



Southern Lights Toastmasters Club

THE ENLIGHTENER

June 2018



Southern Lights 2018

New faces, new friends, new learning. Southern Lights has grown to new heights this year, and it is all because of the enthusiasm and excitement that new members bring to the club.



New President's Message Nigel Bowles CC ALB

I'm delighted to have received the support of club members and to have been chosen as President for the 2018-2019 year.

I first joined Toastmasters 40 years ago and I have been a member of Southern Lights for three different periods during that time. When I re-joined three years ago, it was for two reasons. First, I was warmly welcomed by a new generation of members who had carried on a tradition of

Toastmaster of the Year Nigel Bowles CC ALB

For some people taking a break means one to two years. This member took a bit longer of a break (over twenty years!) and we are so glad he came back. He has jumped right in to assist the club in many ways. In 2016-17 he was our Treasurer and in 2017-18 he took on the job of VP Education. The weekly programs were engaging and entertaining, and he ensured that all were challenged. He has a passion for parliamentary procedures and developed a handy guide to assist members during business meetings.

After each meeting the members looked forward to Nigel's email recap. These were very informative and kept all the club members, especially those who couldn't attend, aware of all the news and activities at SLT

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**Herb Ashley Award
Spirit of Success Award
Mike Livingstone CTM CL**

This award is given to a member who shows dedication and commitment to Southern Lights and is an active member participating in many roles and helping the club achieve its goals.

Herb Ashley was a member of Southern Lights and was an ambassador for Southern Lights and the Toastmasters International program. In his over twenty-five years as a Toastmaster he lead our club to achieve many goals and taught us the value of preparing for each meeting and keeping our standards high. This year's Herb Ashley Award recipient, Mike Livingstone, is an SLT member who exemplifies the meaning of the "strong silent" type. He has served on a number of

executives over the years, and this year he gave more speeches than in his past twenty years as a club member. He has assisted a fellow member with a club was coaching, and helped by attending meetings and performing various roles. His attendance at the meetings was 100% and when called upon he is always there to lend a helping hand.



New Designations & Achievements

**Nigel Bowles CC ALB
Toastmaster of the Year Award**

Mike Livingstone CTM CL—**Herb Ashley Spirit of Success Award**
Darryl Hauge ACB ALB, Mike Livingstone CTM CL & Bob Wang CC —

The Extra Mile Award

Marlene Petruch DTM—**President's Choice**

Wayne Sager DTM —**Evaluation Contest**

Diane Gunn CC ALB—**Table Topics Contest**

Nigel Bowles CC ALB—**Humorous Speech Contest**

Michelle St. Louis CC—**International Speech Contest**

CC —Michelle St. Louis, Bob Wang, Marlene Petruch

CL—Marlene Petruch, Patricia Cunningham, Paul Kardash, Nigel Bowles,
Vishwadha Busawon, Wayne Sager

ALB—Nigel Bowles, Diane Gunn, Darryl Hauge, Marlene Petruch

ACB—Patricia Cunningham

ACS—Kirsten Ireland

DISTRICT 99 Division H—Toastmaster of the Year

Patricia Cunningham ACB ALB

**THANK YOU TO OUR
FABULOUS HOSTS**

for our Christmas Party (Pat and Randy) and our Annual Barbeque at Darryl and Rita's Farm.



Pat Cunningham– Division H Toastmaster of the Year

excellence that I remembered from my earlier years with the club. Second, since I had recently retired, I felt that I was able to commit more of my time than when I was working.

As with any organization there is always an evolution and Toastmasters is no exception. Starting this year (May 2018), there is a new educational program called Pathways. It is perhaps the single biggest change Toastmasters has introduced since its beginning and I'm pleased to be in a leadership role as this new program is implemented.

No organization, regardless of its size, can function without people to keep it running in a harmonious manner. Southern Lights Toastmasters is no exception and we are fortunate to have a strong executive committee comprised of both new and experienced members. I look forward to working with Pat, Darryl, Nicole, Bob, Marlene and Vishwadha over the next year as we transition from the Traditional to the new Pathways educational program and to examine new ways to make Southern Lights Toastmasters Club even more dynamic. I look forward to a fantastic year!

