

# The Enlightener



Southern Lights  
Toastmasters Family

Newsletter 2011 Summer

## Special events in our club's life

- Summer BBQ is coming
- Congratulations to Dennis O'Brien for representing District F at the International Speech Contest
- We have six new members joining our club this year

## Club Greetings

Southern Lights Toastmaster club welcomes all the new members to the Southern Lights family. We have attracted more young and talented people to our club. All these individuals have brought their passions and dedication to the club.

We are very proud to introduce them to you.

## Get to know them

**Tanner Udenberg** joined Southern Lights Toastmasters in August 2010 in order to improve his public speaking skills. Public speaking skills are important in all aspects of life, but as an Optometrist that gives presentations at various meetings throughout the year they are a top priority. Tanner has found an excellent home at the Southern Lights Toastmasters club.



The senior members and especially his mentor, Jing Wu, have been very helpful in developing presentation skills. He is looking forward to many more speeches in the future!



*What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade.*

*~Gertrude Jekyll*



What is your summer vacation plan?

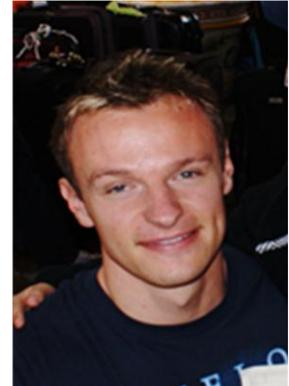
**Louis Beaulieu** strongly believes in continuously learning and developing his professional skills. Toastmasters is the tool that will help him attain a new level of interpersonal skills which proves itself invaluable to my line of work. Being a Sales Person, he talks with different people every day and having a refined presentation is critical to create a prosperous relationship with his customer.

"I ultimately joined Toastmasters to get over my fear of speaking in front of groups. My main goal is be poised, articulate and confident when giving a presentation."

"I must admit, giving speeches is

scary at first; however, it does become easier with time and also very addictive! I absolutely love it."

"Joining the Southern Lights Toastmasters club was truly one of the best decisions I've ever made for myself. It changed my life!"



**Rajesh Jaiswal** understands the importance of effective communication in personal as well as profession life. He believes that effective communication is an important catalyst in the dissipation of knowledge. In addition to what to convey, it is essential to learn how to convey. Considering all the stated necessities, he decided to join the Toastmasters.

"I have a desire to develop strengths in communication skills. I heard about Toastmasters from many of my friends. I have seen the results of Toastmasters club and thus firmly trust the efficacy of the club. I know at least two of my friends in Saskatoon who had difficulty communicating with others. However, within just a couple of years after joining the Toastmasters, their communication skills improved significantly. "

"I had been to several Toastmasters club in Edmonton. I liked the Northern- and Southern- Lights Toastmaster clubs because of a unique mix of members who have different levels of communication skills. "





**Kevin Clarke** grew up in a military home and has travelled extensively. He went to university right out of college but soon discovered that his niche was in the trades. He has earned several trade tickets over the years and has always enjoyed fixing that which is broken. "I look forward to toastmasters fixing my public speaking abilities which have always been lacking."

After 12 years of defending our country, **Joy Sarazen** retired from the military and went back to school to become a massage therapist. She owns her own business and loves what she does. She is also a financial planner with World Financial Group. "I am looking forward to my future with Toastmasters and love the atmosphere and how comfortable everyone makes me feel."



"As an engineer, it's a common stereotype that one would not be very good at public speaking and speaking in groups. Unfortunately I was beginning to feel like I fit that stereotype, and I decided that I needed to find a way to improve my speaking skills and get more comfortable speaking to large groups. I took on a new position at work recently and have found myself needing not only speaking at staff meetings but running them. After searching the Internet, I found enough about Toastmasters to pique my interest. After one meeting, I was sold and after only a few short months as a member, I already feel more confident as a speaker, and look forward to becoming much better over the coming months and years." –**Blair Martin**

We also have a resident doctor, **Jason Kiser** joined our club this year.



## Confessions of a Closet Notes User

One of the first problems all speakers face is deciding whether or not to use notes for a speech. While some speakers can memorize and deliver a ten minute (or longer) speech without any notes, other speakers are still working on remembering their car keys and home phone number. They would not survive without having it on paper. Below are some ideas on using notes without appearing to use notes.

Like all speeches, it begins with writing, editing and rehearsing. Followed by editing and rehearsing. Finishing with rehearsing and editing. You may not remember every word of the speech before you begin, but after some practice, glancing at only a few words on your notes helps recall the whole speech. Don't just read the speech !

Print the full speech in a large (15 - 20 pt) font. The font should be large enough so you can read it at a glance when the pages are laid flat on the lectern. At the same time don't make it so large that your original two pages is now ten pages.

Underline or highlight the first word in every sentence. This is very useful if you need to quickly locate a specific statement or if you lose your place. It is much easier for your eye to scan 10 underlined words than to skim through the complete paragraph. Seeing just the first word will often bring the full sentence to mind.

