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Newsletter Editor
Ancel Troskie

President's Message



I am delighted to announce that Fluor Communicators has achieved the **Select Distinguish Club Award** for the 2011-2012 Toastmasters Season!

The purpose of our Toastmaster's club is to provide an environment to help members become stronger speakers and leaders. The Distinguished Club Program (DCP) is designed to help our club accomplish its purpose by focusing on two areas: Educational Awards and Membership. The program consists of 10 goals our club

should strive for each year:

1. Two Competent Communicators (CC)
2. Two more CCs
3. One Advanced Communicator Bronze (ACB), Advanced Communicator Silver (ACS), or Advanced Communicator Gold (ACG)
4. One more ACB, ACS, or ACG
5. One Competent Leader (CL), Advanced Leader Bronze (ALB), Advanced Leader Silver (ALS), or Distinguished Toastmaster (DTM)
7. Four new members
8. Four more new members
9. Minimum of four club officers trained during each of two training periods
10. One membership dues renewal report and one club officer list submitted on time

	Recognition Earned
Achieve five of 10 goals	Distinguished Club
Achieve seven of 10 goals	Select Distinguished Club
Achieve nine of 10 goals	President's Distinguished Club

Recognition is given to clubs who have achieved five or more of these goals and since Fluor Communicators has achieved seven goals this year, we are recognized as a Select Distinguished Club! Thank you to all the members who contributed to achieving this prestigious honour.

I also want to take this opportunity to recognize our club's executive team, all of whom have proven their leadership and dedication towards the betterment of our club. Thank you to *Doina Cocis, Claireth Lyster, Ancel Troskie, Beatrice Poitevien, Larry Dixon and Gerda Timm!* The strength of our club can directly be attributed to these members' contributions.

It has been a pleasure serving you as President and I look forward to a fruitful remainder of the year.

- Tiffany Nelligan

Club Executive:

President

Tiffany Nelligan

VP Education

Doina Cocis

VP Membership

Claireth Lyster

VP Public Relations

Ancel Troskie

Secretary

Larry Dixon

Treasurer

Beatrice Poitevien

Fluor Communicators Meetings are:

Room SD4 -
1001

Tuesdays
12:05 – 1:00

Visit Fluor Communicators Today

<http://3950.toastmastersclubs.org>



D42 Spring Convention

"What do we mean by 'leadership?' It would appear to be the capacity to look ahead, think ahead, plan ahead, and then influence other people to go ahead on the plan."

Ralph C. Smedley, founder, Toastmasters

This more than 80-year old vision has grown to become over 270,000 members in 116 countries around the world developing communication and leadership skills.

Businesses, organizations and communities continue to look for strong, effective and successful leaders to get their teams motivated, advancing and producing. And never have these skills been more needed than they are today.

A little over 3 years ago, Toastmasters released the first Competent Leader manual, last year we saw that manual refreshed, and this year we have a new theme: *Toastmasters: Where Leaders Are Made.*

District 42 is following International's lead with the theme for our Spring Convention: **D42 TAKE THE LEAD!**

Check out our web page www.D42TakeTheLead.ca for the agenda, biographies of our speakers: David Benjatschek, Freddi Dogterom, Sheila Nykwist, Judy Arnall, Marshall Ennis, Dave Rodwell and Rena Weikle, our venue, and details on how to register on line.

Join us May 4, 5, and 6 at the Radisson Hotel Calgary Airport where we'll help you hone your skills and provide you with new tools for stronger leadership.

See you in Calgary!

Christina Kruijs and Susan Cramer
Co Chairs
D42 Take the Lead
Toastmasters Spring Convention 2012

UP COMING EVENTS

District Convention

D42 Spring
Convention May
4,5,6, 2012
Calgary, AB

Did you know?

Fluor
Communicators
achieved Select
Distinguished
status and Area
23 has received
Distinguished
status.

Currently, Area 23
is only one of six
areas in District
42 that has
achieved this

Toastmasters
International

**Toastmasters:
Confidence.
Leadership.
Service.**

District 42

**Soar to
Excellence**

Fluor
Communicators

**Step Out of Your
Comfort Zone**

Growing Together

Author: Claireth Lyster

This year our club is continuing to grow! We currently have 32 members and every week we have new guests at our meetings as well as requests for information from Fluor employees and Sundance neighbors regarding our club and the Toastmasters program.

New members bring additional energy to the club, and are important not only to increase our membership numbers but also to refresh the club with innovative ideas, great personalities and renewed enthusiasm. Whether prospective and new members are looking to improve their speaking abilities, to develop leadership skills or simply to do something fun during the lunch break, the doors of our club are always open to help accomplish those goals. A great welcome to all of our new members who have joined the club in the past year!