Nigel Bowles, President 2018/2019.



Why Did I Join Toastmasters? Darryl Hauge ACB ALB

There are many reasons that people join Toastmasters, and for most it is personal improvement in communications or leadership, or both. But what keeps members coming back for years and decades?

My journey at Southern Lights started back in 1993. I was working for a large company and was asked to take on more and more management roles. I wasn't naturally a "take charge" personality, nor was I comfortable with public speaking. In fact I didn't like it at all, and I was being asked to make presentations to our employees and to our customers on a regular basis. I was even quite uncomfortable in meetings, and generally didn't say much or elaborate on my opinions.

I wanted to improve my confidence, and took a Dale Carnegie course. It was an eye opener to see how much some of the attendees improved over the duration of the course. It wasn't long enough for me, however, and I knew that I needed more time to work on my communication skills.

I was nervous to attend my first Toastmasters meeting, but bit the bullet and went when Southern Lights was meeting at the Delta Inn. Very quickly I realized that these were just regular people, and was taken with the friendly atmosphere and support. Over time, even I was able to put the butterflies in formation, and deliver some of the ideas that were important to me.

One of my proudest moments was to be able to give the Eulogy for my father in front of a very large gathering. Toastmasters gave me the background to be able to organize my thoughts and stories, and to practice and prepare. It all went very well and was one of those personal moments from which I still get positive feedback today. The people that I have met at Southern Lights have been inspiring and many have become life long friends. This is what keeps me coming back to Toastmasters for years and decades.

New Toastmaster Message—Jiang Li

As a foreign trained engineering professional, language is a big barrier for me to continue my career in Canada. Sometimes I have not used proper words in my resume, or proper sentences to express myself. I have been aware of this issue for a long time and have attended many English classes. This challenge still hinders me from finding a decent job.

I had heard of Toastmasters a long time ago, but had not really visited for many years. During this period some people strongly recommended it, but some others gave negative comments. They said Toastmasters was only beneficial for people who work for insurance companies or are in sales. One day, when my practicum for the city was expiring, I asked my immediate supervisor for constructive feedback. He told me that my only deficiency is communication. He

strongly recommended for me to join Toastmasters. He also had challenges with English. After joining a Toastmasters club for over a year his English and communication improved a lot. As a result he became quite confident with his level of English and communication skills. Then I decided to join a Toastmasters club. I decided to join Southern Lights toastmasters club because it is the best club among the clubs I visited.





Going the Extra Mile Award— Daryl Hauge ACB ALB, Mike Livingstone CTM CL, and Bob Wang CC

This award is chosen by the President. It is given to a member or members to recognize those who not only do their duties well, but give a little extra to everything they do. It’s these extra efforts that help make our Toastmaster club a leading example for others. On top of their weekly contribution at the meetings they took on the responsibility to provide the club with a new and more updated website. The committee met several times to work on the website. It is amazing the way they made this task appear to be so easy and flawless. They had a plan. They were organized. When they bumped into issues, they discussed with the other executive members, scheduled demo meetings, and requested feedback from the club members. By the end of October, they were ready to start the design of the website. The club truly values such dedication and effort towards the success of the clubs and on behalf of its members. Congratulations to the recipients of this year’s “Extra Mile” award.

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Toastmaster of the Year Award, Nigel Bowles CC ALB (continued from page 1)

Nigel took the challenge and entered the International Speech contest and won at the Club, Area and Division. He placed second at the district level in Prince Albert, SK. This year he achieved his Competent Leader and Advanced Leader Bronze, and is well on his way to further accomplishments.

His dedication, effort, and pursuit of excellence made every SLT member proud to have him on our team. We are proud to present the Southern Lights Toastmaster of the Year award to the 2018-19 President—Nigel Bowles, CC, ALB.



