



Sears Halifax Newsletter

February 2022

**Sears-Halifax
Toastmasters**
Club #1555

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**Toastmaster Leadership
Institute TLI**
Feb 2022

We meet every
Thursday
from 6:15 to 8:15pm

For more information,
visit our website
<https://searshalifaxtoastmasters.com/>

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President's Message

It is my privilege to serve as the President for Sears Halifax Toastmaster Club 1555 for 2021 – 2022.



The Club Executive and I are eager to provide support and guidance to current and new members throughout the year, to help each of us become more confident and competent in both Pathways and leadership!

Leadership and professionalism will be some of this year's hallmarks. The Executive's mission for this year is to ensure the provision of a mutually supportive and positive learning environment, so that each member can develop their speaking, listening and leadership skills.

The Executive encourages every member of the club to consider contributing to one or more of the committees under the direction of your Executive. Spread your wings and come make

a difference in your club.

There are plenty of opportunities to contribute to our club; by providing information or articles for our website and newsletter, assisting with membership campaigns, and mentorship of other members. All of the contributions will help you become the best you can be as a leader and communicator.

As you take on speaking and leadership projects that move you towards your goals, remember to have fun, simply believe in yourself - you have the courage to conquer your fears, keep on learning, moving forward and never hesitate to ask for assistance!

Karen Caldwell, DTM2
President 2021 – 2022
Sears-Halifax Toastmasters 1555



Sears Halifax Newsletter

February 2022 continued

Annual Awards Presentation

Our Annual Awards Presentation conducted by Sifiso Mandoko and Ralph Smith

Hearty congratulations to the winners:

Toastmaster of the Year:
Tracy Gatis



Best Speaker:
Jim Hanifen



Best Table Topics:
Shawn Mclsaac



Best Evaluator:
Karen Caldwell



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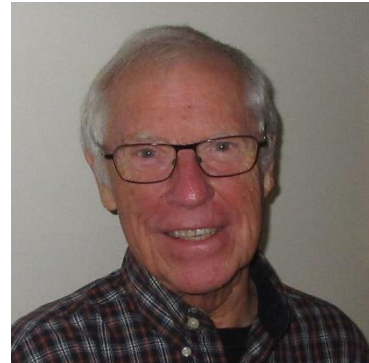
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Most Improved:
Karina Sanford



Most Helpful:
Ralph Smith



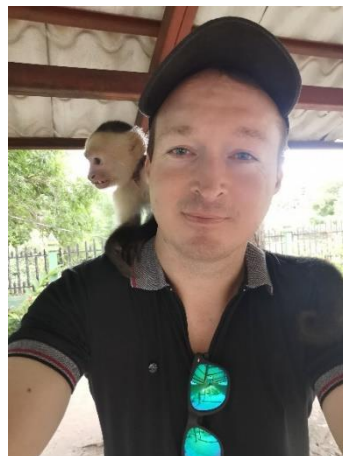
The Travelling Toastmaster

- **Shawn Mclsaac**
Club Past President

January 2021, despite all the craziness, I decided to visit Central America.

I had recently changed jobs which allowed me to work from virtually anywhere with a good internet connection. It was one of the main reasons for switching.

I had a goal of spending six months in Latin America to really work on my Spanish. I had no idea whether I would be able to do this. Turns out, I ended up being here for almost eight.



2022 is the year I would like to dedicate to exploring more. I have never been to South America. Cali, Colombia is at the top of my list. After all, it is the salsa capital of the world! (The dance not the dip).

Since Sears-Halifax Toastmasters is online, I still get to participate despite not being anywhere near Halifax. With changing time zones, I often have to figure out whether or not it is 3pm or 4pm local time I should be logging in. Getting to see our club members both seasoned and new, makes it worth it.

(With my friend Paco. We did a livestreamtogether!)

I do not know exactly what the future will bring, but in the meantime, I plan on living life as best I can. Adventures and mishaps also make for fun speeches!

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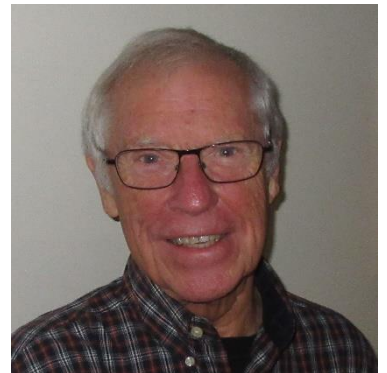


Two Things I never disclose to Toastmasters

- **Ralph Smith**
Club Secretary

There are two things I never like to disclose to Toastmasters. First, my age and second, how long I have been a member of Toastmasters. The first is for obvious reasons but the second requires an explanation so here goes;

I have seen many members come and go over the years. Regardless of how long they stay, most have benefited from their experience. Many improvements in presentation skills are truly remarkable and probably resulted in advancement with their own businesses or careers. I have seen consistent Ah Kings and Queens changed to never achieving that dubious distinction. I have watched nervousness become unnoticeable. Many members whose first language is not English have become more understandable and my hearing is not so acute anymore. Even smooth talking new members become even more polished.



This leads to my second non-disclosure; my time as a member. Whenever there is a break, like, over the summer, I lose a lot of the momentum I achieved at the previous session. I am still often the Ah King and discomfort at getting up to speak returns. Therefore, I really do not want to admit that I am still not cured after all these years.

And there are the other objectives of Toastmasters. Leadership, for example, which I would say, includes parliamentary procedure. Members have learned how to run meetings that they never had the opportunity to do so before. Robert's Rules of Order are commonly accepted, they work, and that is what Toastmasters teaches.

