



Sears-Halifax Toastmasters

Club #1555

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

Spring 2019

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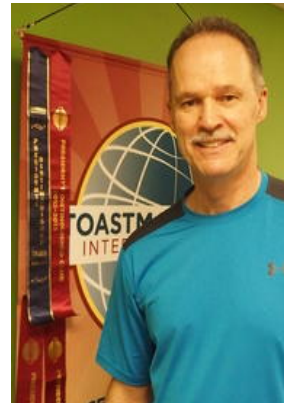
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President's Message

Dear fellow Toastmasters:

We are approaching the half-way mark for our first full year under the new Pathways learning paradigm. It has been great to see how quickly Sears-Halifax Toastmasters has accepted the challenge. Members are setting goals and several members have already achieved Path levels and they are working hard on their next tier.



We would like to congratulate Jackie Benedict on completing her Distinguished Toastmaster Designation (DTM) with us. Sears-Halifax Toastmasters has several members working on advanced projects and their DTM designations. Exciting times!!

Sears-Halifax Toastmasters was well represented at the recent Toastmasters Leadership Institute (TLI) held in Dartmouth; it was a great learning experience for our Executive Team. The knowledge gained at the TLI will serve our club well moving forward.

Our club is very vibrant and growing steadily. This is reflected in the number of speakers we have weekly and will help thrust us towards to reach our Distinguished Club Point goals. I can safely say, we are well on our way.

It's going to be a great second half of our toastmasters year. If the second semester is anything like the first, we can expect more new members and exciting club meetings! I can't wait.

Sincerely,

Mike MacDonald, CC/ALB

President

Sears-Halifax Toastmasters Club #1555

Club News:

Our 2017-2018 Awards Dinner was held December 13, 2018; in conjunction with the Club Christmas Party; held at The Lower Deck, Lacewood Drive, Halifax.

EmCee for the evening was TM Russell Wnuck.

Table topics were led by TM Jaclyn Rankin.

The following awards were presented for the 2017-2018 year:

- Toastmaster of the Year: **Robin Murray, CC/ALB**
- Best Speaker: **Shawn Mclsaac, CC**
- Best Evaluator: **Tracy Gatis, ACB/ALB**
- Best Table Topics Speaker: **Shawn Mclsaac, CC**
- Most Improved: **Robin Murray, CC/ALB**
- Most Helpful: **Tony Easton, CTM**

Congratulations to all our winners!

The evening ended with a visit from Santa Claus.





Toastmasters Leadership Institute - What's It all about ?



Toastmasters Leadership Institute (TLI) is leadership training, provided twice per year, to all club members; especially for our Club Officers. This training is designed to assist our Club Officers in guiding our club and members to achieve the requirements set out by Toastmasters International and to introduce the benefits of Toastmasters to leaders to our members.

Any Toastmaster in good standing may attend the training sessions. It is an opportunity for members to meet and learn from other Clubs, Areas, Divisions and District Officers. It also gives those members interested in taking on an executive role in our Club in the future.

The training is vital to develop our leadership. The training sessions are designed to assist our officers to reach the goals for District 45. In turn, this information is shared with the members of the club; ensuring success of our Distinguished Club Program. Just by attending the two TLI sessions; we receive points toward our Distinguished Club Goals.

This year the TLI was held Jan 31, 2019 at Saint Vincent De Paul Stewardship Centre , in Cole Harbour. During the sessions the participants were taught how to apply the concepts of effective leadership; which included an understanding of roles and responsibilities. Presentations were given on effective evaluations and parliamentary procedures. A presentation on the new Pathways Program was held, providing tips and a Q and A session. Those in attendance were given an opportunity to discuss areas of concern. This was the

first time for me to attend the TLI. I was impressed with the organization of the event. It was a full house with high energy and a great success!

Colette Weare, TM

Vice President of Public Relations

What a Loser!

I first joined Toastmasters in April 2016. I had a life long history of being absolutely terrified at any thought of public speaking of any kind, and had no real hope of ever becoming remotely competent. I joined the Sears-Halifax Club with the vague notion of learning some techniques to hide my fear so people didn't know my insides were slowly turning to jello when their attention was turned to me. This was my goal.