New Member Message—

Shelby Willis

I have always been a very shy person. I had heard about Toastmasters before, but I was always one to avoid public speaking as much as possible rather than seek it out! I have two jobs, both of which have pushed me out of my comfort zone in regards to public speaking. As an artist I have learned that what I have to say about the art I create is just as important as the art itself, and in my day job I do a lot of research on various environmental topics, and have

found that properly communicating my findings is just as important as the information itself. As I found myself having more to say, I was frustrated with the nervousness that still followed me with public speaking. My eye opening moment was learning that many of the people I saw as ‘good’ public speakers, like members of the City Council, weren’t always natural born speakers – they had attended toastmaster meetings themselves! I decided it was time to take action on conquering my fear, and I am so glad that I found the Southern Lights Toastmaster’s Club. Although I was

nervous, I instantly felt welcomed into a supportive community. I went into my icebreaker speech knowing everyone in the room wanted me to succeed. Table topics scare me, but I am excited about how they are helping me improve my skills in thinking and speaking on my feet! I think it’s incredible to know that everyone in the club aspires to improve their communication and leadership skills, and once took the same brave step, attending their first Toastmaster’s meeting. I look forward to every meeting and building friendships with like minded people who support each other!

President's Choice Award—Marlene Petruch DTM



Being new at a leadership role can sometimes be challenging, depending on situations you have to deal with. The role of President at Southern Lights Toastmasters club has been my first ever official leadership role. I had a very special executive team who was very supportive and proactive.

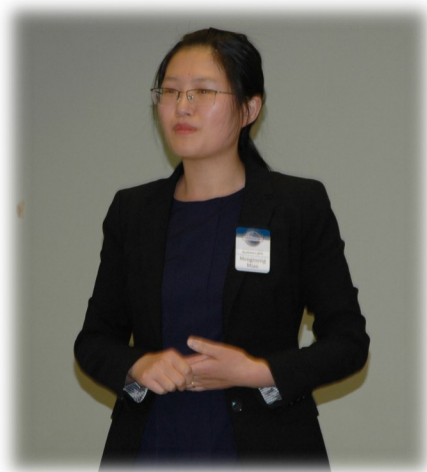
There is one person who will always go the extra mile, and we consider her the mother of the Southern Lights club. She has been my personal advisor as well as mentor, and has guided me since I joined the club. She is known for her caring personality, always looking out for members in the club and ready to catch you if you fall, and always ready to bring you back.

Marlene guides us, inspires us, and helps make the club a better place for all the members. Marlene is seen here receiving last year's Herb Ashley Award from past president Rhonda Lagace.

Congratulations to this year's President's Choice Award Winner, Marlene Petruch DTM

New Member Message – Danny Kook

Just like three quarters of the general public, the thought of public speaking frightens me to the core. The thought of awkward pauses, incoherent thoughts and the dread of looking like a fool in front of a crowd of judging strangers has always had a dark place in my mind. Which is why when my girlfriend first introduced me to the idea of going to "weekly" meeting where I would do exactly that I wasn't the most intrigued. What I thought before couldn't have been further from the truth. Southern Lights is a supportive group aimed at helping each of its members get the most out of their membership in terms of greater self confidence, and to be fair, having a fun time. Although my fears of public speaking still have not subsided since my initial visit, I look forward to our weekly get-togethers. Coming out of one's shell can be a fun experience for those who are willing. Although still a new member, I already know that Toast Masters has been a great interpersonal/life decision and I only wish to grow as a person with my new-found friends.



What Makes Southern Lights Special?

Year after year Southern Lights achieves the highest level of accomplishment in the Toastmasters organization. We help members achieve designations, mentor and support advanced members through the Advanced programs, and celebrate our DTMs. We attract new members because we are showing our community the advantages and growth that Toastmasters gives us—and we share our enthusiasm. Congratulations to Southern Lights for again achieving the President's Distinguished Level. It says something that the past international president of Toastmaster's International, our own Neil Wilkinson, counts Southern Lights as his home club. Neil, Marlene, Mike, Wayne and Darryl are celebrating 30 or more years as members of Southern Lights and Toastmasters International, and our 2018/19 President returned to the club that he helped establish forty years ago.

