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Club Election Results

We are very excited with the publication of our first newsletter of 2013! We have had so many new members and our existing members have grown in their leadership and communication skills.

We had our executive election on May 14, 2013 and would like to congratulate all the new executive members and thank them in advance for contributing to make this club even better. The new executive will look like this:

2013-2014 Club Executive

President - Richard Mowry
Vice-President Education - Chris Demler
Vice-President Public Relations - Wanda Weston
Vice-President Membership - Helga Bender
Treasurer - Matt Fox
Secretary - Andrea Corlett
Sergeant at Arms - Chris Villalva and Billy Vital



Photo - Toastmasters.com/2013
Make sure to mark your calendars for our year end pot luck party on June 25th and start thinking of your favorite dish!



Club Contest Results:

Speech Evaluation Contest:

1st - Christina Kruis (1st in Area Contest, 2nd in Division Contest!)
2nd - Tiffany Nelligan

International Speech Contest:

1st - Matt fox (3rd in Area Contest!)
2nd - Christina Kruis

Executive Roles

For all the members who are unfamiliar with the executive roles, we include a description. There is no better way to get involved in your club than to be part of the executive, so keep these roles in the back of your mind for next year's elections. There are also several roles that are not elected but that are equally rewarding. When the time comes, please volunteer to fill these role as they will help you complete your CL manual and will be a great learning experience.

Please find below a description of the various committee roles and note that most roles do not require a huge time commitment.

President

- Oversee plan to achieve Distinguished Club Program goals and ensure club is a distinguished club
- Encourage communication and leadership development through promoting of CC, AC, CL and AL awards
- Ensure club has ongoing membership building program
- Attend Area Council meetings (help with planning of Area Contests)
- Schedule and chair regular executive committee meetings
- Attend District sponsored club officer training
- Send communication to members on club updates/activities

Vice President Education

- Plan club meetings and complete schedules
- Organize and promote participation in the educational programs
- Orient new members to the Toastmaster program
- Attend Area Council meetings (help with planning of Area Contests)
- Attend executive meetings
- Attend District sponsored club officer training

Vice President Membership

- Conduct ongoing membership building programs
- Promote the membership goal of one new member per month
- Promote club and Toastmaster International membership building programs
- Follow up on and keep track of guests and new members joining. Contact guests to invite them to visit our meeting again.
- Submit new member applications
- Conduct new member induction
- Attend executive meetings
- Attend District sponsored club officer training

Vice President Public Relations

- Promote the club to employees and the community around Fluor
- Promote membership programs
- Attend executive meetings
- Attend other Toastmaster functions
- Attend District sponsored club officer training
- Maintain club website
- Help create club newsletter

Secretary

Maintain accurate membership roster
Complete new club officer list within 10 days after an election
Handle general club correspondence
Order supplies from Toastmasters International
Attend executive meetings
Greet members and guests at meetings
Attend District sponsored club officer training

Treasurer

Prepare a budget
Notify members when dues are required and collect dues
Pay bills as due
Keep records of all Financial Transactions
Attend club executive meetings
Attend District sponsored club officer training

Sergeant at Arms

Schedule meeting locations
Maintain club equipment and supplies
Arrange meeting room before the meeting begins
Arrange for food service if required
Greet members and guests at meetings
Attend executive meetings
Attend District sponsored club officer training

Other leadership opportunities are also available at Fluor communicators. Consider joining a committee to contribute your skills to our vibrant growing club. (These positions do not require election to participate)

Contest Committee organizes and runs our club contests. In early Fall we host the Humorous Speech Contest and in Spring we host the International Speech and Evaluation Contests. Committee members would do the behind the scenes work to have proper forms filled out and official roles filled. Contest Chairs and Toastmasters will also help in the preparation needed to run our contests.

Newsletter Committee along with the VP Public Relations publishes our TM News Flash once or twice throughout the Toastmaster year. A template has already been designed and the members of this committee and editors could be creative with the direction of this publication. A TM newsletter published three times annually is eligible for Newsletter of the Year award from District 42 Toastmasters. This would be an ideal tool to promote our club and demonstrate our growth and strength for guests, visitors and members.

Message from Membership

Fluor Communicators is growing Fast! Since our last newsletter publication we have had 15 new members join us! Not only is this a sign of how wonderful and inspiring our more experienced members are but also how vibrant and diverse Fluor Communicators is. I would like to Welcome all of our new members and Thank all of our long term members! Together we make Fluor Communicators an extraordinary place to learn and enhance our public speaking and leadership skills.

Please Welcome Our Newest Members!

- Jun Kim
- Chris Hong
- Brain Iuvancigh
- Muhammad Rehman
- Mary Clare Barry
- Chris Villalva
- Alireza Manshadi
- Helga Bender
- Sandrasen Pillay
- Garret Jones
- David Tait
- Naveed Jessani
- Billy Vital
- Prince Nimoh
- Vera Wright

"It had been snowing for hours when an announcement came over the intercom: "Will the students who are parked on University Drive please move their cars so that we may begin plowing." Twenty minutes later there was another announcement: "Will the nine hundred students who went to move fourteen cars return to class, please."

