



Special Interest Articles:

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Southern Light's Toastmasters 30 years of excellence

On January 23, 2010, Southern Lights Club will celebrate it's 30th anniversary. We have a very colorful history, with countless past members who have gone on to great accomplishments in their lives and careers.

This celebration will honor the 29 past Presidents, the club milestones, and provide the opportunity for current members to meet and mingle with the many people that made this club what it is today.

Our Keynote speaker will be Distinguished Toastmaster, Ron Chapman. Ron was instrumental in the formation of our club and mentored Southern Lights in its earliest form. He has a long history of involvement with our club and has a soft spot for Southern Lights. Ron was the Keynote Speaker at our 20th & 25th anniversaries. We are honored to have him speak at this celebration.

The evening will have several presentations as well as a club history display and a fun auction.

We hope to see everyone out for this gala event!

Location: Delta Edmonton South Hotel

Cocktails 5:30pm

Dinner 6:30pm

Dress Business Casual

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Wayne Sager ATM-S, CL
30th Anniversary committee chairman



Get to know Southern Lighter – Jack Boddington



Above: Jack Boddington with awards at age 22.

Jack Boddington, DTM, has been a Toastmaster for almost fifty years, presently being a member of Southern Lights Toastmaster Club. His advice to aspiring toastmasters has always been to use the skills learned in differing areas in the community – as an example of this Jack has, throughout the years, served as president of many organizations other than Toastmasters, among them being the Royal Life Saving Society Canada, Alberta & North West Territories Branch – 1963-69, being the keynote speaker at the National Life Saving Convention in 1983. His ongoing affiliation with this society is still in effect and in the Official Newsletter of the Society, The Medallion, published earlier this year, his service and achievements were profiled:

Still Swimming After all These Years!

When the opportunity presented itself, Jack Boddington jumped at the chance to participate in a ReBronze event. So for the 19th time in 60 years, Jack took to the water to test his Bronze Medallion skills. In keeping with a Confucius saying of “He who tries something and fails, is infinitely greater than he who tries nothing and succeeds,” Jack commented, “How easy it would have been to “try nothing”, rather than attempting the ReBronze at my age - and how pleased and proud I am of the fact that I tried”.

For his next challenge, at 83 years of age, Jack plans to compete in swimming events at the Sydney 2009 World Masters Games. Jack’s passion for water started at school in England. He recalls that, “we were very lucky that our school provided swimming lessons, not many children had that opportunity way back then.” Those school lessons launched him into a lifetime of swimming and lifesaving skills training. Jack competed in the swimming events at the Sydney, Australia 2009 World Masters Games, bringing home to Canada a Silver (2nd. place) Medal.

Jack’s skills as a swimmer served him well, when at the age of 22 he was required by his employer to become trained in water rescue. This led him to completing his first Bronze Medallion, an advanced aquatic life saving test, in 1948, which at that time was seen as a rare and precious capability. His first Bronze Medallion, was only the beginning, Jack obtained the full suite of lifesaving proficiency skill awards. Over the next 20 years, Jack kept his awards current: Bronze Medallion(18 Bars); Bronze Cross (12 Bars); Award of Merit (14 Bars), Distinction and Diploma.

A Lifetime of Service

Today, Jack holds the highest volunteer service award that the Royal Life Saving Society Commonwealth can appoint. In his role as a Commonwealth Vice President he carries in his mind, a rich heritage of Lifesaving Society history. In his heart, he holds a sincere wish that each one of us continue on our lifelong journey to ensure that other people could gain lifesaving skills to help those in need. One of the awards of which Jack is most proud is the Service Cross (1962) with an incredible five bars (1964, 1968, 1975, 1981 & 1988).



At the time of his appointment as Commonwealth Vice President in 1999 he was summoned to London, England to receive the Badge of Office from the Grand President of the Royal Life Saving Society, His Royal Highness Prince Michael of Kent.

In 2007, to celebrate the Centennial of the Royal Life Saving Society Canada, a special award was introduced known as the ReBronze – this encouraged individuals who had received their Bronze Medallion Life Saving Proficiency Award previously to re-take the examination test once more. Jack participated successfully in this test, having received his original Bronze Medallion over sixty years previously, and became the oldest life saver in Alberta, and probably in all of Canada.

There you have it, toastmasters. Helping other groups gives the toastmaster a great experience: satisfaction and fun. It is up to you – go for it.

Right: Jack Boddington received the Badge of Office from his Royal Highness Prince Michael of Kent.



Welcome New Members

Southern Lights was built on a solid foundation of experienced members wanting to help people become better public speakers. Today, we regularly have a third of the people attending our meetings with more than 10 years of public speaking experience. We have always had a good balance of experienced, advanced and novice public speakers. The success of our club cannot be accomplished without all the new members' contribution. We are very lucky to have the following new members joining our club this year since July 1st: Miglena Kyoseva, Mei Zhang, Erin Allan, Shohreh Gorbani, Cindy Tan, Kevin Forder, Kirk Gardner, Harjinder Parhar, Melinda Spears.



