



# BLT Toastmasters Newsletter

District 42 December 2020

## Inside This Issue

New Year, New Goals and New BLT:

1. 2020 Is Almost Over
2. New In 2021

Facts and Tidd Bits:

1. 'Don Rosom Speaks'
2. Charting The Way For BLT

A Bit Of Humour

Life Tips:

Smiles Through Laughter

Important Announcements:  
Contests And Awards Galore!

Got Questions Or Have An Article You  
Want On The Next Newsletter?

## Next Month's Meeting:

January 7<sup>th</sup> 2021 7pm – 9pm

January 23<sup>rd</sup> 2021 10am – 12pm

For more information,  
visit our website  
<https://blt.toastmastersclubs.org/>

Toastmasters International  
[www.toastmasters.org](http://www.toastmasters.org)

Special thanks to:  
Catherine Secundiak, Don Rosom &  
Brad Korbo

Thank you for your contributions

## New Year, New Goals and New BLT:

### 2020 Is Almost Over



This is the 23rd year of BLT and we've faced a lot of challenges, but our members have really stepped up to the plate this year! Members of BLT are often called upon to assist with Division and District events and this year is no different. Being a leader outside the club gives us an opportunity

to develop skills beyond BLT and reach broader, larger and more diverse audiences. A big thank you to all the members of BLT who have assisted with Circle of Gold, Circle of Gold Plus District Speech Contests and District Training in the first part of the year.

Please keep in mind that volunteers are needed for the District 42 2021 Conference. Find out more information here: <https://d42tm.org/current-opportunities/>

Thank you to all the BLT members to assisted with conducting Educational Sessions in the club through the "Improving Your Management Skills" module from Toastmasters International. We learned how to set goals, prepare a plan and execute the plan (with motivating, coaching and controlling) – key skills leaders use every day.

New and returning members who have joined us over the first part of the year include:

- Veronica Schroder
- Don Rosom
- Laurel Wingert
- Christina Kruis

Who else do you know who needs what BLT has to offer? Send them a personal invite to our next BLT meeting.

Members of BLT have earned 13 educational awards so far this year!

To date, BLT has completed...

- 4 out of 6 Distinguished Club Program (DCP) Educational Goals (Goals 1, 2, 4 and 5)
- Goal 9 -100% club officers trained in both rounds
- Goal 10 – Membership renewal dues and club officer list submitted on time
- With 6 DCP goals completed to date, BLT will earn the DCP Go Getter award in Jan!

Article by Catherine Secundiak



# BLT Toastmasters Newsletter

District 42 December 2020

## New In 2021

### New Start Time

We did change our Thursday evening meeting time to start at 7:00 PM CST... to ensure we all get in a dinner break before our meeting starts!

**New Thu Start Time  
7:00 PM CST!**

### Moments of Truth

During our Saturday, January 23 meeting, we'll check in on how we are performing the **Moments of Truth** so we have time to make adjustments before the end of the year.



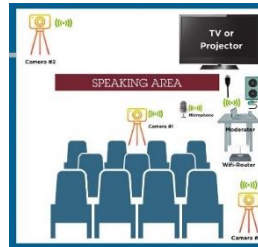
### Professional Speaking

The focus of 2021 will be on Communication, with Don Rosom already preparing an educational on **Podcasts** in January. We'll also be scheduling educationals on **Professional Speaking** and reaching out to our **Accredited Speaker** friends to help us navigate that topic.



### Hybrid Meetings

Your Executive has been watching the changing environment, and though we will be moving to hybrid meetings at some point in the future, we cannot say just when yet. As per our member survey over the past couple of months, the majority of our members prefer to meet online at this time.



Here is a reminder of some upcoming activities:

- **Circle of Gold Plus** – Thu Jan 21<sup>st</sup> and Jan 27<sup>th</sup> 7:00 pm (Reoccurring third Thursday and the fourth Wednesday of the month). Contact Lynnette Zotzman if you are interested in helping out at one of these sessions.
- **BLT Club Contests** – International Speech Contest & Evaluation Contest – Saturday February 20, 2021
- District Conference is tentatively scheduled to be held in High River, AB April 30-May 2, a final decision will be made will be made in January 2021
- Check out other District 42 events on the new [District 42 Event Calendar](#)

On behalf of your club executive, we wish you a joyous holiday season and we'll see you in the New Year!

**Catherine Secundiak, DTM**  
Club President, [B.L.T. Advanced Toastmasters Club](#)

Past District Director, [District 42 Toastmasters](#)

phone: +1 360-526-7312

Would you rather talk than email? Find out when I am free for a phone chat and book a time convenient for you by clicking this link:  
<https://doodle.com/mm/catherinesecundiak/1-hour-meeting>!



