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### CLUB EXECUTIVE:

- President – Lisa Branch
- VP Ed – Marcy Field / Masoud Shahanaghi
- VP Mem – Irma Goosen
- VP PR – Matthew Fox
- VP Fin – Saurabh Pandey
- VP Admin – Ruby Gunna
- S@A – Benjamin Zhang

### UPCOMING EVENTS

- 24<sup>th</sup> Sept - Table topics contest
- 1<sup>st</sup> Oct - Evaluation contest
- 30<sup>th</sup> Sept – Club Fees due deadline

## TOASTMASTERS - OF THE YEAR AWARDS 2019

We celebrated the end of the 2018-2019 year with our Summer pot luck meeting and presentations of the Toastmasters “of the year” awards. The “Of the Year” awards recognize Toastmasters that have excelled in supporting the program, their club and their district. Awards are given for, Toastmaster of the Year, Rookie of the Year and VP Public Relations of the Year.

### Congratulations to our recipients for 2018/19:

- Toastmaster of the Year - Matt Fox DTM
- Rookie of the Year – Marcy Field
- VP Public Relations of the Year - Leah Villanueva



from L to R): Leah Villanueva, Matt Fox, and Marcy Field

## MESSAGE FROM THE PRESIDENT – LISA BRANCH DTM

**Welcome back** to a new year of Toastmasters! Indulge me for a moment and in your mind picture a radiant sunflower growing in a pot. Think through the various stages of growth a sunflower goes through - from being planted, to poking its first two leaves out of the soil, to being sparse and gangly, to maturing into something solid and strong, and finally to opening up its golden petals towards the brilliant sun. In the August 2019 edition of Toastmaster magazine, author Dana Lamon wrote an article entitled "How to Benefit from Change" and commented that "if you are not changing, you are not growing" and that even though "branching out can be scary, that's where the new growth happens." I want to acknowledge that we're all at different stages in our communication and leadership growth, and if you ever feel like a gangly seedling, know that your fellow Toastmasters see your potential to be towering giant. As circumstances continue to change around you - in your family, at home or work - I encourage you to embrace the change because it invites tremendous opportunity to venture into new things and grow in new directions. With a collective deep breath, let's all step out on a limb. For me, I will be branching out into a new Pathway and being open to where the speeches and projects take me. How about you? How might Toastmasters help you grow this year?



### 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 projects to the best of my ability, basing them on the Toastmasters education program
- 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 education and recognition programs
- To act within Toastmasters' core values of integrity, respect, service and excellence during the conduct of all Toastmasters activities

## DISTINGUISHED CLUB PROGRAM – FLUOR COMMUNICATORS ACHIEVES A PERFECT “10” AGAIN

The distinguished club program is the Toastmasters progress tracker and motivational tool identifying 10 goals that clubs strive to achieve. These goals are indicators of a high-quality club, which enhances the member experience. Fluor Communicators has excelled again this year achieving President’s distinguished Club Status and a perfect 10 of 10. Congratulations to all our members. Do have a look at the various objectives (numbered 1-10 below) and ask how you can contribute to our ongoing success.

00003950 Fluor Communicators Club			
Club Alignment	Membership		Goals
Region 4	Base 21	To Date 24	Goals Met 10
District 42	Required 20		Distinguished 5
Division D	20 members or a net growth of 5 new members		Select Distinguished 7
Area 23	Chartered 05/01/1979		President's Distinguished 9

Goals to Achieve		Goal	To Date	Status
<b>Education (A maximum of 6 will count toward DCP credit.)</b>				
1	Competent Communicator (CC) awards	2	1	1 CC needed
2	More Competent Communicator (CC) awards	2	0	2 CCs needed
3	Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
4	More Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
5	Leadership Awards (CL, ALB, ALS) or Distinguished Toastmaster (DTM) awards	1	1	✓
6	More CL, ALB, ALS, or DTM awards	1	6	✓
P1	Level 1 awards	4	6	✓
P2	Level 2 awards	2	2	✓
P3	More Level 2 awards	2	3	✓
P4	Level 3 awards	2	3	✓
P5	Level 4 awards	1	1	✓
P6	Level 5 awards	1	0	1 Level 5 needed
<b>Membership</b>				
7	New members	4	4	✓
8	More new members	4	9	✓
<b>Training</b>				
9	Club officers trained June-August	4	4	✓
	Club officers trained December-February	4	4	
<b>Administration</b>				
10	Membership-renewal dues on time	Y	2	✓
	Club officer list on time	Y	1	

## A TOASTMASTERS REFLECTION , BY TANICE MCMINIS



My journey in Toastmasters helped me realize my goals I either only imagined or discovered during my exploration. For a decade, Toastmasters has served as a self-discovery tool for me. Learning and practicing various skills in weekly meetings, I noticed many situations where I have put these skills to good use, and am proud of what I have accomplished with the help of my fellow members.

