SEPTEMBER 2020

FLUOR COMMUNICATORS CLUB NEWSLETTER

TOASTMASTER'S CLUB #3950

MEETINGS:

Tuesday @ 12:05PM
on WebEx

CLUB OFFICERS

Leah Villanueva, *President*
Masoud Shahanaghi, *VP Education*
Helen Zheng, *VP Education*
Isabella Paringit, *VP Membership*
Amanda Price, *VP Public Relations*
Benjamin Zhang, *Treasurer*
Shelley Werner, *Secretary*
Steven Yang, *Sergeant-At-Arms*
Shohreh Roshani, *Sergeant-At-Arms*

IN THIS ISSUE

- WORDS FROM OUR PRESIDENT
- 2019/2020 CLUB ACHIEVEMENTS
- IN OUR TECHNOLOGY AGE, WHO NEEDS TO KNOW HOW TO SPEAK? Words from Roger Love, Celebrity Voice Coach
- AUTUMN REFLECTIONS By Marcy Field, District PRM

NEW MEMBERS

Welcome **Sharon Zhao** to Fluor Communicators!

SUMMER 2020 RECAP

District 42 Celebration (June 13, 2020)
Our District executed its first-ever free online virtual celebration event. We "Connected the Dots" virtually! The event was filled with laughter, dancing and connection.

Fluor Communicators Club Celebration (June 30, 2020)
Our "Rising to Higher Ground" themed year-end celebration was a success. Congratulations to Irma Goosen Rookie OTY, Ruby Gunna Toastmaster OTY and Matt Fox PR OTY.

Irma Goosen *Rookie OTY*

Ruby Gunna *TM OTY*

Matt Fox *PR OTY*

Club Meetings (July 21, August 11 & August 25, 2020)
July 21 - Friend of the club, Gail Maitland, shared some tips about motivating others through speech evaluations.
August 11 - We had a unique Table Topics learning session.
August 25 - The meeting was business as usual; speeches and evaluations.

Club Officer Training (July - August)
All Fluor Communicators officers were trained in the months of July and August. The next district sponsored training session will be held between November and February.

WORDS FROM OUR PRESIDENT

Dear Fellow Toastmasters,

Welcome back for the 2020/2021 Fluor Communicators season! I hope you had a wonderful summer filled with joyous memories with your loved ones. My name is Leah Villanueva and for those that don't know me, I am the Fluor Communicators President this year.

After being a club member for 3.5 years, I felt it was the right time for me to serve on the executive committee to give back to a club that has been so instrumental in my personal development. When I first started as a new graduate engineer-in-training at Fluor in March of 2017, I joined the club in hopes to overcome my fear of public speaking. What I didn't know is that along with strengthening my speaking skills, I would also develop leadership skills and gain so many mentors. Toastmasters has a way of bringing you opportunities to develop various skillsets and maximize your potential in ways you never expected.

I hope that all of you find value in your Toastmasters experience this year. 2020 has been challenging to say the least but our club has risen to the occasion by quickly adjusting our in-person meetings to virtual. I've always been proud to be a member of this club, but the passion and innovation I've seen this year has made me even more proud to be a member here. I hope that we can continue to create a club atmosphere that is positive and fun for all members even without the ability for all of us to be in one room together. Stay safe and continue growing!

Warm regards,

Leah Villanueva

Club President 2020/2021

MEMBER ANNIVERSARIES

September

Lisa Branch - 6 years
Negar Sadeghpour - 1 year

October

Amanda Price - 1 year
Dmitri Gordeev - 2 years
Helen Zheng - 1 year
Jagraj Bansal - 1 year
Matthew Fox - 8 years
Tanice McMinis - 8 years

MARK YOUR CALENDAR

The **Humourous Speech Contest** will be held on Tuesday, October 20, 2020.

A **Moments of Truth** meeting will be held on Wednesday, October 28, 2020.

QUICK TIPS

Are you the meeting **Word Master?**

DID YOU KNOW selecting a word that is somehow related to the meeting theme helps speakers use it with ease.

FOR IN-PERSON MEETINGS: Print your word, its part of speech (adjective, adverb, noun and verb) and a brief definition in letters large enough to be seen from the back of the room. Also prepare a sentence showing how the word is used.

FOR WEBEX MEETINGS: Email the word, its part of speech, a brief definition and the word used in a sentence to the meeting participants or place it in WebEx chat.

"I find the enthusiasm, drive, and commitment of the Toastmasters in the Fluor Communicators Club truly inspiring," says Marcy Field, FC member and District 42 PRM.

