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## HELGA BENDER OF FLUOR COMMUNICATORS TAKE FIRST PLACE AT THE AREA 23 INTERNATIONAL SPEECH CONTEST



Left: **Matthew Fox**, Contest Chair, presents **Helga Bender** with First Place at the Area 23 Division International Speech Contest. *Photo courtesy of Richard Mowry*

**Congratulations to our competitors at the Area 23 contest** held in Calgary on April 3, 2014! Representing Fluor Communicators, **Helga Bender** took first place in the **International Speech** contest and **Dean Ozen** placed a close second for the **Speech Evaluation** Area 23 contest.

**Helga** placed second in the **Division Contest** held in Lethbridge on April 12th. Well done, Helga!

## A MESSAGE FROM THE PRESIDENT

BY RICHARD MOWRY

Wow, has this Toastmaster year flown by. Remember that the Toastmaster year runs from July to the end of June. There are various functions happening as I write this note. The Division G contest was this past weekend with our Helga bringing in a second place win in the speech contest.

Speech Marathon with 6 speakers	April 15 & May 13
Club Executive Elections	May 27
Dean's Keynote Address from The Professional Speaker (1997)	May 20
Humourous Speech Contest	June 10
Table Topic Contest	June 17
Year End Party celebrating 35 years for Fluor Communicators	June 24

Reading an article from Peachtree Toastmasters of Atlanta GA. <http://www.peachtreetm.org/executivecommittee/> really described our executive roles with great detail as you will see below. Each officer role is explained carefully. Please consider participating in our club as leader for our upcoming year. It will provide you with great leadership training.

Fluor Communicators elects its officers once a year. Our officers serve a full year's term, from July 1 to June 30. If you are interested in serving as an officer, please speak to any of the executive before the end of April, so that you can learn more about the office you wish to hold.

Serving as an officer in Toastmasters is an important part of building leadership skills. As an officer, you will work with a team closely to manage the finances of the club, set the schedule of meetings, hold special functions such as contests and the awards banquet, and solicit and welcome new members and guests to our club.

### **President – Richard Mowry**

The President is responsible for the overall performance of the club. He/she leads the executive committee (made up of all the officers). On the Area and Division level, he/she represents the club to the rest of Area 23, District 42 Toastmasters.

### **Vice President Education – Maureen Towns**

The VP Ed sets the schedule for the club through the use of easy-Speak. He/she is responsible for creating and publishing the schedule, and working with the other officers to create special formats and fun, challenging meetings. He/she works with the Contest Chair to oversee the scheduling of contests. The VP Education works with individual members to help them along in achieving their individual goals. He/she also shares responsibility in working toward club goals, specifically, the Distinguished Club Program. The VP Education is widely acknowledged to be the most demanding role as an officer in the club.

### **Vice President Membership – Helga Bender**

The VP Membership welcomes our guests and ensures that their paperwork is completed before processing them as new members. He/she plans (as needed) orientation sessions for new members to help them grow accustomed to Toastmasters etiquette and tradition. When necessary, he/she is responsible for coming up with membership programs designed to increase the number of members in our club.

## A MESSAGE FROM THE PRESIDENT CONT...

### **Vice President Public Relations – Wanda Weston**

The VP Public Relations is the first point of contact for all club inquires and external affairs. His/her contact information is published on the Toastmasters International website as well as the club website. The VP Public Relations also coordinates with the club webmaster on our web site including updating the club events calendar and membership roster. The VP PR also works with the VP Membership to help publicize the club to attract new members and guests.

### **Secretary – Andrea Corlett**

The Secretary takes attendance for the club and also records the minutes at the executive committee meetings. The Secretary is also responsible for organizing the club's supplies and ordering additional supplies as necessary.

### **Treasurer – Matt Fox**

The Treasurer is the club accountant and keeps the bank records for the club. This position requires to be filled by a Fluor employee. He/she assists the President in setting the budget, and then holds the club to that budget. He/she is responsible for the reporting of the finances to the President on a regular basis, and for disbursing the funds to members who incur expenses on behalf of the club. The Treasure collects new member dues and facilitates the processing of the new-member application with TMI. The Treasurer is also responsible for collecting renewal dues from existing members, submitted twice a year in March and September.

### **Sergeant At Arms – Chris Villalva, Co-Sergeant At Arms – Billy Michel Vital**

The Sergeant At Arms is in charge of the overall professionalism of the club. This position requires to be filled by a Fluor employee. He/she needs to arrive prior to the meeting to set up the room prior to every meeting. During the meeting, he/she assists in the passing of the comment and evaluation slips, as well as the admission of late arrivals so they don't distract from the speakers at the lectern. Following the meeting, he/she straightens up the room and returns the Toastmaster equipment to our closet.

