



# THE 1555'ER

**Sears-Halifax  
Toastmasters**

**Club #1555**

Sobeys Community Room,  
287 Lacewood Drive,  
Clayton Park, Halifax,  
Nova Scotia, Canada

**Fall 2017**

## **INSIDE THIS ISSUE**

*President's Message*

*Club News*

*Lectern or Podium?*

*Canadian Moments*

*From the Archives*

*Recipe Corner*

*Club Executive*

## **President's Message**

Welcome to the 2017-18 Sears-Halifax Toastmasters year! The winds of change have hit us hard, as Sears Canada winds down its operations. After 62 years, we have made the move to a more modern, technologically equipped location at Sobeys Clayton Park. While we mourn the demise of this retail giant, we are very grateful for their generosity and support over the years.

Your executive team has been working diligently to make this the best season yet!

Aside from securing a new location, we have also conducted an easySPEAK workshop and revitalized the Mentorship Program. Members have been working towards attaining educational and leadership goals, and collectively we have achieved three Distinguished Club Points over the past three months! Let's continue this momentum into the winter months by setting and annihilating audacious goals together.

I encourage you to take the time to read through this newsletter. I promise you will learn more about your fellow Toastmasters, learn some Toastmaster survival tips, and find a tasty recipe or two. Thanks to all who have contributed.

Sincerely,

**- Lindsey Liezert, CC**

President, Sears-Halifax Toastmasters Club #1555



## Club News

### Competition Update

On September 21 we held our club Humorous Speech and Evaluation contests. Diana Gentile, Cameron Ells, and Dave Gorsline competed for the Humorous Speech, with Dave Gorsline winning. The Evaluation Contest had Karen Caldwell, Cameron Ells, and Dave Gorsline competing, and again, Dave Gorsline won. A great day for Dave!

The following week, the area competitions were held at the CIOE Radio Station in Lower Sackville, where Dave Gorsline represented our club. Dave placed third in the Speech Contest and second in the Evaluation Contest.



Consider entering into our next competition in the spring. It is a way to challenge your skills that you have learned in the club, and to expand your experience. If you don't feel ready to compete, come on out and support our club members at our next competition!

## New Members

The beginning of this season has seen a steady stream of new members joining our venerable club:

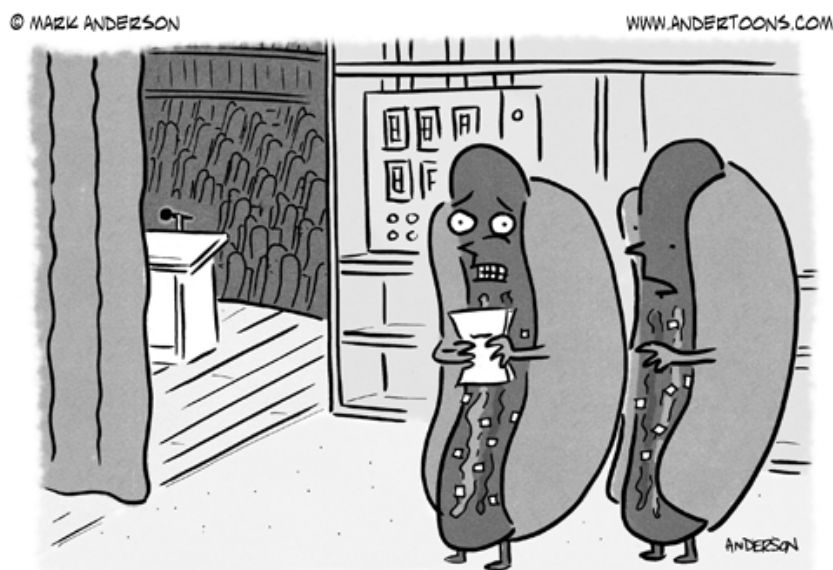
- Susan Antoft
- Mike Burfitt
- Shawn McIsaac
- Abhinayasri Neerukonda
- Norris Eddy
- Jaclyn Rankin
- Malcom Cookson
- Sophie Arsenault

Welcome aboard everyone! It has been pleasantly difficult to schedule in a speech this season with numerous members queuing up. We have had four speeches scheduled almost every week! This much activity means a lot of learning is taking place, which increases club morale.