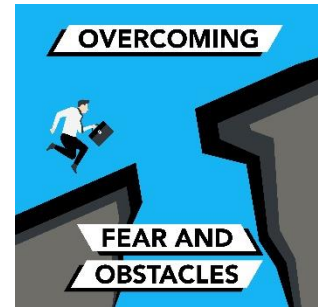
# BLT Toastmasters Newsletter

District 42 December 2020

## Facts & Tidd Bits:

### ‘Don Rosom Speaks’

I am introducing to you my podcast -- ‘Don Rosom speaks’



Welcome to my podcast – ‘Don Rosom Speaks’. I have had to overcome many fears, obstacles and adversities in my life, which have led to success and victories. I hope my guest will inspire you to never give up regardless of how big or small your obstacles may be. My hope is that the inspiration you will receive will ***‘pave your path to stress free living’***.

Thank you for tuning in and I look forward to your comments and would ask that you please share this podcast with others. I appreciate if you would like my Facebook Page ‘Don Rosom Speaks’

#### Podcast description:

We all deal with fear, obstacles and adversity in our day to day lives. Why can some overcome these three main challenges quickly and others struggle. Stress, anxiety and rejection are attachments to these three main challenges. We all have a desire to be the best we can be; however, our thinking can manipulate our thoughts to not take any action. This podcast is intended to share techniques and ideas which will help us to take ACTION. Doing is Action and Actions leads to Results – this is the first step to success.

My plans for future are as follows:

I am currently producing a podcast every 2 weeks releasing on Tuesdays at 10:00 am. Beginning in early 2021, plans are to do weekly episodes between 30 to 45 minutes with the exception for special topics which could go for 60 minutes. Next is to add video podcasts and add them to a YouTube channel. Promoting Toastmasters will be an important topic which provides opportunities for Members of Toastmasters. I invite suggestions for topics as well as special guests. Breaking down barriers of FEAR and OBSTACLES is a journey of life.

I have now introduced you to my podcast -- ‘Don Rosom speaks’ and these are the episodes which already exist.

- Episode 1, Don Rosom , Stutter to Public Speaker
- Episode 2, featuring Tricia Brown, fear of Speaking
- Episode 3, featuring Lynnette Zotzman, Dealing with depression, mental Health
- Episode 4, featuring Colin Forrest, One career ends, new career starts
- Episode 5, featuring Cyndie Knorr, Adversity of Money
- Episode 6, Don Rosom, Breaking down Barriers.



Apple Podcasts, Spotify, Overcast, Deezer, Podchaser, and more.

<https://donrosomspeaks.ca>

<https://donrosom.com>

Article by Don Rosom



# BLT Toastmasters Newsletter

District 42 December 2020

## Charting The Way For BLT



BLT Advanced chartered twenty-three years ago on November 1, 1997. These members were excited to be forever immortalized as Charter members of such a great club: Joanne Corbett – Pres, Cindy Schwindt – VPED, Spencer Silver – VPMPR, Shelley Redekopp – Treas, Connie Paus – Sec, Bev Ward – SAA, Janet Kwasniak, Brad Korbo, Robert Stedwill, Karen Haggarty, Lynn Silver, Marg Ollette, Jim Ollette, Joe Degenhardt, Father Joe, Maryann Samida, Curt Schroeder, Shirley Blyth, Alan McIntyre, and Ed Haid. Brad Korbo, DTM continues as a member. Connie Paus, Bev Ward, and until recently Janet Kwasniak remain as members of Toastmasters.

Why did we choose our name, BLT? The charter members enjoyed going for a meal after the meeting. Quite often the lunch menu included BLT sandwiches. When the club formed the focus was on quality evaluations, advanced or longer projects, and serving as a source of expertise for Division B. BLT stands for “**B**’s **L**eading **T**eam”.

BLT continues to focus on those original guiding principles. In different times, BLT has been well represented at District conferences and winning the Mileage Meter Award for having the most members travelling the greatest distance to the conference. BLT continues to deliver educational sessions at every meeting, as well as workshops, that benefit the members of Division B. Many District leaders are/were members of BLT. This year: Ryan Rupchan is District 42’s Club Quality Director; Camille Gibney is District 42’s Administration Manager and last year’s Division B Director; Debbie Stearns is Area B4 Director; Dan Lonechild is Area B9 Director; and Catherine Secundiak finished her year as 2019-20 Immediate Past District Director.

While the guiding principles have remained the same, the club has changed over the years. Originally BLT met every third Saturday. In December 2016, BLT added a supper meeting every month on the first Thursday of the month to allow potential members who were busy on Saturday to join the club. BLT recently enhanced its evaluation focus by adding a new role “Evaluator of the Evaluator” who provides feedback to the evaluators.

BLT strives to be an example to other clubs. Since 2011-12, BLT has been Presidents Distinguished club 8 of 9 years. Since Toastmaster International started electronic records in 2002, BLT has had 111 educational awards. Its members have many other awards given to their home clubs. BLT’s website stores the Division B Contest Winners and the “Hall of Fame” awards. Many BLT members are winners of these awards over the years.

