



February 2012

Wild Rose Contest Night—Oh the Excitement!!!

The Wild Rose International Speech and Evaluation Contests were held on February 23, 2012. There was strong competition from a large number of contestants. As we say in Toastmasters, we recognize the best as encouragement to all.

Congratulations to our winners:

- International Speech Contest: **Matthew Mercredi, CTM, CL**
- Evaluation Contest: **Aimee Maxfield, ATMS, CL**

Program Managers **Inger Eakin, ACB** and **Matthew Mercredi, CTM, CL** staged a well organized contest. Thank you to all our contestants, all those on the program who helped to make the evening a success, and of course, to **Danielle Enns** of Capital Communications who gave the target speech for the Evaluation Contest.

We would especially like to thank our **Area Governor Marlene Petruch** who served as a judge as part of her official club visit. **Jamie Hayward, DTM** kindly donated the gift to our target speaker.



Taking it to the Next Level: Support our Club Contest Winners at the Area Contest

Let's support our two great contest winners by cheering them on at the Area contest.

Area 30 International Speech and Evaluation Contest

March 26, 2012
Contest begins: 6:30 pm
Enbridge Learning Centre
10201 Jasper Avenue

Changes to Wild Rose Executive

We have had a few changes lately in our Club Executive.

Membership Vice President: Sarah Pearce, CC, ALB has taken over from Pat Nelson who moved to Kelowna.

Website Editor: Maureen Seebaran, ATM-B, CL has agreed to take over the role from Fred Sawka, ACB, ALB. Fred, thanks for all your work to advance our website and electronic communications.

Secretary: We need to find a replacement for Robin Ingram, DTM. Please let Matthew Mercredi, CTM, CL know if you are interested in taking on this role. Being on the Executive is a great way to build your leadership skills and to get to know your fellow club members better.

Here is your Club Executive:

President: Matthew Mercredi, CTM, CL
Education Vice President: Jamie Hayward, DTM
Membership Vice President: Sarah Pearce, CC, ALB
Public Relations Vice President: Kathy Acheson, ATM
Treasurer: Cheryl Kuzyk, DTM
Secretary: **Vacant**
Sergeant at Arms: Maureen Seebaran, ATM-B, CL
Past President: Audrey Kotelniski, CTM
Website Editor: Maureen Seebaran, ATM-B, CL



Dining Etiquette

As a dinner club, we have the fun of exploring the rules of etiquette for dining.

The etiquette books tell us:

- Your bread and butter plate is on the LEFT side of your dinner plate.
- Your beverage glasses are on the RIGHT side of your dinner plate.

Or as one source says: solids on the LEFT, liquids on the RIGHT.

Upcoming Meetings

March 29, 2012 Meeting: Life Balance

Do you sometimes feel like a hamster on the "wheel of life?" Do you find it difficult to balance the different roles in your life? If so you are not alone - over 58% of Canadians report feeling overloaded as a result of the different roles they play in life. Our March meeting is devoted to the theme of Life Balance. Join program managers **Carol Blair, DTM** and **Elaine Saxer-Gillies, DTM** for a fun and relaxing evening where you will learn new strategies towards living a happier balanced life. They have given us some homework to do. Take the Work-Life Balance Quiz developed by the Canadian Mental Health Association at <http://www.cmha.ca/bins/balance>.



April 26, 2012: The Great Debates

Program Managers **Dave Rodwell, DTM** and **Kathy Acheson, ATM**, challenge you to participate in debates on the following motions:

- Marijuana should be legalized.
- Cats make better pets than dogs.
- Members of Parliament should receive higher salaries.

For each debate, we will need 6 speakers—3 speakers for each side. The lead speaker for each side will give a 5 minute prepared speech either for or against the motion. These can be counted as manual speeches and will have silent evaluators. **This is a team competition, so all three team members should work together to plan the strategy for their arguments. We encourage the lead speakers to find two others to participate on their team.**

Here is how it will work: Team A—for the motion; Team B—against the motion

- Team A: Lead speaker: 5minute speech for the motion
- Team B: Lead speaker: 5 minutes speech against the motion
- Team A: Second speaker: 2 minutes to add new information for their side or to contradict the points made by the other side
- Team B: Second speaker: 2 minutes to add new information for their side or to contradict the points made by the other side
- Team A: Third speaker: 4 minutes to solidify the team's views and speak against the other side.
- Team B: Third speaker: 4 minutes to solidify the team's views and speak against the other side

After each debate, club members will vote on the winning side. If you would like more information or want to sign up as debate speakers, please contact **Kathy Acheson, ATM** at kathy.acheson@gov.ab.ca .

Recipe of the Month

February is all about hearts, In that spirit, here is a heart healthy recipe from the Heart and Stroke Foundation.