Let's continue to promote our club and make our meeting room overflow with more new and eager Toastmasters!

## New Location

Our new location at Sobeys Community Room at Clayton Park has worked out very well. We have settled in nicely and the upgraded ambiance has been an added perk. We have sadly left behind Mickey, our club mascot (mouse), but for some, I'm sure that's regarded as a benefit too. Let's look forward to many years of prosperity at our new location!



"Just imagine them without their buns."

## Member Introductions

### Jaclyn Rankin



Hi everyone! My name is Jaclyn Rankin and I'm originally from Pictou, Nova Scotia but have lived in Halifax for about 8 years now. I enjoy cooking, baking and general craftiness. I am currently in school, taking Business Administration, while working full time as an accounting assistant at a post-production company called Accomplix Content. I visited Toastmasters as extra-credit for school but decided to join because of the experience I had previously with Toastmasters and the wonderful people at Sears-Halifax (even Rick). I hope to gain confidence in public speaking and practice my speech-writing skills.

### Shawn McIsaac



I heard many good things about Toastmasters over the years and more recently from Robin Murray.

In order to accomplish some life goals, I knew I had to work on public speaking.

Even though I've only been part of the Sears-Halifax Club for a short time, I've experienced a greater certainty and confidence while speaking in front of a group. It's been a very worthwhile endeavor, to say the least.

## Spring Conference

Don't forget our Spring District 45 Conference will be held May 25th – 27th 2018, in Dartmouth this year. This is a rare occasion to be able to attend a Toastmasters Conference only minutes from your home. You will be able to spread your Toastmaster wings, meeting new people, hearing advanced speeches, learning how to help our club grow and be more effective, and having an all-around good time! Start planning now!





# Lectern or Podium?

Ah, the one thing that will cause even the most hardened Toastmaster to shudder, referring to the lectern as a podium. So what are some of the basic guidelines we should know about the lectern?

1. It's a lectern. A podium is a platform you can stand on. So you can stand on the podium, behind the lectern.

2. You should also never leave the lectern unattended. If you are the Toastmaster or Chair, you should remain at the lectern until the next speaker arrives. As a speaker, once you finish, please remain at the lectern until the Toastmaster or Chair returns.

3. Whenever anyone is called to come to the lectern, applaud that person from the moment she or he rises from their seat until they reach the lectern. If you are the person in control, lead the applause. This helps create a welcoming environment for anyone coming up to the lectern.



**- Aidan Matchett, ACB River Talkers Toastmasters**

*Reprinted from the District 45 Can-Am Link Newsletter*

## **You have been a toastmaster too long if...**

You pick your political candidates by the absence of filler words.

You mentally time and expect all discussions in your life to end in 5 – 7 minutes.

All of your friends complete their conversations in 5 – 7 minutes and you are good with that.

You stop listening after 5 – 7 minutes and your spouse understands.

You get traffic tickets for running red lights and don't understand why because you stopped talking back at the intersection.

You applaud when the tax department tells you owe back taxes.

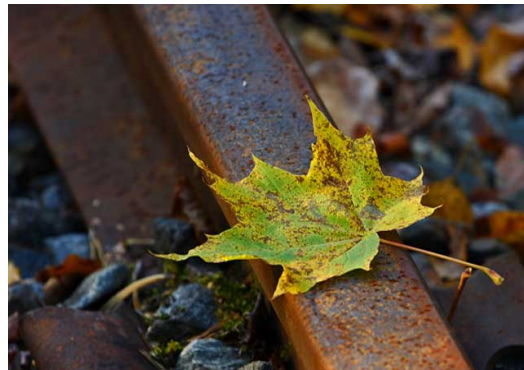
You know the difference between a lectern and a podium.