It's time for your speech. When you come to the lectern, lay your notes flat. No holding, lifting or flipping pages allowed. With only two pages, or maybe three, you can lay them side by side and you're done. If you have several pages, leave them flat on the lectern and slide them off to one side as you advance to the next page. Five to seven minutes and you're done. You've survived another one !

After a few of those speeches, the VP of Education will be wanting you to take on some bigger (and better ?) rolls, like Toastmaster. The Toastmaster roll involves introducing a large number of other people. Everything from the assistants to speakers and evaluators. For a busy meeting, the Toastmaster's script can be 5 - 10 pages. The same large font and underlining methods can be used for your Toastmaster script.

There are two additional techniques that you can use. The Toastmaster makes several trips to/from the lectern. Placing strategic page breaks in your script document allows you to take only one or two pages on each trip to the lectern, not all 5 - 10. Fumbling through two sheets at the lectern is definitely better than fumbling through ten pages, especially if you forgot to number the pages in your document !

If there is no way to avoid taking several pages with you, place your page breaks at points where someone else is saying something. It could be during the toast, when an assistant is describing his/her duties, etc. While everyone is paying attention to them, you can be moving to your next page. Don't forget to number your pages ! There's nothing more obvious than watching someone fumble through their notes trying to find the right page.

There you have it. A few ways to use notes without appearing to use notes.

Now if I could only find my keys.

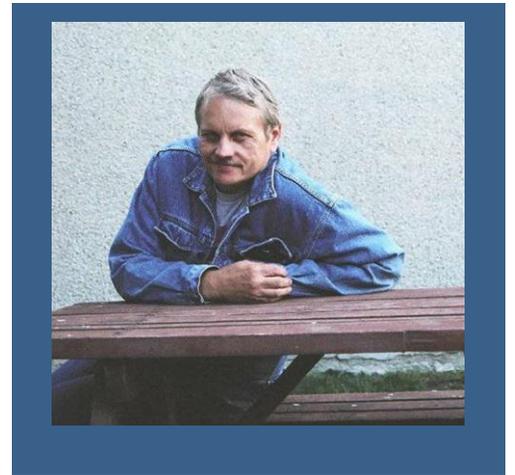
## Fast track Speech Writing

So you need to put a speech together quickly. Maybe you put it off for too long or it's a last minute request. Don't despair; just follow the steps to fast-track speech writing.

Steps:

- 1) **Subject:** What is your favorite hobby, your favorite holiday, your greatest passion or peeve? Maybe it's just something that has been percolating in your mind lately. Pick something from this or utilize your recent newspapers or newscasts. Another place to try is general websites like Micro Soft Network (MSN) that abound with ideas. Pick one.
- 2) **Title:** Unless one jumps in your head, leave it until the speech has formed. It should be catchy and creative yet tie nicely to your subject.
- 3) **Opening:** Start with an attention catching opening line. One powerful form is to use a question: E.g. Dou you know where all the money went?
- 4) **Body:**
  - Find some facts to support your subject. List no more than 4 in point form in an outline:
  - See if you can locate a quote (library or internet) to support it.
  - Try and think of something amusing to interject, a description, a play on words, a funny story) and write it down
  - Remember to use examples to support the point you try to make.
  - Try to make a point or have a purpose for the speech. It can be global EG. "Play with fire and you are going to get
- 5) **Ending:**
  - Try and wrap up loose ends and restate your main purpose.
  - Pick an ending line that has impact and people will remember EG. So now you know where all the money went, don't you?
- 6) **Practice, practice practice:**
  - Rehearse you speech using your outline printed in large legible letters and timing your rehearsals.
  - Recommended to memorize your opening line, closing statement and any quotes you may put in.
  - Rehearse in front of a mirror to see that you are trying to maintain eye contact with an imaginary audience and that you have good emphasizing gestures.
  - When it doubt of your timing, cut something out. It is easier to work with ample time than racing to finish the speech before the red light comes on. This gives you lots of time to practice the power of the pause when you make a strong statement or ask a rhetorical question.
  - Think about your speech when you do something that requires minimal concentration like walking, doing housework, gardening, etc. This is practice too.
  - Try and practice with minimal note use after the first couple of tries. This builds your confidence and will help free you of the crutch that notes can be.

If you keep it simple, make a point and think of an effective opening and ending, you will have produced a quality speech in a short time. Get on the fast track!



