



Southern Lights Toastmasters Club

THE ENLIGHTENER

June 2019



Southern Lights 2018/2019 Season

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.

Pat Cunningham ACB ALB
President's Choice Award



The list of things Pat has done this past year in order to keep the club cohesive, successful and dynamic is a long one. Some of them are just small things, but when combined, add up to why Southern Lights is such a wonderful place to spend a Wednesday evening. She began this past season by meeting and talking to members about their goals—especially in light of the newly introduced Pathways program. As VP of Education she has met with every new member for coffee and explained the TM program to them. Pat also spends a lot of time speaking with new members

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New President's Message
Michelle St. Louis

Celebrations of Past and Future

It is with great pleasure that I anticipate representing Southern Lights Toastmasters as President in the 2019-2020 year. This will be a year of celebrating the club's 40th anniversary. I cherish the foundations of our club, with its commitment to excellence.

My history with Southern Lights is short; I joined in 2016 thanks to a club member telling me of the laughter and personal growth opportunities. I vividly remember the warm welcome I received as a guest. Little did I know the path towards new

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Herb Ashley Award Spirit of Success Award

Darryl Hauge ACS ALB

Our club's level of excellence is largely due to one of our past members, the late Herb Ashley DTM, who paved the path for our member's success. His personal commitment to our club's quality is the legacy that we try to follow in order to maintain our standing as one of the leading clubs in District 99. Darryl's commitment to the success of our club is invaluable, but he does it in a way that we don't always notice. Darryl has been on the club's executive committee for five consecutive years, holding a variety of the positions, most recently VP Public Relations where he has been responsible for looking after the website and preparing the club's annual newsletter. He also volunteered for other committees – such as the Wow Video Project and the Christmas Party. Darryl is consistently one of the first people

at every meeting to help set-up the room and assist others. This past year he gave a couple of educational presentations which, after several other speeches, cumulated in him receiving his Advance Communicator Silver (ACS) designation. Darryl is also the host of our annual summer BBQ and along with his wife Rita they open their home to us. Because of his commitment, this wonderful event is the highlight of the club's social calendar. We are truly honored to present the 2019 Herb Ashley Spirit of Success Award to Darryl Hauge.



New Designations & Achievements

Michelle St. Louis CC ALB—Toastmaster of the Year Award
Darryl Hauge ACS ALB—Herb Ashley Spirit of Success Award
Kirsten Ireland ACS CL—The Extra Mile Award
Pat Cunningham ACB ALB—President's Choice
Wayne Sager DTM—Division Evaluation Contest Winner
Wayne Sager DTM—International Speech Contest Winner
Nigel Bowles CC ALB DL1—Humorous Speech Contest Winner
Nicole Tarbox—Table Topics Contest Winner

Pathway Designations

IP1—Angelica De Leon IP1
IP1—Tong Wang IP1
VC1—Nicole Tarbox VC1
EC1—Marlene Petruch DTM EC1
PM1—Noel Blades PM1
DL1—Nigel Bowles CC ALB DL1

Legacy Program

CC—Susan Colpitts CC CL, Karen Caesar Beaubien CC
CL—Michelle St. Louis CC CL, Rhonda Dell Lagace CC CL,
Mike Livingstone ACB CL
ACB—Mike Livingstone ACB CL
ACS—Darryl Hauge ACS ALB

THANK YOU TO OUR FABULOUS HOSTS

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



Toastmaster of the Year - Michelle St. Louis CC CL.

This award is the highest honour that Southern Lights gives to one of its members. It is based on many factors both within and outside of the club. There may not be one single achievement that stands out, but rather an accumulation of many.

Michelle has been a constant participant at most meetings this past year. Often showing up in her hospital scrubs because she hasn't had time to go home and change is an indication as to just how dedicated she is. Michelle tackled with great gusto the Competent Leader (CL) Manual this year and after being co-chair of the speech contest in March, she completed it and earned the CL destination.

Michelle inspired the club to get involved with the Wow Video project. In less than a month's time we had a final product – all thanks to Michelle's leadership.