In conclusion, Toastmasters has helped me improve my ah problem but not eliminate it. It has helped me get up and speak before a group but I still need to practice. However, these are not the only reasons for coming back. It is really interesting to see people improve and then there's opportunity to give back a bit. And finally yet importantly, the club has always had wonderful people to work and socialize with.

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Newbie Toastmaster

- **Karla Moore**
Vice President – Membership

One hot, humid day in August 2021, I attended an education session to learn *how to prevent dementia*. One tried and tested strategy is doing some type of activity that demands a lot of cognitive skills. Not so much like a puzzle or Sudoku, something more cognitively demanding.



Later on a sunny, perfect temperature day in September, the province was entering its fourth wave of the COVID-19 pandemic. To get involved in a thinking activity during another possible lockdown with a supportive social group, I added the support piece - my good friend, who has been a Toastmaster for many years, talked about **Sears Halifax Toastmasters** and how it would fit the bill. I attended a couple meetings as a guest and joined the club.

On a cool fall day in October, I was asked if I would consider being the Vice President of Membership during one of our weekly meetings. Sure! I quickly learned the ropes of being VP of Membership and realized I was also part of the Executive Committee.

A lot of new learning being a new Toastmaster, VP of Membership and part of the Executive Committee in 2 months! Sure, I made some errors, but that is OK. I am gaining experience, confidence and learning from my mistakes.

My advice - "Accept unplanned opportunities that are a little outside of your comfort zone. It can be a positive experience and Toastmasters is a great place to learn and grow".

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An old treasure I found under a bed

- **Marsha Greenan**
Treasurer



New newspaper clipping from the early 1960s.



I was delighted to find this newspaper clipping of my father (George Smith) from the Moncton Toastmasters Club while helping my mother go through old photos. This photo was taken in the early 1960s and was likely published in the Moncton Transcript.

It was a full-circle moment to learn that my father held the position of Secretary-Treasurer as I hold the Treasurer position at Sears Halifax.

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Energy Bites for those boring winter days

- **Ashitha Nayak**
Vice President - Public Relations

I love these little energy bites because they are easy to make with simple pantry ingredients that I almost always have on hand. They are super easy to mix up and roll into cute little energy balls. (Or if you would like to save time, you can press the mixture into a parchment-covered baking dish, and then cut them into energy bars.) They are the perfect make-ahead recipe to keep on hand for healthy snacking or breakfasts. And most importantly, they are just *irresistibly good!*



To make these energy bites recipe, you will need the following ingredients:

Old-fashioned oats: Also called rolled oats — these will serve as the base ingredient for our energy bites.

Shredded coconut: Which I highly recommend toasting — either briefly in the oven or in a sauté pan — before adding to the energy bites. (Just be sure that they have cooled before adding in the

chocolate chips, or the chocolate may heat and turn a bit melty.)

Creamy peanut butter: I have used both traditional creamy peanut butter and natural creamy peanut butter in this recipe, and both work!

Ground flaxseed: To add some extra protein, fiber and omega-3s to our energy bites.

Semisweet chocolate chips: I photographed this recipe with standard-sized semisweet chips, but mini semisweet chips mix in easier.

Honey: To add some natural sweetness and also help to bind the energy balls together.

Vanilla extract: For a touch of extra flavor.

Chia seeds (optional): Feel free to skip the chia seeds, if you do not have any on hand. But I love adding in a tablespoon or so when I do!

HOW TO MAKE ENERGY BALLS:

To make these energy bites, simply...

1. **Stir everything together.** Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. **Chill.** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled.*
3. **Roll into balls.** Roll into mixture into 1-inch balls.
4. **Serve.** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.
If you have trouble getting the energy balls to hold together, I recommend adding in more peanut butter to make the mixture a bit stickier. Or you can also just press the mixture into a square baking dish to make flat energy bars.

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Connecting the Dots from Goals to Purpose

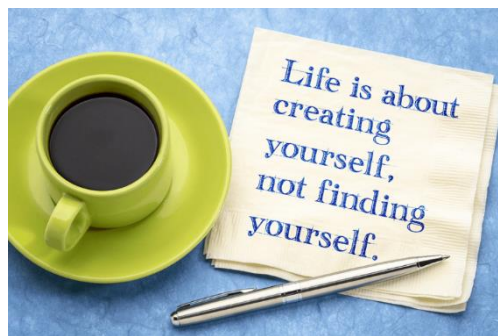
Don't spend so much time setting goals that you forget your larger purpose.

- By [Dave Zielinski](#)

"The more that your purpose and goal achievement are aligned the more satisfied and happy you'll be with your life."

—Marshall Goldsmith

Purpose gives you a sense of fulfillment, infuses you with joy, and answers the age-old question of why you were born into this world. A sense of purpose also helps you withstand life's harshest trials and provides scientifically proven benefits to your mental and physical health.



But while some find purpose as easily as they draw their next breath, others struggle endlessly to find their life's calling. The good news is psychologists and life coaches say there are proven ways to help identify your own unique purpose and begin setting short- and long-term goals in pursuit of that mission. In doing so, you'll likely find more satisfaction,

achieve greater well-being, become a better leader, and create a life that's more rewarding for you and all those you encounter along the journey.

Finding Purpose

Purpose is the organizing principle that informs and shapes the decisions in your life, guiding how you set goals, interact with others, and make choices in difficult circumstances. Purpose is an intentionality, such as living to help others, being a caring and involved parent or friend, or creating new businesses that provide jobs or change the world.

But too often we focus only on achieving short-term goals that aren't connected to any overarching sense of purpose. The result is experiencing a temporary high but feeling an enduring "is this all there is?" emptiness and dissatisfaction in the aftermath of our achievements.

Read More about this and more interesting articles on the [Toastmasters Magazine](#)

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Thank You for Reading!
Published by: Ashitha Nayak
Vice President - Public Relations