## Canadian Moments

I had the pleasure of accompanying my wife on a Via Rail trip this fall. We deadheaded to Campbellton, New Brunswick where we spent the night, with my wife working the train back to Halifax the next day.

We were delayed a couple of hours getting in to Campbellton, due to... wait for it... LEAVES. Yes, it turns out that simple *leaves* can render a modern, multi-million dollar massive piece of machinery helpless. With leaves on the track and rain making them wet, the engine doesn't have enough friction to pull the train up the inclines.

When we get stuck in the snow with a car, we can often get unstuck by moving the car back and forth until we get enough thrust built up to carry us over the snow. It turns out that the same thing can be done with a train on wet leaves, but on a much, much larger scale.



We pulled out of Miramichi Station, moving at a decent clip, and over the span of about 7 kilometers, very slowly ground to a halt. We then had to back up, moving back past the train station we just left about a kilometer, and then try again. This time we gained about another half a kilometer more than we had the first time, but eventually ground to a halt yet again. Sigh! So, back we go, past the station that we had already seen twice, for another run. Again we begin to slow down more and more, and you could almost feel the engineers at the front of the train willing the train forward, sweat running down their foreheads. This time we actually made it up over the top of the hill and we could feel the train accelerating down the other side! Our elation was short-lived, however - there were *five more hills* ahead of us to overcome! Ouch! Same thing for those hills, bbbbbbbaaaaaacccccckkkkkk aaaannnnndddd ffffffffoooooorrrrrttttthhhhh, over and over and over. It was hilarious to say the least. It felt like a real Canadian Moment.

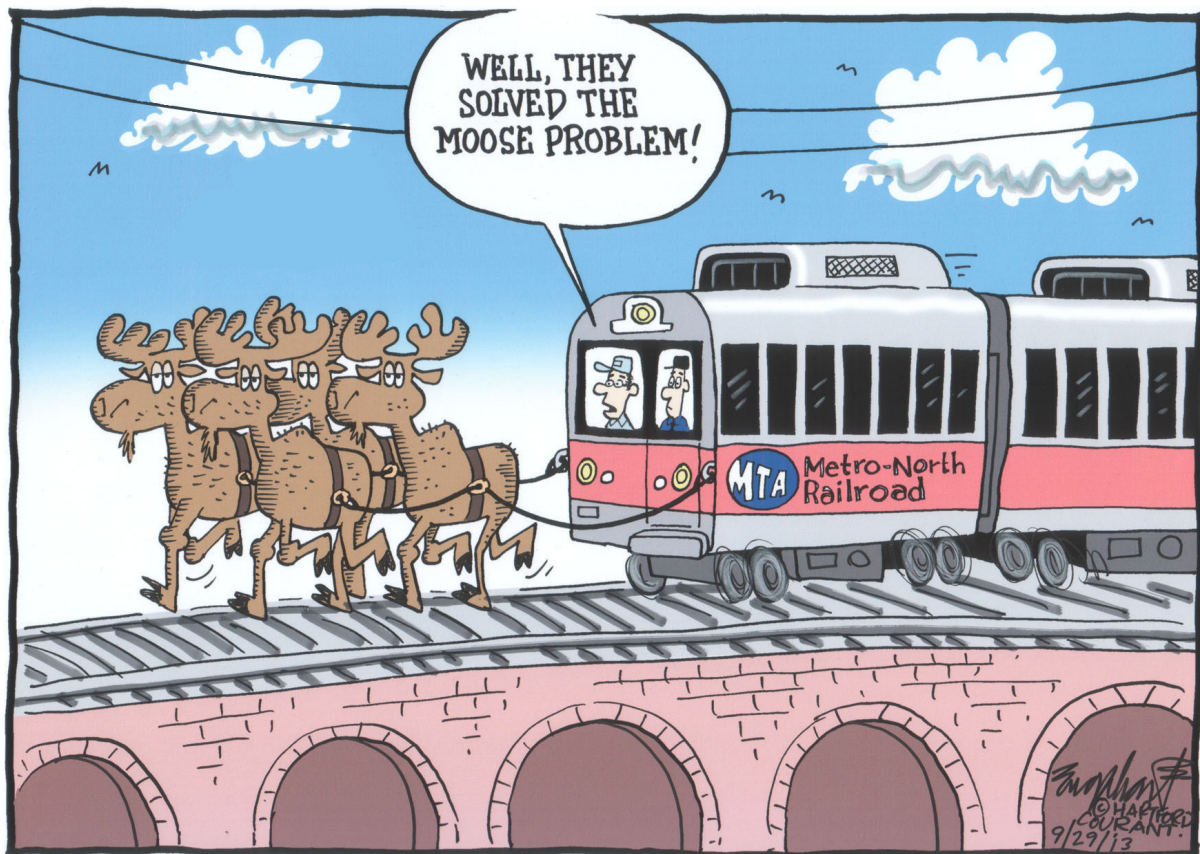
During this dizzying to-and-fro, I heard a tale of another train that had recently been delayed 45 minutes by... wait for it... MOOSE! Yep, there were two moose wandering



