



THE 1555'ER

Club #1555
Sears-Halifax Toastmasters
Employee Training Room
Upper Level, Sears
Halifax Shopping Centre
7001, Mumford Road, Halifax

Spring 2017

INSIDE THIS ISSUE

President's Message

Confessions of a Winner

Go from Nervous to Excited

Club News

Musings from a Train

Recipe

*Club Elections are Coming –
May 18!*

Our Executive Committee

*“Speech and silence. We feel
safer with a madman who
talks than with one who
cannot open his mouth.” -
Emile M. Cioran*

President's Message

Time to Prepare that Speech (...continued)

“If you speak with a good voice they will listen.” - from *The Works of Plato*, a young inexperienced Senator was to give his first address in the assembly. An older and more experienced Senator gave him this advice: “If you speak with a good voice they will listen.” What exactly is meant by “a good voice?”

In essence, all those things we learn in our CC manual. I referred to them in my first article as a map or a recipe. I listed each in my second article, speech by speech. I also recommended that you speak in the beginning from personal knowledge and experience, allowing yourself to concentrate on the speech as opposed to recalling content. Draw from your past - you know it, you lived it. If you change, omit, or alter the sequence, only you will know. When I first began speaking, I was already dealing with excessive nervousness, and I didn't need the additional problems of forgetfulness, or having to recall things that I didn't know well or were difficult to remember.

So where is the problem, Sunshine? I suggest the problem resides with one of four areas.

1. Almost as a defense mechanism, we do not prepare adequately whether collecting, developing material or rehearsing the final draft. If we do not prepare or rehearse sufficiently, we have an excuse, “If I tried, or prepared more, I could have done better.” Whether a scapegoat or procrastination, it remains **only an excuse**.

2. Why do we focus on how inadequate we are or how great somebody else sounds? Focus on you, how much you have grown, how you felt when you first joined the club, and after your first speech. Most importantly focus upon doing your best, remembering the things you are great at doing. Record your speeches and review them. Meet with your mentor or somebody who will give you an honest assessment; then, incorporate some of their ideas in your speeches going forward.

It is not unusual to find you are quite nervous during speech 3, 4 or 5. Remember, you are aware of and have a greater array of skills. Try not to be too hard on yourself - sometimes it relates to your topic being something that is stretching your verbal skills beyond their current comfort level. Stretch yourself, but don't overextend.

3. Timing: This does not apply to all speakers, but enough to warrant mention. Aim to stay within the allotted time. Despite how great your speaking voice has become, listener's attention spans are only so long. My Pastor used to say, "the sweetest words to one's ear are their own name." I believe the second sweetest sound maybe the sound of their own voice. The time limits are there for several reasons, try to adhere to the limit. Aim low, hit high, they'll want more.

It seems there must be one more, whatever could it be? Umm... ah... oh yes! I will forget what I intended to say:

4. The Biggy: I'll forget. My mind will go blank.

The suggestions below incorporate various aids or crutches to assist recalling events, items, and sequences. Each is different, although they are all based on the idea that one thing can help you remember roughly five to seven others. Each method is designed to help you remember. I'll just list them, you can look them up on the internet. Choose one or two, master them, and experiment.

Chunking: Putting information into reasonable sized pieces.

Association: Relating it to what you already know.

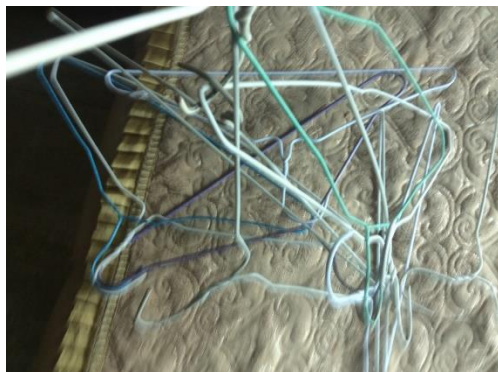
Patterning: Seeing patterns leads to easier recall.

Acronyms: Taking the first letter of each word in a group helps recall the individuals items.

Graphic organizers: Such as a web or chart.