Speaking with Scouts



Volunteers from our toastmasters group delivered a tailored Youth Leadership Program to the 118th St. Andrew's Scout Group over three of their regularly scheduled meetings.

The TM training was introduced to scouts of all levels, and for the more experienced members, it became part of attaining their leadership badge.

The program provided the scouts with practice in speaking to a crowd, writing a speech, developing their listening skills and preparing a 3 minute presentation.

This short introduction to Toastmasters resonated with many of the scouts as well as the scout leaders and parents, all of whom wanted to know how they could continue practicing the skills they had learned.

YLP programs at local libraries were recommended for those who were interested. As a barometer, it was very nice to see how many people would take advantage of local programs.

Submitted by Chris Demler

Spring Has Sprung



Spring has Sprung! The time has come for us to go out again in our yard and do some exercise beautifying our environment. As you keep gardening, your appreciation of its benefits will INCREASE.

IN – is for Improves Nutrition. A personal garden produces healthy, flavourful food that is in season. Vegetables and fruits that are grown from your own garden taste better, and you know that they are organic, free from pesticides and preservatives, so you will be more likely to eat them. And when you're eating more vegetables and fruits, your body is getting more nutrients. More nutrients = better health. Agree ?

CR - is for Creativity Release. Planning the garden for the year or the season, choosing flower colors and plant palettes, and arranging the fresh flowers from your garden, all require you to use your creativity. As these skills are practiced, your mind develops new neuro-connections and learns how to be more creative and can be cross over into other parts of your life like your work, relationships and health.

E – is for Escape. Gardening gets you outside and away from all the things that over stimulate your mind such as cell phones, computers, and TVs. When all these devices are gone, your mind can relax, focus on one thing at a time, and be immersed in the sounds, smells, and sights of nature. This can relieve you from stress.

AS - is for Alleviates Spending. Vegetables in your own yard are becoming more appealing now that food prices are rising. It reduces the amount of money spent on groceries. Whenever you need them, just go out to your own garden and pick whatever you can eat that day.

E - is for Exercise. Gardening offers the same benefits as other exercise do. It increases joint flexibility and strength, and uses all the major muscle groups (legs, shoulders, back, abs, & buttocks). It tones your body in the process and can contribute to weight loss. Which one you prefer? The warm inviting garden surrounded by beautiful colors, serenity, and fresh air or the stark dank gym surrounded by sweaty and smelly people and grunting? ...your call.

Submitted by Ming Dampulay

Handy Evaluation Checklist

By Christina Kruis kruis@shaw.ca

Place a '√' next to the aspects of the speech that were noteworthy for their effectiveness.

Place a 'x' next to the parts of the speech that could be improved. Be sure to note suggestions for improvement where needed.

Leave blank any that do not require a comment.

Opening captured the audience's attention

Main points in body were supported by examples, statistics or illustrations

Closing was effective and memorable

Made sufficient eye contact with the audience

Vocal variety added to the message

Pace of speaking changed to match portions of content

Pauses were used effectively, where needed

Stood at ease with confident body language

Facial expressions conveyed emotional content

Moved about the stage with purpose

Gestures were significant and appropriate

Humour was appropriate and supported the theme

Suggestions:

The part that I really appreciate was

The best suggestion that I can offer is

The best thing about this speech, overall, was

Club Meetings:

Every Tuesday at
12:05 PM
Fluor Office
Sundance Business
Park
Room: SD4-1001
60 Sunpark Plaza SE
Calgary, AB T2X 3R4

Prospective members:
Please visit our
website for current
contact information at

<http://fluorcommunicators.toastmastersclubs.org/>

EVALUATIONS

CONTENT	ORGANIZATION	DELIVERY	
		Body Language	Vocal Variety
Interesting	Caught attention	Purposeful gestures	Enthusiasm
Powerful message	Logical flow	Enthusiastic manner	Volume
Well prepared, researched	Sound structure	Confident	Slow/fast
Vivid words	Ideas supported by facts	Natural, relaxed	Word usage ("umhs, ahs")
Effective illustrations	Developed points	Use of space	Expressive, intonation
Original material	Wrapped to beginning	Visual aids	Animated
Caught attention	Clear opening, body, conclusion	Eye contact	Pauses
Support material	Easy to follow	Gestures match message	Articulate
Humour	Summarized	Use of notes	Passion
Call to Action	Well prepared	Distracting movements	Energy, Dynamic
Facts and figures	Smooth transitions	Facial expressions	Humour
Statistics	Challenged audience	Use of props	Easy to listen to
Relevant examples	Road map to destination	Moving with purpose	Spoke from the heart
Appropriate for audience	Significant conclusion	Stand alert	Friendly

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.