If there is one thing that will stand out for all club members this past year and that is the presentations Michelle has given us from the Interpretive Reading manual. Her speeches have been inspiring, well-presented and at times moving. Who will ever forget Michelle when she dressed up as Nellie McClung and wearing a purple feather boa? To top-off a busy and productive year for Michelle, she put her name forward and was elected to the position of Club President for the 2019-2020 season – a job we all know that she will carry out with diligence and professionalism. Michelle St. Louis, the 2019 Toastmaster of the Year Award recipient – so very well deserved.



A Very Successful Year!

Pat Cunningham ACB ALB, VP Education



This year Southern Lights Toastmasters Club has had a VERY successful year where many members have achieved educational awards and substantial personal growth! In total, our Club members achieved 12 Communication and Leadership awards.

Congratulations to all of our members for their achievements!

Notable mentions . . . Mike achieved a double header this year with both a Communication and Leadership Award and hats off to Susan Colpitts who has been working on her Competent Communicator designation for 9 years and made a blast to the finish line by presenting 2 speeches within 2 weeks.

Besides these Toastmasters International awards many of our members also worked towards some personal goals and we certainly notice a huge growth in each of them as they overcame obstacles and faced their challenges. We were all winners for your efforts and contribution.

It as an impressive year of growth for our new members who each pursued to take on most if not all the roles in our meetings including the more challenging ones such as Toastmaster, Speaker Evaluator and Table Topics Evaluator. Congratulations to all our new members for their dedication and desire for personal development!



Awards
2018/19



New President's Message—Michelle St. Louis (Continued from page 1)

friendships, enthusiasm, challenges, and confidence, that I had taken. Although too nervous to attempt a table topic, I admired the people who took part in the meeting. I had a faint hope that perhaps one day, I could speak with such poise.

I am pleased that Toastmasters has changed me. In communication and leadership, there is always room to grow, but I now actually have fun when giving a speech!

In addition to personal growth, I have delighted in the people I have met through Southern Lights. It is a pleasure to meet people of varying ages and walks of life, hear their stories, and be part of their achievement of goals.

I have always appreciated that each Southern Lights meeting begins with the Sergeant-of-Arms reading the club mission. It bears repeating because it is the heart of what we represent, to “provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.”

Looking forward to a year of celebrating the past of excellence and building new bridges of success in the future.



Rookie of the Year - Nicole Tarbox



The Rookie of the Year goes to a member who has demonstrated a commitment to the club in a number of different areas. There is an 18-month time period in which a person is eligible for this award and Nicole has just squeaked into that time-period. Since joining in December 2017, Nicole has embraced the Toastmaster spirit and made a wonderful impact on our club. She takes on roles with preparation and enthusiasm, and she does it with her trademark smile.

Nicole began with the traditional educational program, but switched to the Pathways Visionary Communications and has completed Level 1. Nicole loves Table Topics and since joining she has been voted best table topics speaker more than anyone else, and last fall she won the club's Table Topics contest. Last year, just a few months after joining Nicole

became our VP of Membership. Thanks to Nicole's efforts in this position we have had several people join this past year. Southern Lights Toastmasters is fortunate that Nicole chose to become a member of our club. Her keenness to her own and the club success, and her positive attitude made it an easy decision to select Nicole as Rookie of Year.

New Toastmaster Message

Radhika Kalra

I had been considering checking out Toastmasters for a while as I was entering the professional working world and wanted to work on my interpersonal communication and networking skills. Although I could create small talk with people, speaking with professionals made me quite intimidated. I wanted to be an effective public speaker as well, knowing that would come in handy throughout my career. I hopped around to a few different clubs for about a month, observing the way each one operated their meetings. Out of all, Southern

Lights stood out to me, feeling the most welcoming and being the most organized. Meetings were conducted in a concise, professional matter yet had a light, fun tone to them. While attending as a guest and even after joining, the club members would always be approachable and would be genuinely excited to converse with me and get to know me. I knew I could be myself without any fear of judgment, which would allow me to fully focus on working towards my goals. The members are also highly experienced and skilled, and act as excellent examples of communicators from which I am able to take useful pointers. Their motivation to grow will push me to want to improve in

the best ways. I am looking forward to my time here and am thankful I found such a wonderful group of people to grow around!