### **Immediate Past President – Doina Cocis**

The immediate past President is an official member of the club executive committee. His/her responsibilities are to support the President.

I look forward with following the next executive for another year.

Richard Mowry  
President 2013-2014  
Fluor Communicators Toastmasters

***“The Program Works if you Work the Program”***

## TREASURERS' REPORT

BY MATTHEW FOX

### CLUB HEALTH

Fluor Communicators remains financially healthy through both your support and through the sponsorship of Fluor. The budget helps support our club for Toastmaster documentation, competition prizes and certificates, membership campaigns, special functions and literature requirements.

This said, if a member of the executive committee or as a member of our club in good standing, you have an idea that can benefit the club but requires financial support, please approach a member of the executive and we will do our best to support any ideas that are advantageous to Fluor Communicators.

### SUBSCRIPTIONS

Congratulations to **Doina Cocis** for winning our prize draw for all those paying subscriptions, prior to the start of the period September 2013 to March 2014.

Thank you to all who have renewed their memberships for the period of April 2014 to Sept 2014. We will be having another draw to identify a winner amongst those having paid subscriptions prior to April 1st, 2014. Because of your continued support, Fluor Communicators has achieved the required amount of renewals to qualify for the **Distinguished Club** status.

However, we still have a ways to go. To date we have only 40% of the membership renewals achieved. It would be fantastic to improve that figure and have all subscription payments completed by the end of April. Please help the Club achieve this.

I will be available to accept payments before or after meetings. You may also contact me directly to renew your membership.

Matthew Fox  
Treasurer, Fluor Communicators

## MEMBERSHIP NEWS

HELGA BENDER, VP MEMBERSHIP

We had a very successful Membership Drive in the month of February with special guest meetings.

Thank you to all for inviting guests and making newcomers feel welcomed!

Please say hello to our newest members, since December 2013:

**Jim Rustami**

**Sonny Yoon**

**Ian Canis**

**Brendan Gentili**

**John Kushneryk**

**Andra MacLauchian**

**Trevor Hurford**

**Naeem Munir**

**Brandon Sung**

## Q&A WITH CLUB INTERNATIONAL SPEECH CONTEST WINNER 2014 - HELGA BENDER



**Helga Bender**, Club International Speech Contest Winner, with mentor, **Vera Wright**, former Area Governor. Photo courtesy of Richard Mowry

### What is the title of your winning speech?

The title of the speech was "Goodbye Anger, Hello Freedom".

### What message did you want to deliver to the audience in this speech?

I choose to speak about forgiveness because it made such a liberating difference in my life. Everyone needs to forgive someone and I hoped someone could benefit from my story. I had to forgive the convicted driver that killed my son or it would destroy me like a slow poison. Although I grieved the loss of my 25 year old son, I still needed to forgive the driver's carelessness and dangerous driving that took his life. My son was an amazing humanitarian and visionary. On graduation from university he toured Eastern Africa with friends. He visited the genocide sites in Rwanda, and was moved to help establish a school to rebuild this devastated nation. He poured the concrete foundations but also set up all the computer systems - his degree was in computer science, following in his mother's footsteps.

He also worked on the documentary "Hope Rises" about how the school was raising up future leaders to help Rwanda recover. He left a huge impact on the world even in his short years. As his mother, it was like my heart was ripped open when he was killed and somehow I wanted someone to pay but who could pay back his life. I had to let go of my anger and forgive the driver to get free of bitterness. Forgiveness has set me free and I found peace and rest in my life again. It set me free to redirect my energies to living and loving life again. Hopefully that will help someone else who has suffered injustice too, because injustice comes to so many of us.

### What advice would you give fellow members that may consider entering upcoming speech contests?

Tell your own story. Tell the impactful lessons you have learned even if they are hard ones, and it will impact others. Also, I am grateful for amazing mentors who have helped me see what was extraneous and what worked. They have helped me move my speaking up into a much more powerful realm.

### What is your next big goal that you have your sights on, in and outside of Toastmasters?

I love the medium of storytelling. I want to explore that further both in and out of Toastmasters. I am also considering other platforms for my forgiveness speech, to reach more people.

In addition, having won a little short story contest, I also am exploring ideas of writing and blogging.

