



## THE NEW EXECUTIVE WELCOMES YOU TO THE 2013/2014 TOASTMASTERS



Top row: (Left to right) **Maureen Towns**, VP Education; **Wanda Weston**, VP Public Relations; **Helga Bender**, VP Membership; **Chris Villalva**, Co-Sergeant at Arms  
Bottom Row: (Left to right) **Richard Mowry**, President; **Billy Michel Vital**, Co-Sergeant at Arms; **Matthew Fox**, Treasurer; **Andrea Corlett**, Secretary; **Doina Cocis**, Immediate Past President (Not shown).

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### A TOASTMASTER'S PROMISE

**As a member of Toastmasters International and my club, I promise:**

- To attend club meetings regularly
- To prepare all of my speech and leadership projects to the best of my ability, basing them on projects in the Competent Communication, Advanced Communication or Competent Leadership manuals
- To prepare for and fulfill meeting assignments
- To provide fellow members with helpful, constructive evaluations
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow
- To serve my club as an officer when called upon to do so
- To treat my fellow club members and our guests with respect and courtesy
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs
- To maintain honest and highly ethical standards during the conduct of all Toastmasters activities



## PRESIDENT'S MESSAGE: "WORK THE PROGRAM AND THE PROGRAM WILL WORK FOR YOU"

Congratulations to Fluor Communicators for achieving **Presidential Distinguish Club Award**. This award is presented to clubs that achieve 9 or more DCP Points out of a possible 10 available. This shows we have a healthy and productive club.

It is the start of a new Toastmaster year, welcome back. I hope everyone had an exceptional summer. With the start of the new year now is the time to remember why we joined Toastmasters.

When I joined Toastmasters three years ago I wanted to improve my speaking and presentation skills. At times I wondered why I attended the meetings. It often did not make sense to me. However as I stuck to it and attend I started to become more comfortable with speaking and presenting in front of members that have become friends.

It wasn't until I needed to push through three speeches in three weeks that I figured it out. The whole point of Toastmasters for me was to have fun. Once I came to that philosophy my skills improved.

The Fluor Communicators Toastmaster Club provides a golden opportunity to practice and learn in a friendly and supportive atmosphere in a timely manner. How else can you get this experience? You could take courses at schools or business' which could provide the book knowledge to give better speeches and presentations. The cost would be higher because you have a student/instructor environment. It could also be in the evening and may take more than a single session. Since our meetings are held during the lunch hour it gives you a break and an opportunity to switch your mind from work.

When we signed up for Toastmasters we made a commitment to a promise, the **Toastmaster Promise**. With that promise we were so full of expectations of self-improvement. Maybe it is more "Work" that you were ready to commit to. Well sometimes the going gets tough but the tough get going.

If you have found your enthusiasm waning this past year, come back to the meeting regularly. Work the program with the manuals and use the program to improve your skills. It is not a quick fix but members that have gotten it will speak to the improvements for them.

**The program works, if you work the program.**

I look forward to seeing some old friends.

Richard Mowry  
President  
Fluor Communicators  
3950

<http://fluorcommunicators.toastmastersclubs.org>

TOASTMASTERS  
CURRENTLY HAS MORE  
THAN 292,000  
MEMBERS IN 122  
COUNTRIES.

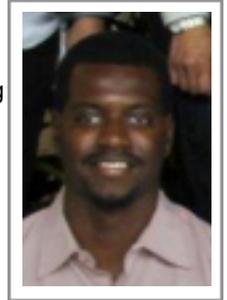
OF THE MORE THAN  
14,350  
TOASTMASTERS CLUBS  
AROUND THE WORLD,  
NEARLY HALF ARE  
SPONSORED BY  
APPROXIMATELY 3,500  
BUSINESSES OR  
ORGANIZATIONS. MANY  
OF THESE SPONSORS  
HOST MULTIPLE CLUBS  
SPANNING MORE THAN  
100 COUNTRIES.

SOME OF THE MOST  
WELL KNOWN  
BUSINESSES THAT  
HOST IN-HOUSE CLUBS  
INCLUDE COCA-COLA,  
BANK OF AMERICA,  
AT&T, GOOGLE, IBM,  
PRICE WATERHOUSE  
COOPERS, CHEVRON,  
CATERPILLAR, STATE  
FARM INSURANCE,  
MICROSOFT, EBAY AND  
FLUOR, OF COURSE!