Sensory learning (mnemonics): An example colour. You don't think it works? Try matching these correctly:

Dark Blue	CIBC
Blue	TD Trust
Red	Bank of Montreal
Green	Bank of NS
Crimson	Royal Bank



Here is a memory technique I developed. If you put several coat hangers together, they become a tangled mess. As stated above, one central thought or word (hanger) allows you to link five to seven sub-thoughts or associated ideas, and recall them.

Each hanger is a different learning technique. Use multiple techniques or repeat one many times.

You might end up with something like this! If nothing else you'll have clean clothes to wear to our meetings!

A couple of final thoughts: Subsequent to Robin's request, I was never asked why I felt qualified to write these articles. In the words of George Bernard Shaw, "those who can, do, and those who can't, teach." After almost 40 years of teaching, I feel *almost* qualified.

In closing, I firmly believe: the worst speech ever presented was far better than the best speech never given.



I wish you the best of luck, and may your next speech be given with a good voice.

David Gorsline, President

Smiles and Chuckles:



"I think it's called a scale,
but mom calls it a @\$%& liar!"



Confessions of a Winner

“Nothing of significance can be borne without major discomfort and disruption.”

I was driving to Cape Breton to visit with family for the Easter Weekend and decided to read the latest TM magazine on the way. It was like someone watching over was spoon feeding me life lessons. How timely was the article on Page 11 of the April 2017 Toastmaster magazine *The Best Coaching Ever* by Ronald Chapman... WOW! I recommend you read it, if you haven't.

“Major discomfort” has been the bane of my existence for the last several weeks in particular. Club speech contests were coming up. I had within the last couple of months challenged myself and joined the very seasoned Sears-Halifax Toastmasters Club. I had wanted to stretch my one year old Toastmaster legs and the vast pool of experience in that club is astounding. They are a large club and delivering my first speech in front of them took me back to my very first day in Toastmasters. Yikes! The fear factor was starting all over again!

During one of our meetings, our VP of Education called for speech competitors, and there was not much response from the members. There was one other female member who was considering it, but had not done it before and was unsure. At our meeting the prior week, we had our Area Director visiting and she sat beside me. She asked me if I was entering the Club contest, and I had told her no. She told me in no uncertain words...“do it!” I had booked a speech during the week before the contest and offered to move it to the night of the contest – just so there were enough people for the club to have a contest. I was trying to help out. That backfired on me – next thing I know I'm in first place and going to the next level! Oh NO!

After a week and a half of incredible stress and frantic practicing – the Area competition was upon me. I slept for about 4 hours the night before; my mind was racing through the speech, over and over like a hamster on a wheel. I was shaking like a leaf – but I did it. There were only two of us in the Area 21 competition, so I knew that morning I would be moving to the Division D level provided I didn't go over the time limit. I came first in the Area 21 Contest! Whew, I had made it through; it was such a relief to have it over! May 6th is the Division D contest – wish me luck. Remember – “nothing of significance is borne without major discomfort and disruption” – just do it!



“Of course you're allowed to have stage fright.
As soon as your talk is over.”

Tracy Gatis, CC

Go from Nervous to Excited

Just before you speak observe if you are nervous or excited. *Nervous* is how each of us feel giving our first speeches, isn't it? *Excited* is how we would like to feel - like a professional speaker giving the 500th well-prepared speech.



Early in Toastmasters I felt nervous. This surprised me, since I had taught public school for a few years and even lectured at a university a couple of times. After about 6 speeches I realized that what I was calling nervousness held a glimmer of excitement. What could I do? I found 3 steps that worked.

We can go from nervousness to excitement in 3 Steps. The first 2 steps we learn in Toastmasters:

1. **Preparation:** Nervousness comes when we feel uncertain. When we are prepared and feel confident in our material, we are less uncertain. Using content and stories we know well is a real boost for this.

2. **Practice:** Speaking is the best way to coax our nervous feelings to relax. All the club meeting roles give opportunities to practice speaking. Table Topics and speeches give us opportunities to improve our speaking skills. Knowing we have some speaking skills builds our confidence.