"Their desire to grow is evident as they pushed themselves to develop many of the over 300 unique competencies available through the Pathways self-directed education program. It is exciting to see our members expanding their skillset and stepping out of their comfort zones. The payoff will be huge."

TO PROSPECTIVE MEMBERS

Come and visit us virtually to see what Toastmasters can do for you! Practice public speaking, improve your communication and build leadership skills.

Reach out to our Vice President of Membership Isabella Paringit

Email: isabella.paringit@fluor.com

2019/2020 CLUB ACHIEVEMENTS

As the world started to slow down amid COVID-19, travel restrictions and social distancing prevented most Toastmasters clubs from meeting in person. Fluor Communicators Club, along with many clubs around the globe, chose to pivot and started meeting online. Despite the change of "venue", the club continued to meet weekly and maintained some sense of normalcy.

Club members remained focused on their goals, orchestrated effective meetings and delivered eloquent speeches. **For this reason, Fluor Communicators was able to lock down 63 educational awards in the 2019/2020 Toastmasters season. Out of 17,561 clubs worldwide, Fluor Communicators ranked in the Top 27.** An educational award is achieved when a Toastmaster completes a level in the new Toastmasters education program, Pathways, or a project in the traditional Legacy educational program. **This is an incredible achievement for the club but also a great investment in personal growth and leadership development by our members.**

The club banked 10 Distinguished Club Program points, achieving the 'President's Distinguished' title once again. The distinguished club program is the Toastmasters progress tracker and motivational tool identifying 10 goals that clubs strive to achieve.

CONGRATULATIONS TO ALL CLUB MEMBERS

IN OUR TECHNOLOGY AGE, WHO NEEDS TO KNOW HOW TO SPEAK?

With email, chat, and texting, why do we need to learn how to communicate with our voices?

From Roger Love, celebrity voice coach

"If you've walked down the street in a major city lately, you know how you have to dodge people who are texting and emailing on their phones. We're such a technology-dependent culture, it's no wonder that people are starting to think we don't need to communicate with our voices. But just because that myth is easy to believe doesn't mean that buying into it is harmless.

Texting doesn't allow you to use the building blocks of voice, the pitch, the pace, the tone, the melodies, the volumes, so it's too easy for our messages to just be misunderstood. So, while we might be using our voices less frequently, that doesn't make great speaking skills irrelevant. In fact, I believe that verbal communication and personal connection are going to become more important in the future, and the individuals with the ability to use their voices to connect emotionally, move and effectively engage with their audience, will hold the reins of influence in their hands.

When you speak to someone, sound waves actually leave your mouth and travel in the air until they vibrate the bodies of anyone who hears you. The vibrations they feel are interpreted by the brain and turned into thoughts, memories, and emotions. That's part of the reason why you feel sad when you hear a blues song or excited when you hear a dance track play on the radio. There are specific types of sound waves that make people feel certain ways, and when **you have control over your voice, you can engineer the ones you want to produce in a given situation.**

Did a job application ask for "innovative, responsible, and energetic"? Well, your voice can communicate those emotions. How about "clear-headed, confident, and strategic"? Yes, your voice can make those sounds, too. **Fact is, you can control the way others perceive you and how to move them emotionally, just through the way you use your voice.** This is how you showcase your authentic self, how unforgettable and how valuable you are, and convince the decision-makers to move in your favor.

If you recognize that voice is the most powerful tool for influence and impact that you have, the world is in your hands, or more specifically, right there on the tip of your tongue. **You'll have an unrivaled ability to change minds, hearts,** and maybe even the world through the way you instantly connect with others and make listeners like and trust you **from the moment you start speaking.** I look forward to hearing your voice and about all the wonderful accomplishments that you'll learn. Until then, you can find free voice training resources at rogerlove.com. So, here's wishing you good luck and great speaking."

"Texting doesn't allow you to use the building blocks of voice, the pitch, the pace, the tone, the melodies, the volumes, so it's too easy for our messages to just be misunderstood."

- Roger Love

One Way to Combat Stage Fright

Color Breathing Exercise

Inhale and relax your shoulders. When you exhale, imagine that the air you're breathing out is colored **red**, the color of **fear**. Watch the red cloud of fear, tension and anxiety leave your body as you continue taking deep breaths.

Continue for a minute or two and as you start to feel relaxed, imagine the **red** breaths of fear gradually turning a peaceful **blue**. Continue until there's no red left and you can see yourself surrounded by rich **blue** color.

This article is based on a Youtube video by Roger Love called "In Our Technology Age, Who Needs To Know How To Speak?" published in the Learning Center on his website rogerlove.com. The color breathing exercise was also summarized from the Roger Love Learning Center.