I distinctly remember one of the first conversations I had with my mentor Rick Joseph. He told me that within a year I would be up in front of the meeting, doing major meeting roles like Toastmaster and Chair. I responded immediately with an involuntary spitting guffaw, rolled my eyes and shook my head. "Yeah right", I said, "not in a million years". I would be lucky to just get a couple of stumbling, mumbling speeches out before running for the door.

Well, by the latter half of 2018, I had earned my Competent Communicator, my Competent Leader and my Advanced Leadership Bronze, giving me a Triple Crown to boot! I had presented about 15 speeches, several at other clubs I visited. Just as Rick had predicted, I was taking on all the club roles. My Toastmaster journey started out with me dragging my feet to each meeting, loathing the feeling of nerves, the pounding heart, the sweats, the suppressed rapid breathing - and this just to get through my member introduction at the start of each meeting!

I sat back for the first two or three sessions, waiting for someone to tell me when I was supposed to speak, what I was supposed to speak on, and for how long. That's the way it always was with me you see - I never sought out speaking opportunities, they were always thrust upon me, whether I wanted to do them or not. I always felt forced into it and trapped. As the club meetings drifted by, it began to slowly dawn on me that no one was going to pressure me to do anything. It was up to "me" to grab myself by my own undies and give them a good yank; if I was going to get anything out of the program.

That was an early turning point. The dim light went on that was up to ME to decide when I was going to speak, what I was going to speak about, and for how long. No one was dictating any of this. It was MY choice. MY decision. That changed my whole attitude to speaking, and brought out in me a real desire to learn the necessary skills for myself, not for anyone else. Even so, my first few speeches were timid, shaky affairs that are best forgotten, but I was able to take something away from each experience and build on it for subsequent speeches.

And then there was our club. The atmosphere in the club produced major seven-league boot stride improvements. The evaluations allowed me to take the many failed aspects of my speeches in stride, and to also look at what I did right. The vast quantities of laughter at each meeting helped remove the heavy, suffocating seriousness from the whole experience. Gradually, over time, the nerves, the jitters, the terror slowly shifted to become more and more excitement. Was I dragging my feet to each meeting? NO! I looked forward to each one as an opportunity to recharge my mental batteries and feel energized once again. On those occasions when I delivered a speech; which I regarded as a large improvement; I knew I would be so pumped after the meeting that I would have no hope of getting any sleep that night!

The latter half of 2018 arrived, and my buddy Shawn pushed me to enter into a competition. He told me what I needed to hear: that I should "expand my sphere of discomfort". I tried hard to come up with a reason why I shouldn't do it, but failed miserably, so agreed, and, heart in mouth, entered the Humorous Speech Contest. Shawn placed first, followed by Rajeev, and I placed third. I thought "Well, wasn't that fun, better luck next year!", but later I was told that Rajeev couldn't attend the Area competition, making me suddenly eligible to compete. Gulp! On to the Area competition. With club members, family, and friends in attendance, I won that one! How the heck did that happen? Oh no! Now I have to go on to Divisionals! Gulp, gulp!

The Saturday morning of the competition arrived all too soon. I was, very naively, hoping to draw first speaker position so I could get mine done early and relax for the rest of the show. My wish came true! I drew number 1. Big, big mistake! It's a weekend morning, people are still trying to drive coffee into their guts, eyes propped open at half mast. Here I found myself trying to warm up a hostile audience with a humorous speech! All I got back was sleepy, bored yawns, and, from more than a few, actual scowls! Seriously! Scowls!

This was my very worst nightmare coming true. How would I ever survive this? I powered through, completed my 5-7 minutes, and sat down, somewhat in shock, waiting for the clouds of failure to descend on me.

You see, in my mind, "success" equated to "never failing". Failing was supposed to be so awful, so humiliating, that I would rather just become invisible for the remainder of my short life. Toastmasters was supposed to make failure impossible! That's why I was in this program, so I wouldn't fail!

But after about an hour, I realized something very major. Yes, of course, the Toastmasters program, and our club in particular, gives you the confidence to succeed.

But, more importantly, it gives you the confidence to fail.

I left the competition with my tail between my legs, but the clouds never descended. I didn't writhe in humiliation for the next six months. My attitude was "Well, that really sucked. Where are we going for lunch?". There were no lasting after effects, just another lesson learned, another speech under my belt, and more experience gained.

Learning how to confidently fail is, funnily enough, the true path to success and freedom. And that, my fellow Toastmasters, is the true art that "IS" the Toastmasters program.