Two of our newest members are Chris Demler and Frank Laxshimalla. They recently shared their motivations for joining Toastmasters, for inclusion in our newsletter:



Chris Demler
Member since December 2011

My first real introduction to a Toastmasters meeting was through an invitation I received from a friend and co-worker who was presenting her icebreaker speech. I was immediately impressed by the encouraging, positive feedback she received along with the overall organization of the meeting and the etiquette between members. From witnessing my first meeting I quickly formed a lasting, positive association with Toastmasters.

Personally, I had always considered delivering a speech to a group to be a fairly straight forward thing to do. I didn't think that joining Toastmasters would benefit me greatly. It wasn't until I finally joined the club, that I realized what I actually needed to learn was not only how I could improve my public speaking skills, but, how to be completely engaged in listening to someone else. I haven't perfected this skill yet but I am improving with every speech I hear.

Great Thoughts

Talk is cheap because supply exceeds demand.

To speak and to speak well are two things. A fool may talk, but a wise man speaks.
~Ben Jonson

Most conversations are simply monologues delivered in the presence of a witness.
~Margaret Millar

The kindest word in all the world is the unkind word, unsaid. ~Author Unknown

Well-timed silence hath more eloquence than speech. ~Martin Farquhar Tupper, "Of Discretion,"
Proverbial Philosophy



Frank Laxshimalla
Member since April 2012

I had heard about Toastmasters quite a few years ago and while I thought it was interesting, I never thought it would be of help to me in my personal life and as a result I never joined. Last month, I joined Toastmasters without ever attending a meeting. Contrary to what you might be thinking the decision was not impulsive, it was actually a result of a shoulder injury that happened to me five years ago when I was very heavily involved in body building. The injury had the wonderful side affect of shifting my life in a new direction - it allowed me to start looking at life differently. Thanks to this, and through a series of random events and strange coincidences, I found myself at a silent retreat a couple of years ago. The retreat allowed me to realize that I was coasting through life and not actually living it.

When I returned to Calgary, I vowed to myself, I would never let that happen again. Of course, I found myself coasting through life again recently having forgotten my all important self realization. Consequently, I started writing a list of all the things I want to do in my life. One of the items I put down was to give a motivational or inspiring speech at a TED Talk to a very large audience. After writing this item down it occurred to me that if I wanted to accomplish this goal, I should probably learn how to speak publicly.

The next item I wrote down was "Join Toastmasters". A month later, I attended my first meeting as a new member and I was surprised to see how different my idea of what a Toastmasters meeting would be like to what it actually was. I was readily welcomed with much enthusiasm and saw how supportive of each other the group was. I have had the opportunity to attend a few meetings now and I have even delivered my first speech. The feedback of my first speech was encouraging and it shed light on what I could improve on going forward.

I am very excited to be a part of this club and I know it is already helping leaps and bounds in my personal goal to delivering an inspiring speech to a large audience one day.

Just for Fun

Some people are considered fools. Some people speak and remove all doubt.

Doug goes to see his physician and says, "Doc, my wife recently lost her voice, what should I do to help her get it back?" The doctor says, "Just try coming home at three in the morning."

Q: How did the pig who couldn't speak feel?

A: Dis-gruntled.

Fluor Communicator Up Front



Scott Hounsell is the Director of Construction Operations for Fluor Canada Ltd. He began his career at Fluor 15 years ago as a Mechanical Engineer. From there Scott progressed to become a Construction Engineer, a Construction Engineering Manager on several major projects, the Construction Engineering Department Manager and finally to the position he holds today. Since joining Fluor Communicators, Scott has been a very active member of the club. He has held multiple positions on the club executive including

Sergeant at Arms, Secretary and Club Contest Chair. Fluor TM News Flash takes a minute to ask Scott some questions about Toastmasters and other interests.

1. When did you join Fluor Communicators?

I joined Fluor Communicators in Sept of 2009.

2. What encouraged you to enrol in Toastmasters?

I had never been a confident speaker in front of a crowd. This 'fear of presenting' started in junior high during mandatory 'public speaking' competitions. I was a few years into my career with Fluor when I first had the opportunity to present at a conference in Houston. The 'fear of speaking' came rushing back nearly paralysing me during the presentation, it was not a good feeling and I knew something had to be done. I realized that while my most favourite subjects (i.e. math and the sciences) paved the road to attaining my engineering degree, it was my least favourite subjects (i.e. writing and presenting) that would pave the way into a Leadership position. I started to research various means of improving both my writing/presentation abilities and Toastmasters was one of the means I selected. Being in the field and working 50+ hour weeks, made it difficult for me to find the time to commit. Once I was settled back into the office environment, after 11 years on various construction sites, I joined Fluor Communicators.

3. What benefits did you gain from Toastmasters? How have they helped you in your personal life and career?

Has Toastmasters helped in my personal life and my career, absolutely YES!! While I have not yet achieved a Competent Communicator designation I have already started to reap the benefits of Toastmasters. Just this March I was given the opportunity to present at a conference here in Calgary and what a difference. I was completely surprised to find that my 'fear of speaking' had turned from a paralysing roar to tiny whisper. Toastmasters had a major positive impact on my confidence, composure and speaking clarity. I still have much to improve but I know that Fluor Communicators will be there to support me as I continue to strengthen my presentation skills.

