated in the countryside, on the west side of the LaHave River, near Bridgewater, it is the epitome of anachronism. You set your

watch back 50 years as you cross the threshold and enter a space when times were simple and people made that extra effort to be warm and friendly to all.



One of their masterpieces is their Donald Robertson Seville Orange Marmalade. Most people in Nova Scotia associate marmalade with those pale, insipid, sickly sweet, single serving plastic tubs you find dirty and neglected on restaurant tables. As Brent Butt once said "Hmmm... marmalade... they took the part of the orange you would normally throw into the trash, and made it spreadable!". I sympathize.

Donald Robertson bears no resemblance to that dross. Dark, rich and unapologetic, its thick bitter orange peel is perfectly balanced against the slightly sweet jam, with an orange flavour so intense it will make your eyes bulge. The added dash of scotch makes it heaven in a jar.

WARNING: this product has properties similar to crack cocaine. If you introduce others to it, many will fall victim, and you should steel yourself against any subsequent repercussions. And rest assured, there will be many. I myself have been known to spend 10 minutes in front of my cold toast, trembling, trying with various implements to desperately scrape the last stray molecules from an empty jar, oblivious to all else. I'm not proud.

One summer we rented our house to some tourists from beautiful British Columbia. We innocently left them a jar of Donald Robertson for them to try. Their parting comments left in our guest book were "we are heading to LaHave Bakery". Alas, two more victims. The poor things. Later, on one of our many trips to the store, we learned from the proprietors that "they regularly ship a case to a customer in British Columbia". My wife Mariette and I exchanged knowing looks, and then our eyes glazed over, both quietly sharing that vicarious excitement of receiving



a fresh new case in the mail, tinged with a bit of melancholy for those simpler, pre-Donald Robertson days.

When we visited Mariette's sister Michelle and husband Jean at their cottage in PEI, Mariette casually brought out a jar and asked, with puppy-dog eyes, "say, do you guys like marmalade?". Jean just looked bored. Michelle simply said "No, not really" and carried on with whatever she was doing (I don't remember what, I was transfixed by the jar in Mariette's hand). "Well, just try this" she says. When they do, and I watch their eyes suddenly widen with that predictable expression of surprise, ecstasy, and yes, a little fear, I know they are hooked.

Fast forward a couple of weeks later, we are in Montreal visiting family. Michelle strides in, in a visible huff. She is clearly very upset. She tells us she had just had a big fight with Jean. We ask what happened, very concerned. She says "He... he..." ...long pause as her lower lip quivers. "Yes... go on... you can tell us" Mariette says softly, clearly shaken up, bracing herself for the worst. "HE ATE THE LAST OF THE MARMALADE!! There was enough for one last piece of toast and the *&^%\$# ate it this morning before I got up!!!!". Mariette and I nodded sadly. Hugs all around. Life is hard sometimes. Mariette had to bring a case of 12 with her on her next trip to Montreal. We are monitoring the situation.

True story. Mostly. There are others. You have been warned.

We now have friends and family hooked on this in Halifax, Quebec City, Montreal and Ottawa. We are contemplating the ones in Toronto. Sometimes, when I'm feeling reflective, I question whether it is all worth it. But not for long.

These days we keep a large personal supply on hand, in case of a meteor strike or other apocalypse. When we get down to the last nine jars or so, we start making plans for the next bakery trip. We tell each other we look forward to our trips, but I confess there is an unspoken, quiet desperation behind it all. I keep graphs of the weather in Spain (where the oranges originate), and pray regularly for a bumper crop. We are planning some kitchen renovations, and are in the middle of designing a marmalade corner with built in toaster, butter chiller, spatula holder, incense, and a large Seville orange idol. It's not healthy.

I will keep you posted.

Tip: When you visit the store, go to the cable ferry on the east side of LaHave River, and leave your car there. You can get a free ride on the ferry by boarding on foot, then walk the short distance to the bakery. It makes a very pleasant day. Bring bags... and some backpacks... and a Sherpa or two.