## A WORD FROM OUR EXECUTIVES:

"I officially joined the club the month of May 2013. In my role of Sergeant at Arms, I would like to improve my networking and leadership skills. It's a role that requires a good management of the meeting place and making sure newcomers feel welcomed. I look forward to greeting club members and newcomers through our journey for excellence in communication."

**Co-Sergeant at Arms, Billy Michel Vital, EIT**



"I am looking forward to serving as the Fluor Communicator's Secretary for the 2013-2014 term. Since I joined Toastmasters in November 2011, I have enjoyed the support and enthusiasm of our many fantastic members. As Secretary, I will be able to continue to contribute to this great club."

**Secretary, Andrea Corlett**



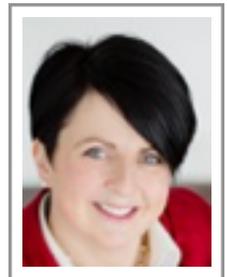
"My son-in-law encouraged me to join Toastmasters and I am so glad! I joined on February 20, 2013 and love our fun and friendly environment and the challenges of personal growth. As VP of Membership, I plan to build on the solid foundation laid by others before me. I hope to encourage our members to invite guests so they too can feel the spark of excitement and join us. Staying in tune with membership needs is also one of my goals. In addition, I ensure the administration for new members is a smooth process to help them launch into this rewarding adventure in self-development!"

**VP of Membership, Helga Bender**



"I feel privileged to belong to such a wonderful group as Fluor Communicators Toastmasters. I joined in October 2012 and was warmly welcomed from the beginning. As VP of Public Relations, I hope to keep club members informed and motivated and encourage newcomers to check out our amazing club!"

**VP of Public Relations, Wanda Weston**



"I joined Toastmasters at the end of May 2013 with the goal of improving my presence and messaging when speaking publicly. As VP of Education, I hope to continue to reach my own goals this year while helping the club and each member reach theirs as well."

**VP of Education, Maureen Towns**



"I am very excited to fill the role as Treasurer on the executive committee for this year. I believe providing treasury support to the club is an important role in maintaining our accounts and membership status".

**Treasurer, Matthew Fox**



"As Sergeant at Arms, providing proper venue and necessary equipment is very important for every toastmasters meetings' success. Thus, I am glad to be of help to the executive committee and my fellow toastmasters with this role. This will surely improve my communication and leadership skills and help me with my personal goals."

**Sergeant at Arms, Chris Villalva**

## CONGRATULATIONS TO:

### **RICHARD MOWRY – MEMBERS MAKING A DIFFERENCE**

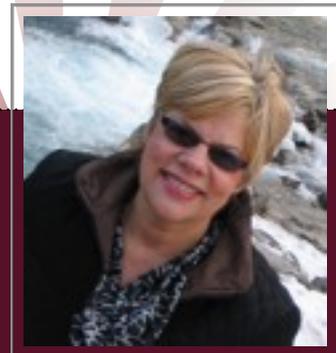
Richard has encouraged many guests to join Fluor Communicators. Our membership has grown tremendously with Richard acting as VP Education. He spends time with each new member when they join explaining the program and Easy Speak. His enthusiasm for Toastmasters spreads to all who visit our club. He continues to mentor and encourage people to work through the program. He is going to be our President this year and certainly is a huge asset to our club. Richard is a member who has made a big difference to Fluor Communicators and is very deserving of winning this award.

### **KEVIN MARK – MEMBERS MAKING A DIFFERENCE**

Kevin has been with MVP Advanced Toastmasters in the role as VP Membership this past year and increased our membership by over 10 members. He organized our very successful Open House which encouraged many new people to come and visit MVP Advanced Toastmasters, many for the first time. Kevin has been outstanding with his communication by email and phone to promote our club to all people who have inquired about joining Toastmasters. This comment has been repeated by many new members and in some cases the deciding factor to their joining our club. He is extremely professional and a very respected ambassador for Toastmasters. He promotes the organization everywhere he goes. It is a huge benefit for our club to have him on the executive. He will be our President in the coming year and our club will be in very good hands. MVP has a presence in the city and the district in huge part due to Kevin's hard work and very effective leadership.

### **VERALUCIA COTTIM - COUGHLAN - DIVISION AWARD FOR THE BEST VP PUBLIC RELATIONS FOR 2012-2013.**

VeraLucia is also in the running with 7 other divisions in District 42 for the District Award. VeraLucia has worked hard to implement Toastmasters International Global Brand to the Fluor Communicators newsletter to portray a more consistent and easily recognized brand. She has written great articles and conducted interviews with new members and executives on their opinions and reasons as to why they have joined Toastmasters, which in turn has inspired others. Her passion and creativity are evident in the Fluor Communicator newsletters. Best of luck at the District Conference!