2019 Going the Extra Mile Award – Kirsten Ireland ACS, CL



This award is given to a member to recognize, not only when they do their regular duties well, but give that little bit extra to the club. It's these extra efforts that propels Southern Lights to be a leading Toastmasters club. Kirsten arrives early at each weekly meeting to set-out the meeting materials, place the proper paperwork at every seat, and ensures the room is set-up correctly. Her efforts help to relieve the Sergeant-at-Arms from having to rush to the meetings after a busy workday. Kirsten has also been responsible for making sure the 'cookie fairy' visits each week and leaves us treats for our break time. Kirsten has also stepped up and taken on the role of

chairing our 40th anniversary next year – an event many of us are looking forward to. For all that she has done to make our club a great success, we are pleased to award this year's Going the Extra Mile Award to Kirsten.

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 Light’s is a supportive group aimed at helping each of it’s 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. Thank you

President’s Choice Award—Pat Cunningham (Continued from page 1)

about the various roles they should challenge themselves with and how to best perform them. She attends area meetings and volunteers at events such as the Area speech contest. Pat is one of three people who took turns this past year writing the weekly meeting recaps. Pat was arm-twisted into helping with the “Wow” video and when we decided to do a survey about Pathways, she was one of the first to say, “...include me in the planning.” Each year Pat has opened her home to us for the annual Christmas party and does so without hesitation and we are thankful for her generosity. This year’s President’s Choice award is well-deserved.



New Member Message—Eden Li



I used to be a chartered member of a corporate club. I initially joined Toastmasters simply to get to know colleagues from the other departments. Slowly, I noticed not only had I started learning what other departments do, I also started feeling more confident speaking in front of people. However, as a new chartered club, most members lacked experience, so I decided to visit SL Toastmaster club as a guest. With just one meeting, this club left me in awe. A fully prepared toast at the beginning of the meeting; snacks during the break and to top it off well prepared intriguing speeches. I was invited to do a table topic and received very constructive feedback for doing so. The best part, J&R Bar and Grill to hear all about the interesting life stories shared by our experienced members. After the meeting, I decided to invite Danny (my significant other) to check out this club as he had heard of all the benefit of joining Toastmasters. As expected, he was also intrigued by the members. As a result, now we spend most our Wednesday’s “date nights” at SLToastmaster with our new found friends.

New Member Message – Alan Wang

Whenever I attend Southern Light Toastmaster Club meetings, there is always something that inspires me. Something I can learn and enjoy. There is always laughter, encouragement, and knowledge-sharing in the room. The meetings inclusive, and puts everyone in the mode to speak.

Joining Toastmasters is one of my best decision in my life. I was a head-in-the-box-technical guy. I did not realize anything was wrong until one day I need to present my technical paper to a crowd of people. At that moment, suddenly, I realized that presenting is equally important to writing. A good presentation makes your idea more effective and convincing. At that moment, I am telling myself, I need to improve my communication skills. And a Toastmaster club is the best place to go.

As the club website states, “Southern Lights Toastmaster Club was chartered in 1979”. Over 40 years, the club has consistently maintained a high standard of club performance. We are proud that a past International President of Toastmasters is a current member of this club.

The best part I like about Southern Lights is introducing yourself and saying something about a theme at the beginning of the meeting. This is like an informal warmup but it quickly gets everyone in the speaking mode. It is more than just reporting that I am present, it also pays respect to members and gives an opportunity to tell everyone who you are.

In the Southern Lights club, It is amazing that you can meet with some really senior toastmasters. You learn their stories, how and why they joined, and what is still sparking their excitement as a Southern Lighter. One of the most memorable Toastmasters I met at a recent club contest was a 70-year-old senior guest who had fifty years of Toastmaster experience. On the way back, I asked him what his motivation is to be a Toastmaster. He stopped his walk and turned to me. He said, “You need to sell yourself with a good communication skills.” That is exactly what I am looking for, and that is why we are here.