Robin Murray, "Toast"master

Club News

Christmas Party

On December 15th 2016, we held our annual Christmas party, hosted by Dave Hubley. It seems like such a long time ago now. We had many very entertaining table topics, and a visit from Santa Liezert and Elf Smith, who distributed gifts and good cheer. Annual awards were presented:

- **Best Speaker:** Rajeev Chowdhury
- **Best Evaluator:** Karen Caldwell
- **Best Table Topics:** Rick Joseph
- **Most Helpful:** Ralph Smith
- **Most Improved:** Diana Gentile
- **Toastmaster of the Year:** Mark Doyle

Toastmasters Leadership Institute

The Toastmasters Leadership Institute (TLI) was held on Saturday January 21st at St Vincent De Paul Church in Dartmouth. We had five members attend, Karen, Robin, Mike, Lindsay and Helen, which gave the club a point for Officer's training. With Karen's attendance, the club received an Advanced Leadership designation.

An announcement was made that the Fall Conference will no longer be held in any district. Toastmasters International will only hold a conference in the spring.

A big announcement was that the 2018 conference will be held in Halifax/Dartmouth at the Holiday Inn in Dartmouth! This is an opportunity to promote the High Performance Leadership program to our Officers and Members.

The Division D contest will be held May 6th, Wallace Church, 9:30 briefing, 10:00 start.



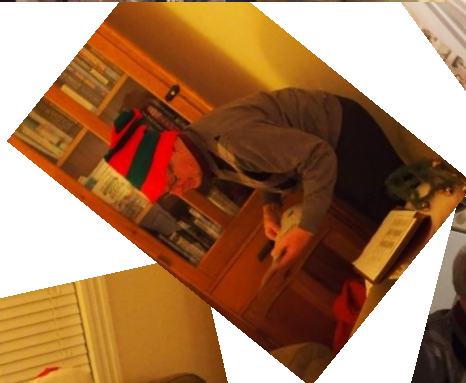
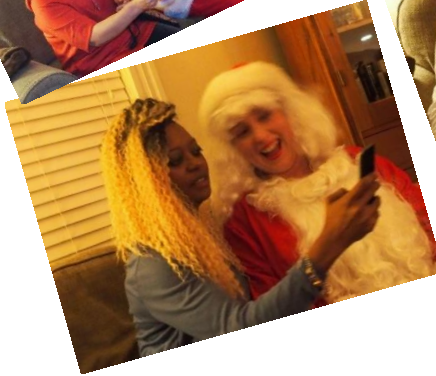
The District's contest will be held May 20th – 21st at Sunday River, Newry, Maine.

The final Fall Conference for 2017 will be held in Burlington, Vermont.

A couple of awards were presented, one for Mark Doyle's Triple Crown, and our award for newsletter of the year.

New Members

We welcomed two new members since our last newsletter: Helen Morrison and Donald Robertson. Both have performed their Icebreaker speeches and Helen has taken on the role of Secretary. Welcome aboard!



Club Elections are Coming!

Club officer elections will be held in May 2017. To register as a nominee for the 2017 – 2018 executive, contact Karen Caldwell, Past President, Nomination Chair.

Which executive role will help you transform into an effective leader?

The President:

- Chief Executive Officer/Chairman
- Meet and greet guests
- Answer questions or concerns
- Discuss issues, concerns with Members
- Assist 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
- Assist Members to achieve their goals
- Charts Accomplishments of Members & Club in Easy-Speak
- Recognizes Awards/Achievements of Members during meetings
- Informs Guest about Toastmaster 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
- Order supplies and issues cheques
- Presents a 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 and introduces VP Membership
- Calls Meeting to Order
- Once the meeting is adjourned, puts away all materials

Procrastination

Toastmasters is a great place observe human behavior. We see the good things: people helping people and people helping themselves. Throughout my years at Toastmasters I have witnessed amazing changes in people who have improved their communication and leadership abilities. Some take longer than others. I am still working on mine after 20 years!

One of the reasons that I have taken so long is because of that human characteristic called procrastination. It's so easy to wait for the time to be right to do a talk on a particular subject, like procrastination, for example. So, instead of giving a speech about procrastination I will write about it here.

I am not the only one with this behavior. During my times as V.P. Education, I saw firsthand the effects of procrastination. It is usually in the form of not being able to deliver a speech that one has signed up for.