### WINNING RESULTS!

#### CLUB CONTEST WINNERS:

Helga Bender- International Speech Contest  
Dean Ozen - Speech Evaluation Contest

#### AREA 23 WINNERS ( FIVE CLUBS):

Helga Bender - International Speech Contest  
Susan Cramer (MVP) - Speech Evaluation Contest

#### DIVISION G PLACINGS (OVER 30 CLUBS)

Johnathan Hallet - 1st place - International Speech  
Helga Bender - 2nd place -International Speech

## Q&A WITH 2014 CLUB CONTEST SPEECH EVALUATION WINNER: DEAN OZEN

**You placed second in the Club Speech Contest on March 4th. What was the title of your speech and why did you choose this?**

*The title of my speech was "Advanced Learning Technique". I chose as it's an appropriate topic for public speakers. It can help them learn new ideas for effective training and teaching.*

**What message did you want to deliver to the audience in this speech?**

*The message I wanted to deliver was to show how an audience can learn faster and retain more information if the teacher uses the Advanced Learning Techniques in their presentation.*



Left: **Maureen Towns**, VP ED and mentor, **Dean Ozen**, winner of the Club Speech Evaluation Contest.

Photo courtesy of Richard Mowry

**What advice would you give fellow members that may consider entering upcoming speech contests?**

*I would advise that they prepare at least a couple weeks in advance and use the 2 weeks leading up to the contest to practice daily. Contests can add more pressure and nerves so being more confident in the speech is a necessity. On Contest day don't leave anything on the stage. Go for it and push yourself.*

**You placed first in the Club Speech Evaluation contest. Congratulations! What advice can you give others to provide a positive, yet constructive evaluation to the speaker?**

*Write down both growth areas and areas they did well and use the sandwich approach in your presentation. Give examples of how they can improve in addition to the constructive feedback. So don't be afraid to give constructive help. That's what speakers want to hear.*

**What is your next big goal that you have your sights on, in and outside of Toastmasters?**

*My big goal is to win the area contest and build my business to increase profits.*

**\*Dean placed a close second at the Area 23 Speech Evaluation Contest! Great job, Dean!**

## THE WATERLOO UNIVERSITY CO-OP EXPERIENCE



TM Fluor Communicators Club members and Waterloo University Co-op Students.  
 Left to right: Ian Canis, Steven Jones (guest), Naeem Munir, Brendan Gentili, and Sonny Yoon.  
 Photo by W. Weston

### How has your personal and professional experience been coming to Calgary and working at Fluor for the work /study program through Waterloo University?

**Ian:** So far my experience with Fluor and Calgary has been fantastic. Fluor is a great company to work for, and it's been a new experience for me to be exposed to large scaled projects. I have learned a lot here, and have also enjoyed some of the other benefits such as Fluor Fridays, and of course Toastmasters. At first I was hesitant to move to Calgary, but now I love it here. I love snowboarding, and have made the best of my four months out here by visiting most of the large ski hills in the area. I've had some fantastic weekends and will certainly miss Calgary.

**Naeem:** The professional experience I have gained through the co-op program is amazing. Being here in Fluor I have gained exposure to so many different fields and disciplines. This experience would have never been possible if it wasn't for the co-op program at Waterloo.

**Brendan:** Both my personal and professional experiences have been unforgettable. I have been able to learn and work with great individuals ranging from new graduates to experts who have over 25 years of working experience, which is very valuable. I have also enjoyed living in Calgary because it has many activities to offer but it still has the small city feeling to it, so it is not overwhelming.

**Sonny:** I am an international student going into 4th year this spring, and this is my 5th work term. This was my first time working outside of Ontario, and it has been definitely my No.1 favorite co-op term. For once I wanted to work somewhere far, and just right in time I was given a great opportunity by Fluor. To me, Fluor was unique in a sense that they valued diversity. I previously had 4 work terms at different companies, but I had never seen so many people from different culture working together in harmony. Also, people in Calgary are more friendly, kind, and easy going that it was easier for me to quickly adopt myself to this new environment.

I love the people and culture here that if an opportunity allows I'd like to come back for a full time employment

## THE WATERLOO UNIVERSITY CO-OP EXPERIENCE...CONTINUED

### What made you decide to come to a Toastmasters' meeting?

**Ian:** *On my first day at Fluor, I saw a link on the e-news email about Toastmasters. It didn't take much of a decision for me to go, I'd heard of Toastmasters and despite never participating in it before it seemed like a great opportunity to me. I showed up the first week and haven't turned back.*

**Naeem:** *It just sounded like an awesome club where you get to practice a very valuable life skill, communicating. I also really enjoy giving and hearing speeches and where better to get that than Toastmasters.*