## MEMBERSHIP NEWS

*Helga Bender, VP Membership*

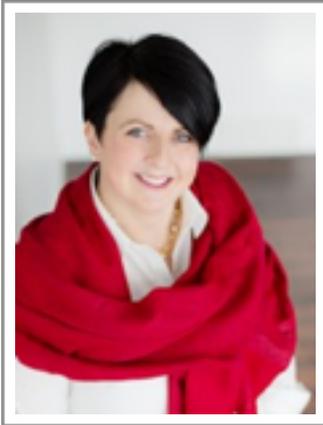
Welcome to our newest Fluor Communicators members:

- ◆ Rana Kajakshan
- ◆ Shirin Malakian
- ◆ Soni Alimchandani
- ◆ Ghassan Khoumassi

Please contact Helga Bender, if you would like more information on joining the Fluor Communicators at: [helgabf@gmail.com](mailto:helgabf@gmail.com)

## FROM THE DESK OF THE

### VP EDUCATION by Maureen Towns



#### S.M.A.R.T GOALS:

#### **SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC, TIMELY**

Maureen is passionate about goal setting, mentoring, and helping others to step outside their comfort zone to realize their potential. "Each of us knows instinctively when we're stretching ourselves and when we're making excuses to avoid reaching our goals.

I encourage each member to reflect and be truly honest with themselves about where they are now, and where they'd like to be at the end of the year. Then share those goals with a club mentor or executive to add accountability to your actions; but MOST importantly, have FUN".

Maureen has found Fluor Communicators to be a talented and diverse group with a good sense of humor and a desire to grow and enjoy themselves in the process. Members are encouraged to email their goals to their mentor and/or VP ED, Maureen Towns at [mtowns01@shaw.ca](mailto:mtowns01@shaw.ca)

## TREASURERS' REPORT by Matthew Fox

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### MEMBERSHIP FEES DUE - OCTOBER 1, 2013

There is positive recognition for the club when member fees are paid on time and this helps us gain Distinguished Club status. I should however also point out that when membership fees are not paid on time, members can be excluded from contests and awards. This is not a situation I would like to occur for either a Toastmaster or the club, so will make every effort to support members in meeting fee payment timelines.

Having spent my first year as a Toastmaster planning and presenting speeches, having a role on the executive allows me to give back a little to the club for the benefits I have gained since becoming a member. I look forward to the chance to enhance our club and make a positive impact for our members.

In the wider Toastmaster community there are lots of ideas and activities that can help promote a clubs reputation or enhance membership satisfaction, but some of these have an incurred cost. I urge all Toastmasters to contact me when ever there is a question about membership fees, club expenditure, or opportunities in the club that would require financial support. Have a great year.



## BENEFITS OF MEMBERSHIP:

- Increased Creativity
- A supportive environment
- A healthy social outlet
- Fun, laughter, and fulfillment
- Common purposes with like minded people
- Heightened outward expression and personality



## HOW TO TURN RESOLUTIONS INTO REALITY

There are no secrets for achieving goals  
by Craig Copeland, CC

What can we learn from those who do reach their goals and enjoy great success in their achievements? Highly successful people follow simple steps to achieve their goals.

### **Start by building a support group**

As any Toastmasters know, groups offer benefits on many levels. They include:

- Offering support through input, feedback, and counseling.
- Providing a great source of networking.
- Helping you achieve greater clarity and focus

### **Support Others**

By supporting others in your group, you can achieve your goals faster. Let's say people in your support group are struggling with their goals. They feel overwhelmed, can't stay focused and have no time to help you. What if you took the time to help them stay on track? You may find that suddenly the whole team begins climbing the ladder together, and as a result each member of the team becomes stronger. When this happens, you develop momentum to meet your resolution too.

### **See Your Goals Clearly**

When you help someone reach a goal, you often find clarity in how to accomplish your own. Focusing on other people's goals provide insight in ways you never imagined. People who tap into the strength and power of a group achieve their goals.

### **Ask for help**

Asking for help also increases your chances for success. Few have mastered this technique, but many successful people overcome hurdles and reach goals simply asking for guidance. People are not meant to be isolated, yet many tend to avoid seeking advice or helping others. Many feel it's a sign of weakness, when in fact it's the opposite. Think of Toastmasters: you joined for support, confidence building, and leadership tools. People who tap into the strength and power of a group achieve their goals.