I do not want to discourage committing to speeches so I offer these tips to help overcome procrastination:

- Set yourself a deadline ... before the commitment date. Of course you will probably procrastinate until the commitment date but your chances of completion will improve.
- Ask someone else to check up on you. Peer pressure works! This is the principle behind slimming and other self-help groups, and it is widely recognized as a highly effective approach.
- If you're putting off starting a project because you find it overwhelming, break it into a set of smaller, more manageable tasks. Start with some quick, small tasks if you can, even if these aren't the logical first actions.
- Do not put off things that you should be focusing on right now, usually in favor of doing something that is more enjoyable or that you're more comfortable doing. Prime example of this is spending time on email, especially on your hand held device.
- Avoid saying "Yes" to unimportant tasks that others ask you to do, and filling your time with these instead of getting on with the important tasks.
- Identify the unpleasant consequences of NOT doing the task.
- Promise yourself a reward for completing a task ... food, drink, sleep.

In closing, here are some plagiarized quotations near and dear to the heart of all of us procrastinators:

- If it weren't for the last minute, I wouldn't get anything done.
- The two rules of procrastination: 1) Do it today. 2) Tomorrow will be today tomorrow.
- I do my work at the same time each day - the last minute.
- Tomorrow is often the busiest day of the week.
- If you want to make an easy job seem mighty hard, just keep putting off doing it.

Ralph Smith ACS, ALB

Recipe

Moroccan Turkey Soup

This is a recipe slightly altered from a version found on America's Test Kitchen web site. I highly recommend this site as a source of recipe ideas, they are well thought out and thoroughly tested.

This particular recipe is a great way to use up left over turkey. It's very full bodied and flavourful! Some will have sampled it at our last Christmas party.

INGREDIENTS

- **2** tablespoons vegetable oil
- **1** onion, chopped fine
- **1** sweet potato, peeled and cut into 1/2-inch chunks
- **2** or **3** garlic cloves, minced
- **1** tablespoon curry powder
- **1/2** teaspoon ground cumin
- **2** or **3** Thai bird chilies, seeds removed, finely chopped
- **4** cups low-sodium turkey broth or chicken broth
- **1** (14.5-ounce) can tomatoes
- **1/2** cup long-grain rice
- **1/3** cup creamy peanut butter (100% peanuts, no added sugar)
- **3** cups leftover turkey meat, cut into bite-sized pieces
- **2** tablespoons lime juice
- **2** tablespoons Thai fish sauce, or to taste *
- Pepper to taste

INSTRUCTIONS

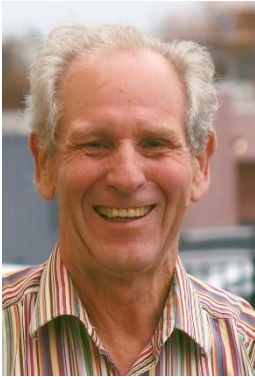
1. Heat oil in large Dutch oven over medium-high heat until shimmering. Cook onion and sweet potato until lightly browned, stirring frequently, about 5 minutes. Stir in garlic, curry powder, cumin and chilies and cook until fragrant, about 30 seconds.

2. Whisk in broth, tomatoes, and rice and bring to boil. Reduce heat to medium-low and simmer, covered, until rice and potatoes are tender, about 15 minutes.

3. Stir in peanut butter until incorporated, about 1 minute, then stir in turkey and lime juice. Season with fish sauce and pepper.

4. Monitor the thickness of the soup and keep adding more stock or water as needed. The longer the soup sits, the thicker it gets. If you add more stock, add more spices to keep things balanced. Be cautious with the cumin and lime juice, they can quickly overpower everything else if you add too much.

* Instead of using salt, try using Thai fish sauce for seasoning all your savoury dishes. On its own it smells horrible, but it is amazing how much more deep and complex your dishes will taste using this magic ingredient. Try it, you will love it!



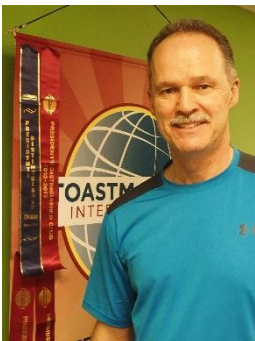
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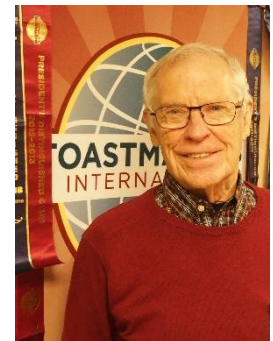
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