3. **Re-frame & use the nervousness:** When we examine our feelings, we see that excitement is already part of our nervousness. Biologically these two feelings are very close. Therefore, we can learn to "re-frame" our feelings when speaking by recognizing the excitement aspect. We can learn to say, "I'm excited". Nervous feelings can then become our friend and energize our speeches.

As I tried this idea I found myself saying "Yes, I'm still nervous, but I feel a bit of excitement too!" I began to observe myself as the time for my speech grew closer. How did I feel? Could I feel more excited as I rehearsed my speech? How could I convince my fight or flight response system that speaking is exciting and not terrifying? I looked for the kernels of excitement and highlighted them. For example, is it my topic I'm passionate about, or a new technique I'm practicing such as modulating my voice from soft to loud? I began to feel the similarities of nervousness and excitement. I learned that I could take the energy and re-frame it as my friend "excitement".



You can 'Go from Nervous to Excited'. If you prepare and practice your speech then you will be able to focus on re-framing your nervousness and use that energy to deliver a better speech.

Jane Holden, DTM

Club News

Competition Update

On our March 30th meeting, we held our competition to qualify for the International Speech and Table Topics Competition. The winners were Tracy Gatis for the speech portion, and Jane Holden for table topics. They both moved up to the Area Competition.

The Area 18/21 International Speech and Table Topics Contest took place on April 8th at St Ignatius Church in Bedford. Tracy Gatis won again the International Speech Contest and Jane Holden won again in the table topics. Great work Tracy and Jane!

The Divisions D & F International Speech and Table Topics contests will be held at Port Wallis United Church in Dartmouth on May 6, 2017. Good luck to our club representatives! Club members, please show up to help support them and cheer them on!





The competition was well organized and the speeches were amazing. In the end, both Tracy and Jane did us proud.

If you have not yet entered a competition or are unsure about how they work, come out to the next one to observe and cheer our team on. Perhaps after the experience you will be tempted to represent our club at the next one. It will certainly challenge you and expand your experience!



New Members

We welcomed two new members since our last newsletter: Tracy Gatis and Samantha Faddoul. Welcome aboard! Samantha has already done her icebreaker speech and Tracy is delivering speech after speech, leaving me speechless!

Musings from a Train

As I write this from the observation deck of a Via Rail train, heading back from Montreal to Halifax, I'm struck at the amount of space with which we as Canadians are blessed.

Having ridden the trains in Europe that (at the time) boasted speeds of 125 miles per hour, I have in the past looked down my nose at our own struggling little railway, with its slow speeds and continual extended stops in the middle of nowhere as we wait for freight trains to pass.

Viewing it fairly, though, I can understand why it's unable to hold a candle to our overseas rail systems. It's after 9 pm now, just a couple of hours out of Montreal, and apart from a few lights here and there, it's mostly just empty wilderness. How our small population has been able to sustain such a vast infrastructure, slow as it is, amazes me. It's very easy to take for granted the amount of space we have in our country.



I often hear conversations of ex-patriots from Europe who choose to live in Canada, and the story is always the same – we have so much space, and the people here are so friendly. I believe the two go hand-in-hand.

In big cities, where people are packed like sardines, stress builds, tempers flare, and good-will toward your fellow becomes a distant memory. Add a bit of space however, and suddenly things calm down, people's minds decompress proportionally, and you soon see strangers as friends, not as irritating squashed sardines.

In Canada, I think more than most other countries, there is a sense that this cramped space is easy to escape. Even in our largest cities, barring rush hour, within an hour you can be out in the refreshing, relaxing, life-giving space that most Canadians know so well.

We are especially lucky in Halifax. With a population of, at most, 400,000, we are mere guests in the wilderness that surrounds us. Just outside the city, within a few minutes' drive, you are quickly immersed in the gorgeous scenery of Sambro, Ship Harbour, Mahone Bay, The Valley, and the many other spots betwixt and beyond. The mind relaxes, and you soak it in with a faint smile.

Add to that the number of world class hiking, biking, and kayaking routes, and you begin to realize we really do live in a paradise of sorts. It may not be so obvious when you are stuck on Bayers Road at 4pm, but that's a pretty small price to pay.