Southern Lights DCP – President's Distinguished Award 2018

Toastmasters International

(9/10 Goals Achieved)

2 CC-Michelle St. Louis, Bob Wang

Additional 2 CCs – Not Achieved (Yet—but next year)

ACS – Kirsten Ireland

ACB – Patricia Cunningham

ALB—Nigel Bowles, Diane Gunn and Darryl Hauge

CL– Marlene Petruch, Pat Cunningham, Paul Kardash, Nigel Bowles, Vishwadha Busawon, Wayne Sager

CC-Marlene Petruch

4 new members: Danny Kook, Devika Dash, Eden Li, Huan Hu

Additional 4 more new members : Jiang Li Deng, Shelby Willis, Nicole Tarbox, Kirsten Ireland

Dues submitted on time and officer list submitted on time.

Club Officer training completed by all officers in both the Fall and Spring training sessions.

The 2018-19 Southern Lights Toastmaster's Club Executive

President: Nigel Bowles CC ALB

VP Education: Pat Cunningham ACB ALB

Past President: Vishwadha Busawon CC CL

VP Public Relations: Darryl Hauge ACB ALB

Treasurer: Bob Wang CC

VP Membership: Nicole Tarbox

Secretary: Marlene Petruch DTM

Sergeant At Arms: Leslie Revell



2017-18 Past President

Vishwadha Busawon

What a Great Year!

I enjoyed every moment of this year from leading the executive team, to participating in our weekly meetings, and all our fantastic new and existing members. I look forward to each meeting because they are full of joy and are positive. I enjoyed seeing the eagerness to learn and help each member achieve their goals.

I too have been able to achieve some personal goals I set for myself at the start of the year. I am hoping that each

of you can hear me at the back of the room now. (this is bolded for emphasis since my goal was to increase my speaking volume.)

It was very interesting and fulfilling to see how Southern Light's members act as magnets and keep attracting new members. After attending one or two meetings our guests were impressed and they knew Southern Lights Toastmasters was the club to join to improve their public speaking.

Thank you so much for allowing me to be the President for the 2017/18 season and thank you to each and every member for assisting Southern Lights

achieve nine out of ten goals towards The President's Distinguished Recognition for the club. This award recognizes the achievements needed to have a healthy club and international organization, and shows us once again that Southern Lights is the fantastic club we know it is.

I look forward to seeing you all next season and wish you a wonderful summer.



New (to SLT) Member Message—Kirsten Ireland—Acceptance at SLTM

As humans, we need to feel that we are accepted for who we are and sometimes, we require validation from others or, from organizations. Sometimes though, not every person or organization will welcome us with open arms. But, the good folks at the SLTM club will. Here's my story...

I've always been a bit "out-there" in my world view, mannerisms and emotional intensity. What I've discovered is not everyone feels comfortable with my "out-there" personality. To fit in more and not scare people away, I've had to tone-down my intensity level and 15 years ago, turned to Toastmasters to help me accomplish this.

Over those years, it was a real struggle to be someone else because I see the world very differently than most people. Just how much of your true self should you compromise in order to make others feel comfortable? Perhaps the more crucial question is: Was I doing it just to be liked? If so, I was not being fair to myself and ultimately, was I was rejecting myself for the sake of popularity? How could I work through this dilemma and be more comfortable being myself while at the same time, scaling back my intensity to allow others to feel comfortable? Again, Toastmasters to the rescue!

After a year of being a member of a TM club with a very conservative orientation, I decided that I had to find a club more accepting of diversity. After eight months of deliberation, I looked on the TMI website and located a club that met on the southwest part of the city. In June 2017, I attended the weekly meeting and went back the following week to observe. What really solidified my decision to join this special club was what transpired at the summer BBQ. I witnessed genuine warmth, caring and support for each other.

In September of that year, I joined and paid the annual dues in one shot. Finally, I located a welcoming, warm and wonderful Toastmaster club! I was relieved because I knew its members would accept my dramatic and sometimes, intense personality. A fact that was revealed after I "performed" a rather lively table topics session. At the break, a few members approached me and thanked me for my "performance". They appeared to enjoy my dramatic flair and added that diversity is what makes this club great! I would have to agree. At long last, I found an outstanding club that not only accepts diversity, but encourages it!