**BLT Toastmasters:  
Advanced Club**

Article by Brad Korbo, DTM



# BLT Toastmasters Newsletter

District 42 December 2020

## A Bit Of Humour:

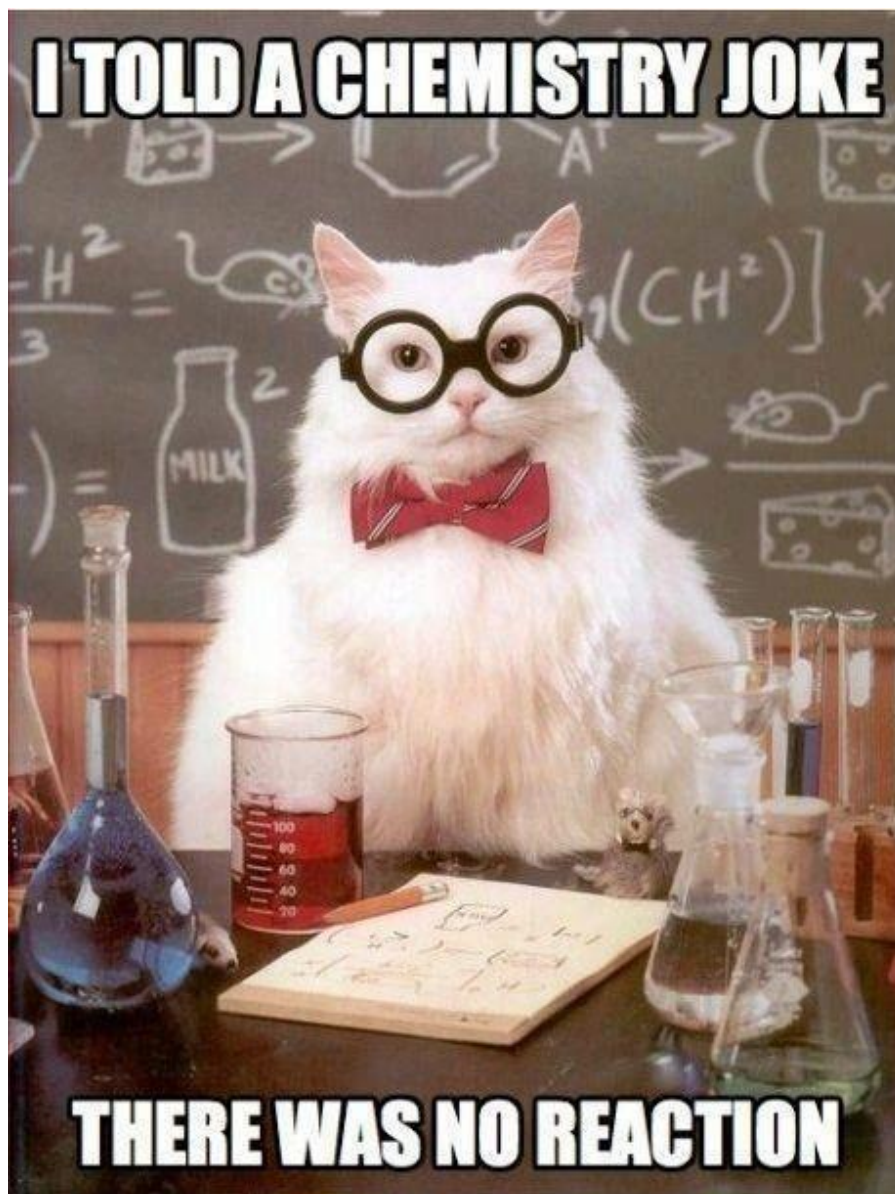
Good day everyone, I'd like to share a few jokes on Chemistry that I like to tell *periodically*!

I find them so uplifting that I can't help but chuckle "*He He*"!

For me chemistry jokes are *sodium* funny! Sorry, I have to slap my *neon* that one.

Here's a good joke: What do you do with a sick Chemist if you can't *helium* or *curium*? Just *barium*.

I would tell more chemistry jokes and puns, but all the good ones *argon*!





# BLT Toastmasters Newsletter

District 42 December 2020

## Life Tips:

### Smiles Through Laughter



Laughter is said to be the best medicine. And smiling is said to put people at ease when you first introduce yourself. Which is why it is good to do both at once, because it is always good to see others smiling and laughing, it means they are having a good time or at the least, having a great day. Making someone laugh is always a good way to make people smile, which is why comedians and clowns exist. Laughter truly is the best medicine for some things, especially if your feeling depressed or sad. But trying to get others to laugh can be tricky at times. And there are appropriate times to even try to make others laugh, example: its definitely not a good time to try when you're at a funeral.