down the tracks in front of the train, and they absolutely refused to move out of the way! The frustrated engineers were blowing the horns and flashing their lights, and inching the train forward, and the moose would just trot along the tracks in front of them, mocking their efforts. Two hundred people's schedules thrown off by a couple of moose! Another Canadian Moment.

For some reason, I find it comforting that we in Canada are not completely insulated from the wilderness out there. In other more developed areas like Europe, we have tamed the life out of the outdoors and bent it all to our will. That seems a tad obscene to me. Even though it can be inconvenient and irritating, hearing that wet leaves and moose can still render a train helpless in Canada puts a little smile on my face!

- Robin Murray, Toastmaster



© Randy Glasbergen  
glasbergen.com



"I think I can, I think I can, puffed the little train...until he came to the sad realization that success and achievement are no longer valued or respected by much of modern society."



"My cello paid for a seat and my cello wants the veggie plate and another martini."

# From the Archives

## Remembering Jack Kiuru

*Jack Kiuru was a member of our club for 40 years. Jack had a long and distinguished career in engineering. As a registered professional engineer, he held positions in electric utility management and consulting engineering with Nova Scotia Power, Montreal Engineering and Hydro-Quebec. He was also active in community and youth services, serving as a director of the Halifax Board of Trade, the Junior Chamber of Commerce, the Atlantic Winter Fair, the SEEDS N.S. Foundation, and several other organizations.*



*Jack became Nova Scotia's first Distinguished Toastmaster in 1979 and went on to become District Governor of the Year that same year, and was elected International Director in 1980.*

*The following is an article appearing in our Fall 2007 newsletter:*

Jack Kiuru joined Toastmasters on October 10, 1969, wanting to become more proficient at speaking in public. He launched immediately into the Communication and Leadership Program, completing the 15 projects in less than three years, the equivalent of a CTM-- which did not exist at that time-- and continued into the Advanced Communication and Leadership program, earning his ATM designation three years later.

To become more experienced, Jack became involved in Club Visitation and New Club Development, which extended the Toastmasters organization through the chartering of new clubs in Truro, Sydney, Antigonish, Port Hawkesbury, Sackville as well as several in Halifax.

His introduction to the Executive came early when Jack was asked to become Sergeant-at-Arms four months after joining the club, followed by election to Treasurer five months later and Club President in 1971, during which our club attained Distinguished Club status for the first time. With the participation of the Club, he organized and conducted a Youth Leadership course for the Boy Scouts and a Speechcraft course for the Royal Bank Managers. That year, Jack was honoured as District 45 Toastmaster of the year, entering the Toastmasters Hall of Fame.

*Jack passed away in the fall of 2010.*



# Recipe Corner

## One-Pot Lemon Chicken

While traveling from the office to Toastmasters meetings, I'm always looking for a quick meal. This is one of my favorites. It's fast, flavorful and so simple!