Marcy's Favorite Fall Recipe

BEET SOUP OR BORSCH
(About 5 cups)

Peel and chop until very fine:
1/2 cup carrots
1 cup onions
2 cups beet

Barely cover ingredients with boiling water. Simmer gently, covered, for 20 minutes.

Add and simmer for an additional 15 minutes:
1 tablespoon butter
2 cups beef or other stock
1 cup finely shredded cabbage
1 tablespoon vinegar

Place the soup in bowls. Add to each serving:
1 tablespoon cultured sour cream
Grated cucumber

Correct the seasoning and serve hot or cold with Pumpernickel bread.

AUTUMN REFLECTIONS

MARCY FIELD, DISTRICT 42 PUBLIC RELATIONS MANAGER & FC CLUB MEMBER

Reclined in my chair, I'm enjoying the pleasure of a warm, cozy, plaid blanket wrapped around me. I'm reflecting on my weekend. I took a step away from Toastmasters filling time engaged in my favourite fall activities - canning, making soup, baking, and cleaning the house. (Oops sorry one of those things doesn't belong there). Usually, I'm busy on my computer with a Toastmaster Zoom call. Perhaps on the phone talking about something Toastmasters related. Or working on a Toastmaster Pathway project. Or I'm most likely busy creating posts for the District 42 website or for their social media. **Yet, in the midst of this busyness, I'm content. You might say I am happy.**

How Did This Happen?

In February 2018, a business associate invited me to a Toastmaster meeting at Fluor Communicators. Although I knew about Toastmasters from friends, for years I avoided involvement primarily because I was uncomfortable/uncertain/insecure about receiving feedback regarding my public speaking. Unfortunately, this attitude resulted in doors of opportunity being closed to me. However, thankfully, opportunity keeps knocking. Furthermore, **as Les Brown said, "You are never too old to set a new goal or dream a new dream." Fortunately, that day I decided to make a commitment to myself and I signed up to become a Toastmaster.**

My Journey

Three and a half months later, Lisa Branch approached me about taking on the role of co-VP Education for the Club. And, I said yes. I was totally unaware of the learning journey I was about to embark upon. However, I do not regret a moment of it. **Further, I finally began to truly understand that it is the journey, not the destination that is important.** Along the way, I discovered an incredible group of likeminded individuals from a varied demographic. Spending time with club members brought a new richness and diversity to my life. This was missing in my semi-retirement. Moreover, they embraced me, patiently guided and directed me, and cheered me on to rise to new heights of excellence.

AUTUMN REFLECTIONS CONTINUED

Stepping Outside the Club

Subsequently, I was challenged and given another opportunity, when Christina Kruis, asked me to serve as District 42's Public Relations Manager in June 2019. It was a good fit. **I recognized the opportunity to put my professional marketing and social media expertise to use while expanding my network.** Not only would I utilize my skills but I also could teach others to expand their portfolio. By helping to unwrap the gifts lying within others, I found joy and excitement as they started tapping into their limitless potential.

A Gift

Despite challenging times, Toastmasters remains an anchor helping people focus on the future. It continues to help people acquire vital interpersonal communication and leadership skills. Plus it delivers over 300 competencies, applicable and transferrable to both professional and personal lives. In a world that has lost the ability for civil discourse, Toastmasters equips current and future leaders with the necessary experience and indispensable mastery to stand and lead.

It is important, especially mentally, to continue to grow and hold hope for the future. The commitment I made to myself two and a half years ago, continues to challenge me, feeds my soul with new learning, and enriches my life thru the relationships I develop. It was a great weekend engaged in my favourite Fall pastimes; however, I'm grateful to end the weekend focused on Toastmasters. Thankful for the rich diversity and fulfillment it adds to my journey.

A MESSAGE FROM THE VP PUBLIC RELATIONS

A NEW BEGINNING

Thank you to all the club members who contributed to this issue.

I wish Fluor Communicators an exciting year ahead filled with learning and possibility.

If you have any suggestions or ideas for a future newsletter issue, please email me at amanda.price@fluor.com.

"Despite challenging times, Toastmasters remains an anchor helping people focus on the future. It continues to help people acquire vital interpersonal communication and leadership skills. Plus it delivers over 300 competencies, applicable and transferrable to both professional and personal lives."

- Marcy Field

CHECK OUR SOCIALS

WEBSITE
fluorcommunicators.toastmastersclubs.org

YOUTUBE
Toastmasters Club 3950 Calgary

FACEBOOK
Toastmasters #3950 - South Calgary