Cindy Tam



Miglena Kyoseva



New Member – Melinda Spears

Greetings! My name is Melinda Spears. I am a new member of the Southern Lights Toastmasters Club.



I have to confess; I've been eyeing this club's website for a few years now and have even used the website's speech timer for rehearsing some of my school assignments. I

recently graduated with a master's in Library and Information Studies from the University of Alberta, and am currently working as a reference librarian at Grant MacEwan University. As part of my job, I teach information literacy and my goal is to become the best teacher I can be. I've been told I am already good at public speaking. However, I would like to get to the point where I don't feel so 'spent' afterwards. In my leisure time, I love to walk my beautiful, eighty pound Eurasier, Tango, practice piano (I've just started taking lessons) and read in bed.

New Member – Erin Allan



Erin Allan joined our club on October 14th 2009. She became a member with a main goal of becoming more comfortable speaking in front of groups of people, as her new role at work requires her to do technical presentations. Erin was born and raised in Edmonton and loves the opportunities that a city like this has to offer. She looks forward to this new

challenge with Toastmasters, and believes that it will benefit her in countless ways in the days to come.



Dressing as a Bachelor



Above: John Hallet won the Southern Lights best humorous speaker award

My speech about dressing as a bachelor, complete with a 1972 baby blue safari suit, was originally prepared and delivered for Speech 3 in the Competent Communicator manual during summer lights. After the meeting I was approached by numerous senior members of the club who encouraged me to enter the speech in the humorous speech contest in the fall.

Initially I was apprehensive for fear of competing against a bunch of DTMs. Within a week I decided it was a good idea to try so I immediately went to the internet and bought some books on humorous speaking as I needed to hone the speech to go against the season vets.

Through the literature I read and some advice from fellow members I was able to win the Southern Lights humorous speech contest and earned the club spot at the Area contest. Being my first contest I was a little unsure of what the Area contest was all about, however I continued to read about humor and practice the speech. Unfortunately my worst fear came true at the Area contest where I came in a close second to a DTM, although I received many comments afterwards regarding my leisure blue suit and ideas for further enhancing the speech in years to come.

Overall it was a great experience and I'm already considering topics for next humors speech. or membership lists. You might consider purchasing a mailing list from a company.

Celebrating Halloween



Bang for Your Buck

If you join a gym, take classes, or join an organization, you will undoubtedly pay a membership fee. We all want to get good value for our money and in these more uncertain economic times it's even more important.

So if you joined that gym, it would be because you had a reason, a goal, and need. You chose this as a viable course to your goals and purpose. Now we all know if you hardly ever go, or only intermittently, you are not going to get any real benefit from this membership, are you? You would have paid a fee because you had real reasons and intentions to gain something you needed from doing so. So are you getting your money's worth yet?

Is this failing you because something is wrong with your choice or is it more likely that you just have not made or sustained a commitment to your goal?

Goals are very important in our lives, but they are only reached with some time, effort and commitment. You know these things will really make a difference to you, but without putting yourself into it, they are simply a waste.

This is a very prevalent issue with something like Toastmasters. Most people join because they truly want to be able to communicate in a more confident, competent and interesting manner. Almost everyone gets a great feeling from being heard, understood and enjoyed. These skills and the boost in our confidence from being able to communicate the way we really want to, changes lives. If you stay with the Toastmasters experience, you will witness the positive, sometimes astonishing changes in yourself and other people. But there is only one way this is going to happen, with the time and effort, which comes from commitment. Coming on the rare occasion will be like showing up for the first time, over and over again.

When you joined, you made a pledge, not just a formality, but a real pledge. One of the first things pledge is, "to attend meetings regularly". Why is that first up in the pledge? It's because if you don't, you will not get many, if any benefits from joining, hence a wasted experience. You cannot learn to play the piano by working on it a couple of times a year, or even once a month. You have to make the commitment, make some effort and the changes will occur.

Long-time Toastmasters understand that you continue to benefit from your membership by ongoing learning, by sharing our lives and experiences and by helping others benefit like we have. This means that in Southern Light's case, Wednesday evening is Toastmasters, and only Toastmasters, unless one actually cannot come for some reason. With at least the majority of Wednesday's spent learning what you set out to learn, you will gain the gains, make the strides and feel the power that Toastmasters will offers to you. It really is not all that hard to do.

Don't make excuses for not reaching the goals you have, give it a real effort and see what you really can do. Make the choice to stand up and be heard!

You will get your money's worth!

Wayne Sager – ATM-S, CL

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We're on the Web!

See us at:
<http://www.southernlights.ca>