In this club, we are surrounded with many inspirational people. There are those who are willing to push themselves out of their comfort zone. Others are working hard to improve their communication skills and to help others.

I would like to express my appreciation to the club president Nigel Bowles, CC ALB, my mentor Marlene Petruch, DTM, and all the other members who welcome me in and help me ride through the starting curves. Right now, I am on “ Innovation Planning” pathway, Level 1, Project 2, and I have completed 3 speeches, and multiple roles since I started in Oct of 2018.



2018 – 2019 President

Nigel Bowles CC ALB DL1

Another Great Year!

Last year's President, Vishwadha Busawon, set the bar really high in regard to maintaining the Southern Lights Toastmaster's club standards. These included professionally run and fun meetings, a cohesive executive committee and establishing friendships outside of the weekly meetings. So, I'm please to say that, in my opinion, we have continued to preserve the high standards that Southern lights Toastmasters is well-known for. This is also evident in the fact that we have attracted several new members this year and our membership currently stands at over thirty members, a remarkable achievement given that many other clubs struggle to maintain official club strength.

A significant change this past year has been the introduction of the new Pathways education program. Pathways is a significant departure from the original Toastmasters' programs, such as Competent Communicator and Leader, and has presented a few challenges as we get use to the new way of presenting prepared speeches and using the online process of recording our achievements. Over time I know that we will get use to the new program and become more comfortable with it.

Our annual awards evening is a time to recognize members who have stood out during the previous year and I want to congratulate all the recipients. Because of your contribution

you have made my job a lot easier this past year.

However, I do want to thank every member of Southern Lights for your support over the past year. Each one of you helped to make every meeting an enjoyable event and each week I looked forward to spending my Wednesday evenings with you. While we take a few week's break, I do look forward to a new session beginning in September - have a great summer!

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Toastmasters is Applied Learning– Karen Carleton CC CL

In 2001 I was living in Hay River, Northwest Territories and attended the Fall Community Fair, showcasing groups to join before winter. The only one that caught my interest - Toastmaster's. After learning the club's purpose and activities, I thought, *"As a teacher, I'm already am a fairly good speaker and leader, so what's in it for me?"* The answer: *"an opportunity to socialize with new people, while polishing my skills"*, so I joined.

Nearly 20 years later, Toastmasters has become a mainstay of for me. I've been a member of seven different clubs from Yellowknife to Idaho, and Southern Lights is the club I've belonged to the longest and the best one.

Reflecting on my Toastmasters experience, there have been many opportunities for me to apply my Toastmasters learnings. Here are five examples:

- Practicing proper meeting protocol led me to **chair a board** for a large non-profit.
- Planning and delivering speeches has let me **confidently present at conferences**.
- Table topics hones my ability to "think on my feet", fueling **success in job interviews**.
- Evaluation practice helps me **deliver and receive constructive feedback judiciously**. Today I belong to the Canadian Evaluation Society, developed an evaluation course, and work as a Senior Evaluation Analyst highlighting organizational improvement opportunities.
- Above all, Toastmasters **adds value to my social network**, allowing me to learn and develop my skills with a terrific group of people!

Karen Carleton, CC, CL (proud Southern Lights Club member)



Noteworthy— Wayne Sager DTM

Freedom! What a feeling! That's the feeling when you can speak without notes.

This idea certainly can intimidate some speakers, particularly newer Toastmasters, but it doesn't need to. I will offer some tips on how to wean oneself off of notes plus some ways to more easily utilize them when they are needed.

Early Training: When you start in Toastmasters you most often start with the lesser speaking roles in a meeting such as Timer, Ah counter, etc. One of the reasons why at every meeting the individuals taking on these roles are asked to explain their duties is to give them an uncomplicated opportunity to speak, at the beginning of the meeting and then near the end. It doesn't take long before a member knows what the role entails so standing up to briefly state what they are to do is simple, and therefore the perfect place to begin working note free. Have them, read them first then stand up without them. Every time you say your part it will likely be different, and natural and practice of speaking without notes. I encourage new speakers to move to this approach immediately and build some confidence.