Just for Fun

Bob is sitting on the ice all day fishing with no luck, not even a nibble. Cold and tired he is about to leave, when a guy walks up cuts a hole in the ice beside him, and starts pulling out fish as fast as he can drop his hook in the water. Bob can't believe it, he yells over "what's your secret?"

"woogatkakeptewrwm" he answers back.

"what did you say?" replies Bob.

The man spits a large ball of worms on the ice and says to Bob, "you have to keep your worms warm".

4. What are the challenges you face as a Toastmaster?

Primarily time management, however this is also another positive learning opportunity that Toastmasters provides to its members. Besides working towards your "Competent Communicator" designation, Toastmasters also has a stream where you can achieve a "Competent Leadership" designation. This stream affords you the opportunity to plan & manage meetings as well as learn to provide quality feedback to club members. Practicing these skills now has a direct positive impact on your ability to plan & lead meetings at work as well as improving your ability to provide quality feedback in the form of Performance Assessments and ongoing coaching/mentoring as you move towards varying lead roles within Fluor.

5. What do you enjoy doing in your spare time? .i.e. favourite sport, music, etc? Why?

I have too many half-started hobbies to mention but primarily I am starting to re-focus on playing guitar. Learning how to play the guitar was my escape from the stresses of studying in University and I have always found it relaxing and enjoyable. As my career started to develop my work life balance went askew and I stopped playing for some time. Recently as I have begun to find my balance I have also rediscovered my interest in playing guitar and bought a beautiful 12-string acoustic. Beyond playing guitar, I enjoy cooking on weekends and an occasional afternoon at the shooting range.

6. What message would you give to new Toastmasters or people who are considering becoming Toastmasters?

I would encourage people to stop thinking about it and join. Drop by for a visit on any Tuesday meeting and you will see how Toastmasters promotes learning in a safe, positive and encouraging environment.

Evaluation Contest and International Speech Contest

Earlier in the year we had our Speech Evaluation and Humorous Speech Contest.

During our Speech Evaluation Club Contest, our gracious Chairperson and Toastmaster, Guofang Jiang, conducted the contest with warmth and enthusiasm. Our TM expert, Gerda Timm, shared all the rules and regulations with contestants, judges, members and guests as today's Chair Judge.

Speech Evaluation Contest Results:

1st - Ancel Troskie
2nd - Tiffany Nelligan
3rd - Larry Dixon
Other contestants: Doina Cocis & Richard Mowry

During the International Speech Contest, Doina Cocis, Chief Judge, was very professional in taking us through the contest regulations and ensuring all rules were obeyed. The contest was led by expert TMs Gerda Timm (Chairperson) and Christina Kruis (Toastmaster).

International Speech Contest Results:

1st - Larry Dixon
2nd - Ancel Troskie
3rd - Tiffany Nelligan

Thank you to all the contestants, judges, volunteers and management rep for attending and helping out with the contests.

2012 Speech Contest Winner-
Larry Dixon



2012 Evaluation Contest
Winner-Ancel Troskie



The Competent Leadership Program

Author: Doina Cocis

The Toastmasters educational program consists of two tracks: a communication track and a leadership track. You are encouraged to participate in both tracks. The two tracks are not mutually exclusive, and you can work in both at the same time.

The *Competent Leadership* manual is the core of the leadership track. It features 10 projects, which you complete while serving in various club meeting roles. Each of the ten projects in the *Competent Leadership* manual focuses on a different leadership skill, providing you background information and an assignment that requires your serving in one or more specified meeting or club roles in which you can practice aspects of that skill. Roles can include Evaluator, Timer, Toastmaster, Ah-Counter and General Evaluator.

You need to fulfill each typical meeting role at least once. Roles such as General Evaluator or Toastmaster need to be performed multiple times. Doing the same role counts for credit only once per project per meeting. As an essential part of the Toastmasters program, another Toastmaster will provide you written and/or verbal feedback on each leadership project completed. The evaluator provides a personal opinion of your leadership role, pointing out strengths and offering suggestions for improvement.

The *Competent Leadership* manual provides a Project Matrix (at the end of the manual) to help in keeping track of club roles to be fulfilled. Important to keep in mind is the fact that even though each project in the CL manual lists three to five roles, the number of roles required to complete the project is less than that listed in the Matrix.

When you complete the manual, you are eligible for Competent Leader (CL) recognition. You'll receive a CL certificate and, if you wish, Toastmasters World Headquarters will send your employer a letter about your accomplishment.

The *Competent Leadership* Program encourages you to complete roles that might be outside of your comfort zone, but these roles are definitely beneficial to developing stronger leadership skills!

Source: Toastmasters CL manual

Mission of Toastmasters International

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.