--

Robin Murray, CC/ALB

Secretary

Contests – Victory and Defeat

Last April I competed for the first time in the International Speech Contest. I did it upon the suggestion of my mentor as a way to expand my comfort zone. Being fortunate enough to win at the Club and Area levels, I was now on to the Divisional level.

A bigger audience, more competitors and an opportunity.

I prepared a lot.

I practiced my speech every day.

I did it start to finish seven times the night before and six times that morning.

You can practice so much that you grow tired.

The Contest Chair announces my name and speech title:

“Shawn Mclsaac, I Got This...I Got This, Shawn Mclsaac”

I sense a bit of nervous excitement and go on stage. In that moment I wish I had a different speech. One that was perhaps more entertaining. My speech was a bit somber at times describing a difficult moment in life. Regardless, it was my time to deliver.

I look out into the audience, a full house. Some familiar faces and plenty I have never met. I work my way through the speech, transitioning from one segment to the next. The Timer turns on the green light at the 5-minute mark and I was a bit further along in my speech than I had practiced, which told me I was rushing just slightly.

I felt strong. I felt confident. I completed the speech with a sense of satisfaction that it went how I wanted it to.

In the end I placed second. I lost to someone who was in Toastmasters for a decade. In many aspects I won. I performed how I wanted to. I grew as a speaker. I expanded my level of comfort significantly. It was also something I could build upon to become a much better speaker going forward.

I see a lot of benefit to competing in contests. It is about competing against yourself, pushing to become a higher-level speaker. It is another aspect within Toastmasters to further your development.

If you are considering competing, I would certainly suggest doing so. It's a friendly arena. We're all here working towards improvement and our culture is big on encouraging one another.

Shawn Mclsaac, CC
Vice President Education

Good Day Fellow District 45 Toastmasters

I would like to welcome any and all District 45 Toastmasters that are qualified to put their name forward for the following position(s) for the 2019-2020 Toastmaster year: You can also nominate another Toastmaster for a position.

District Director
Program Quality Director
Club Growth Director
Public Relations Manager
Division Director for Division A-G

You can find the description of these roles on the Toastmasters International Website- click on Leadership Central - District leader Tools - Leadership Roles. I have also attached a copy of District Leadership Competencies for your convenience.

Nominations will be open until March 18, 2019 at 5:00 pm EST
Nominations are to be emailed to d45.sandrahachey@gmail.com

The forms can also be located on the District 45 website.

Officer_Agreement_And_Release
District_Leader_nominating_Form
Call_for_Nominations
District_Leader_Competerencies

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Sandra Hachey, DTM
District 45 Leadership Committee
D45 Immediate Past District Director
Toastmasters International
Where Leaders are Made

Are You Ready !!!

Club officer elections will be held in May 2019. To register as a nominee for the 2019 - 2020 executive, contact Mike MacDonald.

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

Club Officer Roles

Each of the officers in a Toastmasters club has certain responsibilities to fulfill in supporting the club and its members. There are seven officer positions within each Toastmasters club; both to spread the workload fairly and to expand the leadership opportunities for club members.

Filling an officer role does not mean that you are required to do the job alone. Being an officer simply means that you are responsible for ensuring that the job gets done. As an officer, you are allowed - indeed, encouraged - to ask other members of the club to help you fulfill your duties.

Our club elects new officers every once a year at the first Club meeting in May. They hold their office from July 1st to June 30th of the next Toastmaster fiscal year.

Preparing to Be a Club Officer

If there is a particular Executive role you are interested in, reach out to the current member holding that role or the President to chat with them about the responsibilities! You can also search the Toastmasters International website for further information.

Transferable Skills

Do you think **that being a club officer is all work and no benefit? Think again! Check out the transferable skills you can develop by being a club officer. It's a win/win for all! A table showing the transferable skills for each office is attached!**

Club Executive Team

Collectively, a club's officers are referred to as the club's Executive Team. The club officer positions and their respective responsibilities are listed below:

- President
- Vice President Education
- Vice President Membership
- Vice President Public Relations
- Secretary
- Treasurer
- Sergeant at Arms
- Immediate Past President (Not an Elected Position)

President

The President is the chief executive officer for the club. The primary responsibilities of this role involve the general supervision and operation of the club.

The President presides at club meetings and directs the club in meeting the members' needs for educational growth and leadership. In cooperation with the other officers, the President establishes long-term and short-term goals for the club.