Speeches: You will not get very far into the speaking tracts and the objectives and speech purpose will be suggesting to minimize note use. Practice and memorization definitely helps this but familiarity with your subject really makes this easier. Your Icebreaker is about you, so you know the subject.

Telling a story about an experience is another thing where you usually know the story and really do not need notes for. Heck, you've probably told it many times before in your life. You are in friendly territory, it's OK to take a risk and stretch yourself. It's much more fun!

Memory Work: Segment your Speech: Make compartments for each part. Typically you would have your opening, likely 3 points or parts to have in the body of the speech and a conclusion. Let's assume you know the material quite well. I will now give you an example of how I would do this which will encompass writing to make it easier to remember and deliver. You are going to give a speech on your wonderful Grandma.

Opening statement to memorize - easy - I love my Grandma! She has so many special qualities and things about her that will remain with me forever! (You can remember that!)

Body : Three things about her that stick you.

- 1: - Pies - describe the look, the smell, the taste of her pies and how they make you feel.
- 2: - Christmas - How she loved Christmas and how she celebrated it with her family
- 3: Remembering : How she always remembered everyone's birthday, special events and just to keep in touch.

Conclusion: - Wrap up with another statement about how you really love her, the smell of her pies, the look of her Christmas home and her remembering everyone will always remain with you. Now looking at this, what needs notes? Just talk to us! OK a tip to keep you on track. You may have to set the opening and conclusion in your head but that's not complicated. The body points can use an acronym to keep you on track and trigger your memory in a moment of hesitation.

How about PCM - remember that. It has each segment - Pies, Christmas, Memory . So you could likely give this speech without notes and if really required, write the acronym on one finger!

Note Use: Sometimes notes just are required. Facts, stats and quotes can make it more necessary. The idea is to use them smoothly, effectively and as unobtrusively as possible.

Legibility - large font, bold and preferably in point form. If you have the main point there, you should be able to speak to it if you have at least reasonably prepared. Keep it simple.

Note sheets should not be in a neat stack but staggered like playing cards. You want to almost unnoticeably slide one off the other. No picking up and flipping or handling. This means double sided is out. Use the lectern. If you will not likely need it much then have it arranged to be off to the side but angled toward you. Don't rush to it. Make audience eye contact then just sidle over to have a glance at the notes. If notes are more required, then leave the lectern in the center. You can move naturally away from it to deliver what you have in your head and the natural left center and right movement is timed around checking back at your notes. Notes can be necessary but need to be used in a way that does not make it obvious and allows you to keep a lot of eye contact and connection with the audience. Parts of this applies to roles like the Toastmaster as well. You can free yourself of notes by preparing yourself through practice, simplification and some techniques to aid memory and flow. Also you can ask experienced speakers for tips and advice on this subject.

So prepare to be free and cut the chain off your leg. You will feel the difference and the power of Toastmasters! Let the horses run!

Thank you from Diane Gunn CC ALB

My Southern Lights family is awesome!

Some of you know the concussion challenges I've faced, and others just know me as the weird lady with the dark glasses and a funky hat who showed up at occasional meetings over the past year and a half.

Southern Lights has supported me in my concussion recovery, and I am almost back to where I want to be. I'll do my icebreaker for Pathways—Presentation Mastery in September, and am looking forward to helping the Executive as Secretary.

The Executive provided the opportunity to help in the background with Fundscript and the Enlightener. A special thank you to Pat and Marlene for their creativity in finding ways for me to get back into the swing of things. Congratulations to all the others in the club who continued to contribute even when they were having health challenges. You were great role models as you kept on giving back to SLT.

To everyone who supported me in my recovery and cared about me as I fumbled my way to my new normal—a big hug.



Three Blind Mice—Missing #4—Lesley

The 2019-20 Southern Lights Toastmaster's Club Executive

President: Michelle St. Louis CC CL

Past President: Nigel Bowles DL1 CC ALB

Treasurer: Rhonda Lagacy CC CL

Secretary: Diane Gunn CC ALB

VP Education: Wayne Sager DTM

VP Public Relations: Danny Kook

VP Membership: Kirsten Ireland ACS CL

Sergeant At Arms: Noel Blades PM1