**Wayne Sager, ACG, ALS**

## Toastmasters Awards



How time flies when you are having fun. Was it not just September and our Toastmaster year starting and now all of a sudden 10 months have passed ! It has been an exciting year, inducting 8 new members, moving venues and sadly seeing some of our past members not renewing their membership. Our rock solid executive is to be commended for their hard work, dedication and commitment. Our Vice President of Education Jacqueline Orthner preparing 40 meetings this year and did not take a break once – what dedication. Our Treasurer –Mike Livingstone with his sharp pencil in January showed us that we needed to make a decision about our venue or dues or both as the finances were very thin, Vice President of Membership – Wayne Sager – who was the main contact for all those people that had questions about Southern Light. We had many guests come and grace us with their presence, VP Public Relations – Jing Wu – special thank you for keeping our Website current as this is where most of the guests stated they found us, Sgt @ Arms the room always looked – John Hallett – while work did call you away during the year we were prepared for this and in the new year Louis Beaulieu stepped up to the plate to finish the year.

Special thank you to Jack Boddington for hosting the annual Christmas Party at his condo, a fantastic venue and always one of the coldest days of the winter! To each of the members that came to the meetings and participated with a role, to those that have challenged yourselves to become more confident speaking in front of people and to those that have mentored along the way. I say Thank You as you are the ones that make the Toastmaster experience memorable.

### Rookie of the Year - Louis Beaulieu

The rookie of the year award is given to a new member that has gone above and beyond during their first year as a member of Southern Lights Toastmasters Club. This person is member # 320 which means that he joined TM in Jan 2011. Since his first visit he has participated fully in each meeting. He has given @ least 6 manual speeches, taken on various roles and is currently our Sgt @ Arms. A role that he was pleased to take on when John Hallett left us for a military tour of Afghanistan. He adds a sparkle to each of our meetings and even serenaded us during one of his speeches. He is often the smiling person greeting our members and guests when they arrive at the meeting. Please congratulate our Rookie of the Year – Louis Beaulieu

### Toastmaster of the Year – Dennis O'Brien

What can I say about this person. After 2 years of MVP he still is dedicated to Southern Lights. Accepting major meeting roles, mentoring new members and encouraging existing members has just become a part of this member. He has traveled more for his job this year so we have only seen him about 90% of the meetings ( absolutely amazing ) and still has made time to enter contests and take on major roles. Dennis represented Southern Lights , Area 9 and Division F at the International Speech contest at the District convention in Saskatoon, Sask this year and he was also moving to a new home the same weekend. So the Toastmaster of the Year for Southern Lights goes to Dennis O'Brien ACB, CL.

## Herb Ashley Award of Excellence – Jacqueline Orthner

Last year was the first year that the Herb Ashley Award of Excellence was presented, previously it was called the Spirit of Success. It was named after Herb Ashley a member of Southern Lights since 1981. Herb set the bar for Southern Lights and continued to set it ever higher. If the quality of our meetings started to slide Herb was there to offer assistance. His attention to detail ensured that every new member had a mentor, that every speech was a manual speech, that every speech was critiqued positively with the emphasis on being constructive and that everything was documented. Herb also had his finger on the pulse and knew what was happening throughout our club, he attended executive meetings as our mentor. He acted as a watch dog and offered his advice to ensure the club's success but most of all to ensure the club's quality remained extremely high and that the club and the individuals within it had a high standard to base their actions around. Herb lost his battle to cancer June 01, 2010 but his memory will live on in many ways and especially in this trophy.

It is given to the Southern Lights member who has demonstrated devoted commitment to holding our club and its activities to superior standards. This person does so by taking on formal and informal leadership roles within the club and by participating in the organizing and coordination of club conduct. In doing so, the recipient has held our club to the highest of standards and has thus helped to create a club that others strive to be.

Our recipient this year is a person that has shown a major dedication to the Southern Lights club. Planning each meeting with some fantastic themes, encouraging all members new and old to challenge themselves by taking on roles and taking on the roles of Toastmaster many times this year. She has attended all contests to cheer on Southern Lights members and even traveled to the Winter conference in Canmore, AB with Dennis O'Brien and Chris Atkey – we haven't heard much about that trip. Maybe what happens in Canmore stays in Canmore? A meeting that was all about her was also on our agenda this year – I guess as Vice President of Membership if your birthday falls on a meeting day you can certainly have any theme that you wish – It was lots of fun!

Jacqueline's entertaining recap of each meeting was a highlight that members waited for, to see how she would work in the word of the day and a bit about the speakers with her humor and wit.

With her devotion and dedication to Southern Lights I am proud to present the Herb Ashley Award of Excellence to Jacqueline Orthner, CC.

- **Marlene Petruch, ACB, CL**

### 2011 - 2012 Southern Lights Toastmaster Club Executive

**President: WAYNE SAGER, ACG, ALS**  
**V.P. of Education: JACQUELINE ORTHNER, CC**  
**V.P. of Membership: DENNIS O'BRIEN, ACB, CL**  
**V.P. Public Relations: JING WU, CC, CL**  
**Secretary: SUSAN COLPITTS**  
**Treasurer: MIKE LIVINGSTONE, CTM, CL**  
**Sergeant at Arms: LOUIS BEAULIEU, CC**  
**Past President: MARLENE PETRUCH, ACB, CL**