### **Create a Task List and Set Dates**

Write out a list of things you want to accomplish. Date the list and assign a deadline to each objective. Post the list in a place where you can see it every day. Add some mantras and affirmations to get in the proper frame of mind and go after your goals. The key to every action is to take one step each day.

### **Use Your Mantras**

Whether you use the ones below or create your own, recite them daily to give them more power.

- Value everything. Cherish the small and large accomplishments
- Love the world, even when it doesn't love you back. Your mission is to make a positive change.
- Don't just talk the talk. Do it!
- Don't second guess yourself. Push forward.
- Challenge yourself. Take greater and greater risks!

Source: Excerpt from Toastmasters magazine June 2013



## CONGRATULATIONS TO OUR CLUB MEMBERS!

2013 Humorous Speech Club Contest

First Place: Matthew Fox

Second Place: Maureen Towns

## JUST LAUGH

You probably know the familiar phrase "Laughter is the best medicine". Well, laughter alone won't cure all maladies; however, it does have many short-and-long term health benefits, according to **MayoClinic.com**.

### Short-term benefits

- Enhance your intake of oxygen
- Stimulate your heart, lungs, and muscles
- Increase endorphins that are released by your brain
- Activates and relieves your stress response
- Soothes tension

### Long-term benefits

- Improves your immune system
- May relieve pain
- Increase personal satisfaction

Sources: Excerpt from TM magazine June 2013; MayoClinic.com,

## TOASTMASTERS

### UPCOMING TABLE TOPICS CONTEST

WHEN: TUESDAY, September 24

WHERE: ROOM SD4-1001

TIME: 12:05 PM - 1:00 PM

60 SUNPARK PLAZA SE

**FLUOR COMMUNICATORS - CLUB 3950**

## MARK YOUR CALENDARS!

### AREA 23 CONTEST

## HUMOROUS SPEECH TABLE TOPICS

Please

Saturday, October 5th, 2013

Hosted by Big Rock Pioneers  
at

Crystal Shores Beach House  
403 Milligan Drive , Okotoks

[www.okotoksbeach.ca](http://www.okotoksbeach.ca)

9 am to 12 noon  
Admission \$1.00

**Come cheer on our club winners!**



## A Family Affair

*Raising Leaders Together*



FALL DISTRICT CONFERENCE 2013

NOVEMBER 1 - 3, 2013

CLUB 3950

### FALL CONVENTION - NOVEMBER 1 - 3, 2013

Have you registered for the Fall Conference yet? This year's conference is scheduled for the 1-3 November, 2013 in Fort McMurray. If you have never attended a district conference, this is your chance.

Go to [fallconference.d42tm.org](http://fallconference.d42tm.org) and register today. Your registration includes the Oil Sands Tour. While you are there check out the line up of speakers from keynote to educational.

For information regarding the Fall 2013 District 42 Toastmasters Conference, please contact one of the conference co-chairs:

Pierre Du Plessis - [pduplessis@shaw.ca](mailto:pduplessis@shaw.ca)  
 Larry Andre - [shtoastmasters@yahoo.com](mailto:shtoastmasters@yahoo.com)  
 Sangeeta Hull - [shtoastmasters@yahoo.com](mailto:shtoastmasters@yahoo.com)

### FORT MCMURRAY FALL 2013 CONFERENCE



November 1-3, 2013

MINING YOUR POTENTIAL

## FLUOR<sup>®</sup> COMMUNICATORS

#### 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 OF MEMBERSHIP .  
 HELGA BENDER AT  
[HELGABF@GMAIL.COM](mailto:HELGABF@GMAIL.COM)

#### VISIT OUR WEBSITE:

[HTTP://  
 FLUORCOMMUNICATORS.  
 TOASTMASTERSCLUBS.ORG/](http://FLUORCOMMUNICATORS.TOASTMASTERSCLUBS.ORG/)

#### **COME JOIN US!**

[HTTP:FLUORFLUORCOMMUNICAT  
 ORS.TOASTMASTERSCLUBS.ORG/](http://FLUORFLUORCOMMUNICATORS.TOASTMASTERSCLUBS.ORG/)

## IT'S TIME FOR THE SMEDLEY CONTEST

Help your clubs prepare for this year's round of the original membership-building contest named in honor of Toastmasters' founder, Dr. Ralph C. Smedley. The Smedley Award competition ends September 30. For more information and contest rules, visit [www.toastmasters.org/membershipcontests](http://www.toastmasters.org/membershipcontests).

### 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.

#### NEWSLETTER EDITOR:

WANDA WESTON

#### THIS ISSUE'S CONTRIBUTORS:

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