In addition to his or her club role, the President is also a member of the Area Council. The Area Council is the management team for all of the clubs in each area. The council helps each club in their respective areas provide a positive and supportive learning environment in which every member has the opportunity to develop communication and leadership skills. Additionally, the Area Council helps keep clubs focused and on the Distinguished Club Program to achieve goals.

Transferable Skills: Team building/Leading, Strategic Planning/Guidance, Conflict Resolution, Negotiations/Project management, Meeting Facilitation, Time Management, Parliamentary Processes, Consulting, Coaching and Networking.

Vice President of Education

Vice President Education The Vice President Education (VPE) manages all educational programs within the club. The primary responsibilities of this role involve ensuring that all members continue their progress toward their own individual educational goals.

The VPE plans, organizes, and implements meeting schedules to include speeches, educational modules, and other events sufficient to meet both individual and club objectives. When members complete a speech or other major achievement, the VPE will submit that information to Toastmasters International to ensure proper recognition. New members will receive orientation and be assigned a mentor by the VPE.

In addition to his or her club role, the Vice President Education is also a member of the Area Council.

Transferable Skills: Scheduling, Conflict Resolution, Negotiations, Strategic Planning, Time Management, Recognition Incentives, Event/Meeting Planning, Personnel Development, Career Planning, Training and Networking.

Vice President Membership

The Vice President Membership (VPM) manages the activities that sustain and increase the number of members in the club. The primary responsibilities of this role involve marketing and some administration.

The VPM plans, organizes, and implements a continuous marketing effort to ensure that club membership remains above club charter strength (20 members). This is accomplished both by retaining current members (working with the VPE) and by gaining new members. The VPM is responsible for the annual membership dues submission to Toastmasters

International and for keeping the membership roster and attendance records. In addition to his or her club role, the Vice President Membership is also a member of the Area Council.

Transferable Skills: Personnel Orientation, Personnel Development, Career Planning, Customer service, Public Relations, Reward/Incentive, Planning, Campaign Development, Marketing and Sales, Consulting, Seminar Development and Networking.

Vice President Public Relations

The Vice President Public Relations (VPPR) manages the creation and maintenance of the club's image. The primary responsibilities of this role involve both internal and external communications.

The VPPR plans, organizes, and implements programs to maintain the positive image of the club and of Toastmasters for an audience consisting of all guests, members and the general public. Common activities in this role include press releases, publicity campaigns, website maintenance, media representation, and club newsletters where available.

Transferable Skills: Media Relations, Campaign Development, Reward/Incentive, Planning, Consulting, Journalism, Publications, Advertising and Promotion, Photography, Graphic Design, Seminar Development and Networking

Secretary

The Secretary manages all record-keeping and correspondence. The primary responsibilities of this role involve handling administrative details between the club and Toastmasters International and keeping the club's documents available and up-to-date.

They update membership records, maintain club and officer lists, and past club records. The Secretary also records and reads the minutes for club meetings; including the minutes of the Executive Team.

Transferable Skills: Report Writing, Policy Administration, Purchasing, Order Processing, Historian/Librarian, Research, Document Control and Event Coordination.

Treasurer

The Treasurer manages the club's financial health. The primary responsibilities of this role involve handling the club's finances, including the collection of club dues and the payment of all bills.

The Treasurer receives and disburses funds to further the operation of the club and its officers. All club accounts are managed by this office. Annually, the Treasurer must notify members of dues collection and then collect club dues from each member.

Transferable Skills: Budget Preparation, Revenue Tracking, Revenue Forecasting, Revenue Generation, Money Management, Policy Administration, Purchasing and Consulting.

Sergeant at Arms

The Sergeant at Arms (SAA) manages the club's meeting facilities and decorum. The primary responsibilities of this role involve all those tasks expected of the host of the meeting.

The SAA arranges the room and setup for all meetings, sets out and cares for the club's materials and supplies, and they greets guests and members as they arrive at the meeting. They register guest and seat them with more experienced members to help with understanding the meeting and its various roles.

Transferable Skills: Report Writing, Inventory Management, Master of Ceremonies, Interpersonal/Communication Skills, Customer Service, Negotiations, Consulting and Event Planning.