**Brendan:** *I decided to go to a Toastmasters' meeting because I wasn't confident in my public speaking skills and I often found myself getting very nervous any time I had to speak in front of a crowd. I saw Toastmasters as a great opportunity to become a more confident speaker with the ability to capture the interest of my audience; I skill I envied in other great speakers.*

**Sonny:** *As an international student who speaks English as a second language, I always wanted to improve my communication skills. About a year ago I learned about this group. I was interested, but I didn't look for one around me to join. When it was finalized that I would be working for Fluor, the first thing came up to my mind was joining this meeting at Fluor.*

*The first meeting was great. I heard two great speeches. Todd was giving his first speech that I could picture myself standing in his position and giving a speech. His hands were shaking a little from nervousness, but when I saw his eyes I could feel his strong will and confidence in him to deliver his story to the audience. He looked great, and I thought to myself 'That could be me'. Then Helga gave her last CC manual speech and it was astonishing. She just blew my mind. It made me want to come to this meeting every week and listen to great speeches. Then I was selected as a table topic speaker.*

*I stepped out of my comfort zone without an hesitation, which was a big step for an introvert like me, and tried my best. Everyone gave me praise and I felt really good about myself. I got very motivated by the members. What's next? I joined the group immediately.*

### How has your brief involvement in Toastmasters' benefited you?

**Ian:** *Toastmasters has been very beneficial for me. It can be hard to get comfortable talking in front of people - I find it especially difficult in a professional or semi-formal environment. Toastmasters has been a great way for me to get a little bit more experience, and on top of this meet some new people. I'm new to Calgary so meeting new people and hearing their stories gives me the opportunity to learn a bit about the city, and hear of things around town that I'd like to do.*

**Naeem:** *I have gained a lot so far from Toastmasters including practicing my speech skills both scripted and non-scripted. I have also heard some very great speeches and evaluations. My most enjoyed time at Toastmasters would have to be the Table Topics though. It forces you to think on your feet and work up the ability to solve problems right away.*

**Brendan:** *I have been able to hear and learn from great speakers every week at Toastmasters. My first speech and other various roles I performed, have allowed me to gain some confidence in my ability to speak and allowed me to set future goals for myself. I now look forward to every speaking opportunity because it allows me to practice and become a better communicator.*

**Sonny:** *I gained so much confidence. It was not that I studied more grammar or vocabulary, but just from gaining confidence I could communicate better with others. Toastmasters not only enabled me to see my strengths and weaknesses in communication, but also guided me to improve and enhance them. Organized manuals; a great mentor; encouraging members; and fun meetings always stimulate me to try different roles and learn from different perspectives. Most important above all, the meetings were always fun, and I had such a enjoyable time!*

## DISTRICT 42 SPRING 2014 CONVENTION

LEADERS ARE FOREVER

MAY 2 - 4, 2014

RADISSON HOTEL, EDMONTON SOUTH

<http://springconvention.d42tm.org/>





**REMINDERS...**

**EXECUTIVE POSITIONS**

Will be open for Elections in Mid May. Let us know if you are interested in one of the executive positions for next year.

**UPCOMING CLUB SPEECH CONTESTS:**

Humorous Speech Contest: June 10th, 2014

Table Topics Contest: June 18th, 2014

**Please contact Maureen Towns, VP ED for more information if you want to participate as a speaker or chair a contest!**

**NEXT SPEECH MEETING IS MAY 13, 2014.**

\*Please sign up with Maureen before spaces are filled!

**END OF YEAR FLUOR COMMUNICATORS BBQ AND  
35TH ANNIVERSARY CELEBRATION - JUNE 24TH,  
2014**

TIME AND LOCATION TO BE ADVISED

JOIN IN ON THE FUN- GREAT FOOD AND GREAT PEOPLE!

**TOASTMASTERS  
INTERNATIONAL**

**Est. 1924**

**Mission**

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide

reality. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind. It is basic to this mission that Toastmasters International continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

**CLUB MEETINGS:**

EVERY TUESDAY AT 12:05PM

FLUOR OFFICES

SUNDANCE BUSINESS PARK

ROOM SD4-1001

60 SUNPARK PLAZA SE

CALGARY, AB T2X 3R4

**PROSPECTIVE MEMBERS:**

YOU CAN REACH OUR

VP MEMBERSHIP: HELGA

BENDER AT:

[HELGABF@GMAIL.COM](mailto:HELGABF@GMAIL.COM)

**VISIT OUR WEBSITE TODAY**

**AT:**

HTTP://

FLUORCOMMUNICATORS.TOAST

MASTERSCLUBS.ORG/

**COME JOIN US!**

**YOU WON'T REGRET IT!**

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