The two most densely populated areas in Canada are Toronto's Union Station during rush hour, closely followed by the Halifax Sears Training room during our weekly Toastmasters meetings. If that's the worst we have to suffer, I'll take the slow trains and wide open spaces any day.

Robin Murray, Toastmaster

Somewhere between Montreal and Quebec City

Recipe

Peruvian Chicken

This is a fantastic recipe for chicken, the flavour is very assertive and unique. It comes from America's Test Kitchen web site. I reduced the salt as I found it was too much. It calls for a vertical roaster, but you can also use a rotisserie or place it vertically on a beer can with ½ the beer removed.

INGREDIENTS

3 tablespoons extra-virgin olive oil
¼ cup lightly packed fresh mint leaves
1 tablespoon kosher salt
6 medium garlic cloves, peeled and roughly chopped
1 tablespoon ground black pepper
1 tablespoon ground cumin
1 tablespoon sugar
2 teaspoons smoked paprika
2 teaspoons dried oregano
2 teaspoons finely grated zest, and 1/4 cup juice from 2 limes
1 teaspoon minced Thai bird chili
1 (3 1/2-to 4-pound) whole chicken

INSTRUCTIONS

1. Process all ingredients except chicken in blender until smooth paste forms, 10 to 20 seconds. Using fingers or handle of wooden spoon, carefully loosen skin over thighs and breast and remove any excess fat. Rub half of paste beneath skin of chicken. Spread entire exterior surface of chicken with remaining paste. Tuck wingtips underneath chicken. Place chicken in gallon-size zipper-lock bag and refrigerate at least 6 hours and up to 24 hours.
2. Adjust oven rack to lowest position and heat oven to 325 degrees. Place vertical roaster on rimmed baking sheet. Slide chicken onto vertical roaster so chicken stands upright and breast is perpendicular to bottom of pan. Roast until skin just begins to turn golden and instant-read thermometer inserted into thickest part of breast registers 140 degrees, 45 to 55 minutes. Carefully remove chicken and pan from oven and increase oven temperature to 500 degrees.
3. When oven is heated to 500 degrees, place 1 cup water in bottom of pan and return pan to oven. Roast until entire skin is browned and crisp and instant-read thermometer registers 160 degrees inserted in thickest part of breast and 175 degrees in thickest part of thigh, about 20 minutes (replenish water as necessary to keep pan from smoking), rotating bird 180 degrees halfway through cooking.
4. Carefully remove chicken from oven and let rest, still on vertical roaster, 20 minutes. Using kitchen towel, carefully lift chicken off vertical roaster and onto platter or cutting board. Carve chicken and serve.

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
- 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:

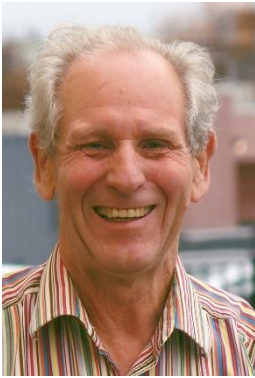
- Records the minutes of each meeting.
- Keeps records of membership attendance.
- Notifies President a list of actions to conduct during meeting.
- Records and maintains the membership contact list.

The Treasurer:

- Handles financial planning & budgets
- Collects dues
- Order supplies and issues cheques
- Presents a financial report

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



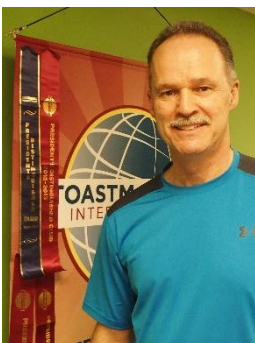
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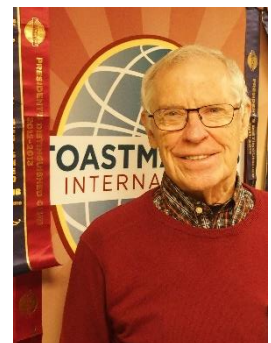
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INTERNATIONAL

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