### Ingredients:

- 4 boneless, skinless chicken breasts
- 2 Tbsp butter
- 1 cup rice (white or brown – not instant)
- 2 1/4 cups chicken broth (or veggie broth)
- Juice of 1 lemon
- ~1 tsp Italian seasoning
- Salt and Pepper to taste

### Instructions:

1. Place a pan (that has a lid that matches) over medium heat and melt butter. Season your chicken with salt, pepper and Italian seasoning

2. Place chicken in pan and sear until brown. Flip and brown on the other side, then remove from pan. Your chicken will still be raw on the inside. Make sure you brown the chicken as much as you like chicken browned here – this is basically as dark as it will get. It will cook more once we place it back in, so don't be worried.

3. Mix rice, broth, lemon juice and Italian seasoning in your pan (no need to clean!). Place chicken back on top.

4. Cover on medium-low heat for roughly 20 minutes. SERVE!



- **Maggie-Jane Parker, Toastmaster**

## Buffalo-Ranch Chicken Dip

### Ingredients:

- 2 bricks cream cheese, softened
- 1 cup ranch dressing
- $\frac{3}{4}$  cup buffalo sauce (like Frank's)
- $\frac{1}{2}$  packet ranch seasoning mix
- 2 chicken breasts, cooked and diced
- 2  $\frac{1}{2}$  cups cheddar cheese, grated and divided
- pepper, to taste

### Instructions:

1. Mix cream cheese, ranch dressing, buffalo sauce and seasoning mix in a large bowl.
2. Add chicken, 2 cups of cheese and pepper. Mix to combine.
3. Spread mixture into a baking dish (or a bread bowl).
4. Top with remaining cheese.
5. Bake at 350F until bubbly and heated through (15-20 minutes)
6. Serve hot with tortilla chips, pita bread, carrots, celery or whatever you like!



**- Jaclyn Rankin, Toastmaster**

### Indigestibles...

*What do you call cheese that isn't yours? Nacho cheese!*

*What did the baby corn say to its mom? Where's my pop corn?*

*What do you call a fake noodle? An impasta.*

*What does a nose pepper do? Gets jalapeno business!*

*What's in an astronaut's favourite sandwich? Launch meat.*

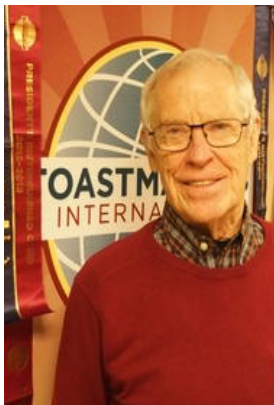
*What do you get if you divide the circumference of a Jack-o-lantern by its diameter?  
Pumpkin pi.*



**Lindsey Liezert, CC**  
*President*



**Rick Joseph, DTM**  
**ALB**  
*Secretary*



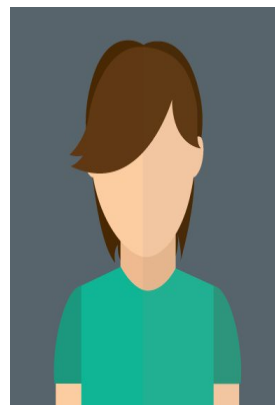
**Raph Smith, ACS**  
**ALB**  
*VP Education*



**Tony Easton, CC CL**  
*Treasurer*



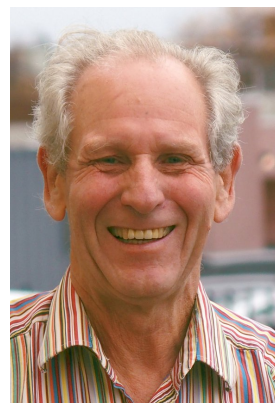
**Mike MacDonald**  
*VP Membership*



**Dianna Gentile, CC**  
*Sergeant-at-Arms*



**Robin Murray**  
*VP Public Relations*



**Dave Gorsline, ACG**  
*Past President*

Your executive for the 2017-2018 season.