Family favourite shepherd's pie

Makes 5 servings

Ingredients

- 500 g (1 lb) lean ground beef, pork or lamb or a combination of these
- 2 medium onions, chopped
- 2 large cloves garlic, minced
- 1 carrot, minced
- 75 mL (1/3 cup) tomato paste
- 150 mL (2/3 cup) water
- 5 mL (1 tsp) dried thyme
- 15 mL (1 tbsp) Worcestershire sauce
- 1 mL (1/4 tsp) or less salt and freshly ground pepper
- 500 mL (2 cups) mashed potatoes
- Paprika



Directions

1. In skillet over medium heat, cook beef, stirring to break up meat, until brown; pour off fat.
2. Add onions, garlic and carrot; cook until tender.
3. Add tomato paste, water, thyme, Worcestershire, and salt and pepper.
4. Simmer for 5 minutes, stirring up any brown bits from bottom of pan.
5. Spoon meat mixture into 2 L (8-cup) baking or microwave-safe dish;
6. Spread mashed potatoes evenly on top. Sprinkle with paprika to taste.
7. Bake in 190°C (375°F) oven for 35 minutes or until heated through, or microwave on High for 9 minutes.





A Message from our Sergeant at Arms **Maureen Seebaran, ATM-B, CL**

The meeting duties of Sergeant-At-Arms (SAA) at Wild Rose Toastmasters Club entail a slightly different set of chores from a regular club, partially because we are a dinner club. Our manual states:

“The Sergeant At Arms for Wild Rose arranges for the meeting room, equipment, and meals, with the facility where the monthly meeting will take place. The Sergeant At Arms also maintains a box of club supplies, and brings it to each meeting, along with the banner, collects and counts the ballots at each meeting and maintains a watch through the meeting for special needs of the members and guests.”

However, there is more to being the SAA! First, the SAA is also a position on the executive and as such, attends the executive meetings.

Our SAA carries out the following roles to prepare for each meeting:

- arranges for an electronic invitation to be sent to all the members, plus (currently) 50 or more guests who have attended in the past year or two. This invitation is usually sent out approximately 2 weeks prior to the meeting, and a reminder sent out a week prior to the meeting.
- keeps track of who is attending and whether or not they are dining. This information is given to the facility a few days prior to the meeting. A copy of this information is also provided to the treasurer at each regular meeting, so the treasurer can keep track of who attends and pays.
- arranges for more tables for guests, program requirements and any other special needs of the participants of the program prior to the meeting.
- arranges with the staff of the facility for the actual number of meals required (and hopefully this is not too many more than originally stated!) and the timing of the meal service, on the evening of the meeting.
- puts out the banner, the members' name placards, visitor book, and visitor nametags, and places evaluation forms at each place setting as well as helping wherever needed.

Lest you think the SAA is a thankless job, think again. The SAA has, in the past, received the Award of Excellence for doing a good job. Moreover, just try not showing up for a meeting due to illness, perhaps – you will quickly realize what an important part you play in the smooth running of the meeting and so does everyone else.

This sounds like a lot, doesn't it? It all takes place and happens quite smoothly, as the members of the Wild Rose Toastmaster Club are more than willing to help in any way. Therefore, if you are feeling a bit overwhelmed with all the things you must do, simply ask one of the members and they will help you. Even the previous SAA is willing to help. There is a lot of satisfaction in seeing the fruits of your labour ripen. I strongly recommend that every member take a stab at this position. It is in the background, for sure, not a lot of recognition, so to speak, but I like to compare it to the spine – it's there, and helping a lot, but one doesn't think about it until something goes wrong. And nothing will go wrong if you simply ASK for help. And aren't Toastmasters the most helpful people in the world? Yes, they are. Hooray for Toastmasters!!

Looking for Newsletter Articles

Calling all Wild Rose Members!

Petals and Sepals is looking for articles! If you are interested in writing a brief article on subjects related to communication and leadership, Toastmaster activities or related subjects, please contact Editor **Kathy Acheson, ATM** at kathy.acheson@gov.ab.ca



Upcoming Meetings and Events

March 26: Area 30 International Speech and Evaluation Contest

March 29: Wild Rose meeting. Theme: Life Balance

April 26: Wild Rose meeting. Theme: Debate Night

May 4-6: District 42 Spring Convention, Calgary

May 31: Wild Rose meeting. Theme: Mentoring/Coaching

June 28: Wild Rose meeting. Theme: Speakers Forum

Wild Rose Toastmasters Welcomes You

You are invited to visit our meetings. Guests are always welcome.

Format: Dinner meeting, meal is optional.

When: Last Thursday of the month, 6:00 – 8:30 pm.

Where: Shaw Conference Centre, 9797 Jasper Avenue, Edmonton

Meal Cost: \$23

Please contact our Sgt. at Arms 4 days prior to the meeting if you plan to have dinner as we need to order all meals in advance.

Sgt. At Arms: Maureen Seebaran, ATM-B, CL

Email: dandelio@telus.net

Phone: 780-989-5707