Immediate Past President

The Immediate Past President guides and supports the Executive Team. It is the only non-elected position on the Executive. The primary responsibilities of this role involve serving as a resource for new officers and ensuring continuity with past terms.

The Immediate Past President chairs the Nominating Committee, assists in preparing the Club Success Plan, and promotes the club's efforts to be recognized under the Distinguished Club Program.

Transferable Skills: Team Building, Strategic Guidance, Consultation, Training, Coaching, Career Planning, Parliamentary Processes and Policy Administration

District 45 Pathways Update – announcing our Everest Award winners and a NEW CONTEST!

Hi fellow District 45 Toastmasters! Carl Duivenvoorden, your District 45 Pathways Chief Ambassador, here.

FIRST, I'm delighted to announce that the following 32 clubs have won the District 45 Everest Award, **a special award recognizing every club that had 100% of its members enrolled in Pathways by December 31, 2018:**

2211 Toastmasters
Amoskeag Better Communicators
Bagtown Babblers
Blueberry Hill Club
BrattleMasters
Brunswick Toastmasters
Charlottetown Toastmasters Breakfast Club
ComMunique Acadie
Concord Toastmasters Club
Dartmouth TIC Talkers Toastmasters Club
Dartmouth Toastmasters Club
Dirigo Toastmasters Club
Electrically Speaking Toastmasters
Golden Club
Greater Portland Toastmasters Club
Harbourside Club
Keene Toastmasters Club
Kennebec Valley Toastmasters
Kennebecasis Club
Manulife High Tide Talkers
Merrimack Motivators
Millyard Toastmasters
Mt. Washington Valley Toastmasters
Portland Harborside Toastmasters
Rise and Shine Advanced Toastmasters
Running Hill Toastmasters Club
Saint John Club
Spotlight Toastmasters Club
TD Legendary Leaders Toastmasters
White Mountain Toastmasters
Woodfords Toastmasters Club
Yarmouth Toastmasters Club

SECOND: if your club isn't listed above, don't despair! Since many clubs were SOOOO close, just missing out by one or two members, I'm pleased to announce a 'consolation' prize: the District 45 K2 Award. It will be presented to clubs that achieve 100% Pathways enrollment by April 30, 2019.

Why 'K2'? Because K2 is the second highest mountain in the world, mere meters shy of Mount Everest. (<https://en.wikipedia.org/wiki/K2>). If achieving 100% Pathways enrollment by December 31, 2018 was 'Everest-worthy', surely achieving it by April 30, 2019 is 'K2-worthy'!

So, if you haven't yet enrolled in Pathways, help your club summit K2 – and put yourself in the driver's seat to personal growth and success – by enrolling today! (It's fast and easy: just log-in at www.toastmasters.org, select the Pathways tab and complete the needs assessment.) If you're a club leader not yet enrolled, inspire your members into action by enrolling yourself now!

Need a bit of help learning and navigating Pathways? Every club has been assigned a Pathways Guide to offer all the support you need; find your club's Pathways Guide here: www.d45.toastmastersclubs.org/pathways.html.

Best wishes for success in Toastmasters, and please don't hesitate to send me a note if you have any questions about Pathways.

Carl Duivenvoorden, DTM
District 45 Toastmasters Pathways Chief Ambassador
info@changeyourcorner.com

CONGRATULATIONS to all club members and leaders! Everest Awards will be presented at our Spring Conference in Sunday River, ME May 17-19.

PS: Is achieving a Distinguished Toastmaster (DTM) or other designation under the legacy educational program on your horizon? If so, consider making a list of all the requirements you still need, and developing a work plan to complete them by June 2020, the end of the two-year overlap between Pathways and our legacy program. Questions? Please email me directly and I'll be glad to explain more and help. Several members already have, and now have solid work plans to help them achieve their goals!

District 45 Toastmasters



District Events

- 6th Area 1 & 18 International Speech and Evaluation Contests
- 6th Area 13 & 19 Spring International Speech and Speech Evaluation Contests
- 6th Area 4 International Speech and Speech Evaluation Contests
- 6th Area 5 International Speech and Evaluation Contests
- 7th D45 Webinar 7PM EST Topic: Judging Workshop
- 13th Division A – Areas 12/16/23 3-in-1 Speech Contest. Hosted by Penmen TM Details to follow
- 15th D45 DEC Meeting 7PM EST
- 21st D45 Webinar 7PM EST Topic: Beat the Clock