Making someone laugh and seeing them smile, is definitely one of the best ways to get a good release of dopamine. Because smiling and laughter can be contagious, perhaps more so than the common cold or the flu. When ever we do see

others smiling or laughing, we cannot help but feel good as well, thus putting a smile on our faces. This is probably because we are pleased to see someone who's just being happy and not trying to murder us, unless they're smiling because they don't want to say anything about the toilet paper dangling off your shoe.

There are multiple ways to induce laughter thus getting that rewarding smile at the end, through different forms of comedy, here are a few examples:

- Dark
- Deadpan
- Music
- Prop
- Satire
- And even Ventriloquism

Inducing laughter in someone is no easy task, as everyone has a different taste in humour, just like how many of us have different tastes in music or movies. It's never good to try and force humour either, most people will notice, and your joke won't go through. If you want to get that important fix of dopamine from seeing someone smile, just try to be as natural as you possibly can when telling a funny story or a joke. Sometimes, the best type of joke or humour is from just being natural and telling a story as is. After all, your goal is to make someone want to laugh, not want to throw fruit at you. But we cannot deny it, if you ever want to have a good day and make someone else's, smiling through laughter is all good.

Article by Dan Lonechild



# BLT Toastmasters Newsletter

District 42 December 2020

## Important Announcements:

## Contests And Awards Galore!


### Division B Fall 2020 Speech Contest

Division B Table Topics Contest	Division B Humorous Speech Contest
	
<b>Division B Table Topics Winners</b> First Place – Sesan Oyedale (FCC Stubble Jumpers) Second Place – Marg Ustupski (B.L.T. Toastmasters Club) Third Place – Nicole McLean (Queen City Toasters)	<b>Division B Humorous Speech Winners</b> First Place – Brad Smart (Club 13) Second Place – Laurel Wingert (Weekend Wordmasters) Third Place – Lynnette Zotzman (B.L.T. Toastmasters Club)

Congratulations to Marg Ustupski for placing 2<sup>nd</sup> in the Division B Table Topics Contest and to Lynnette Zotzman for placing 3<sup>rd</sup> in the Division B Humorous Speech Contest.

### Division B 2019/2020 “Of the Year” Awards

BLT members were also recognized at the Division B contest for the 2019/2020 year:




**TOASTMASTERS**  
INTERNATIONAL

DIVISION B PRESIDENT OF THE YEAR

Presented to  
**BRAD KORBO**  
For  
**2019-2020**

21-NOV-20 Date CAMILLE GIBNEY Presenter



**TOASTMASTERS**  
INTERNATIONAL

DIVISION B TOASTMASTER OF THE YEAR

Presented to  
**Marg Ustupski**  
For  
**2019-2020**

21-NOV-20 Date CAMILLE GIBNEY Presenter

- Division B Toastmaster of the Year – Marg Ustupski
  - Division B President of the Year - Brad Korbo
  - Division B Peter Francis Award - Laurel Wingert
- Congratulations!



# BLT Toastmasters Newsletter

District 42 December 2020

## BLT Educational Awards to Date

Member Name	Path	Level	Date
Fasunwon, Olusola Olufunke	Dynamic Leadership	1	7/19/2020
Fasunwon, Olusola Olufunke	Dynamic Leadership	2	11/14/2020
Fasunwon, Olusola Olufunke	Dynamic Leadership	3	12/4/2020
Gibney, Camille L.	Effective Coaching	1	7/16/2020
Gibney, Camille L.	Effective Coaching	2	7/16/2020
Gibney, Camille L.	Effective Coaching	3	8/29/2020
Lee, Keith K.	Strategic Relationships	3	11/29/2020
Wingert, Laurel	Engaging Humour	1	12/2/2020
Ustupski, Margaret	Engaging Humour	1	7/11/2020
Ustupski, Margaret	Team Collaboration	1	11/20/2020
Ustupski, Margaret	Engaging Humour	2	8/5/2020
Ustupski, Margaret	Engaging Humour	3	8/5/2020
Ustupski, Margaret	Engaging Humour	4	8/5/2020

Just a reminder, there is new criteria for the **Triple Crown Award**,  
see details here: <https://d42tm.org/success-incentives/>

Article by Catherine Secundiak

## Got Questions Or Have An Article On The Next Newsletter?

If you got a question you want answered or you want to have your article showcased in our newsletter, please send them to:

[president-6584@toastmastersclubs.org](mailto:president-6584@toastmastersclubs.org)

[vpe-6584@toastmastersclubs.org](mailto:vpe-6584@toastmastersclubs.org)

[vpm-6584@toastmastersclubs.org](mailto:vpm-6584@toastmastersclubs.org)

[vppr-6584@toastmastersclubs.org](mailto:vppr-6584@toastmastersclubs.org)