Finishing high school in 2009, I begin looking for careers related to art production, believing that was the only job I wanted. While searching, I was introduced to a Toastmasters club in my supportive organization, the Developmental Disabilities Resource Centre of Calgary . The ‘Everyone Belongs’ club was the start of my Toastmasters expedition and where I learnt about its many roles: speech preparation, listening/providing feedback, leading certain segments of the agenda, and practicing the executive roles in managing the club as a whole. On different elections, I felt privileged in taking on the Sergeant at Arms and President positions along with their expectations. Through these roles, I recognized my dedication and desire to do well. An example would be when the members were electing a name for our new club; my interest in art contributed in making the logo to represent us. We first agreed on “Ducks on Quack” before deciding on using the organization’s quote, “Everyone Belongs”.

I would like to acknowledge Bob Gibannis, a professional Toastmaster, who was the main contributor for getting the club officially chartered; he brought many lessons to our weekly meetings, introducing us to the world of leadership and public speaking. While my two years in Everyone Belongs was a great experience, I felt the need to be challenged and explore more of what Toastmasters had to offer.



Fluor Communicators was my next step on my Toastmasters voyage. I became a member of Fluor’s club around late 2011/early 2012. Already, this club felt more challenging. Everything I learnt from Everyone Belongs enhanced to where I required guidance from a mentor. I am pleased to have Christina Kruis as my ongoing mentor along with other members such as Matt Fox, Helga Bender, Lisa Branch, and many more who have supported me greatly throughout my time within their club. Without them, I would not have contributed as well for the roles I volunteered for or was elected into. Running a segment of a meeting let alone a special event is a huge collaborative effort, and I greatly appreciate their aid.

During my five years with Fluor Communicators, I was still looking for an art related job that ended with little to no findings. Eventually, I had to slow down and thoroughly reevaluate my options; having volunteered in various areas in teaching/interacting with children, I realized how much I enjoy working in that field just as much as I do art. With that newfound focus, my priorities were shifted over to education. It was a difficult choice, but Toastmasters helped me remold my

perspective in accepting and adjusting to changes accordingly. That included my presence in Toastmaster meetings becoming less frequent in favor of focusing on school.

Regardless, I was able to use many skills and lessons from Toastmasters when I got into Bow Valley College. The speech prepping from the manuals helped me understand the various types of assignments I had to write for. Having great mentors in the club made me recognize the importance of requesting needed help from instructors/school advisors. And having taken part as a Club Executive twice, it drew similarities on how to work well in a team, be it for running a club or completing a group assignment. As for public speaking, I believe Toastmasters greatly improved my confidence where I can participate in class discussions comfortably.

At this point in time, I hope to complete my Early Childhood Education and Development Certificate through Bow Valley by mid next year. But my exploration has not stopped there: I continue volunteering at the Telus SPARK Science Center, I became invested to learn and communicate in American Sign Language, and now I am contributing to the role of Area Director for 2019-2020 along with Christina Kruis and Ray L. McPhee. Be it club-related or not, Toastmasters opened up *all* these possibilities that I might have never considered taking on without their help. I definitely have more stories to share in future speeches as time permits.

This has been my Toastmasters journey thus far. After ten years, I covered more ground than I ever thought possible, and I cannot thank the clubs and its members enough for their encouragement and motivation for me to keep improving on my skills, confidence, and goals in life. Cheers to you!

### MY ICE BREAKER – ASHISH JOHAR

I joined Toastmasters in Fluor to enhance my public speaking skills. My icebreaker session was my first session in which I introduce myself to the group and share information about myself. I prepared the speech by documenting my education, hobbies, family life and my experience, some of my strength and weaknesses and what made me to come to Canada .... And finally concluded my speech. It is lot of information in 5 minutes and lot of things to remember. I had stage fear thinking about what would happen if I forget my lines, so I created some notes.

My background is Mechanical Engineering and MBA, I learned some public speaking in my management course but it was not exercised to that extent. I have learned a lot by attending meetings and reviewing others feedback.

I have received positive feedback and am now motivated to present my other speeches as mentioned in the Toastmaster manual.

My journey in Toastmasters is to feed imaginations with short stories along with clear speeches so that I can communicate easily with an audience.



### THREE FLAVOURS OF MY SUMMER – A REVIEW OF MY ICE BREAKER, RUBY GUNNA

I joined Fluor in April 2019; and was very excited to be working for the company. While waiting for onboarding, I saw the Fluor Communicators Club newsletter in the lobby and decided to read it and see what Toastmasters was all about.

Over the next few months I discovered that Fluor Communicators Club has a great reputation in the South Calgary community, and a 40 year history of developing strong leaders with multitude of skills. I decided to join this club to not only improve my public speaking skills but also develop my networking skills. Walking into a room of people and making small talk was never a trait I had mastery over. Joining this club changed my perspective and understanding of public speaking, as I now I realize Toastmasters can offer much more than just improved speaking skills. The side benefits are the friendships, the leadership opportunities, and the chance to be involved in planning community events all of which excites and challenges me equally.

I gave my ice-breaker speech in June 2019. Leading up to my first speech, I had a number of questions, several ideas of which I couldn't distill down to one and felt a little unconfident. It was with advice from Club Mentor Matt Fox that I was able to decide what my speech was going to be about. He advised me the icebreaker is about you, your introduction to the other club members and he went on to give me several tips he had used.

After mulling over my speech idea for some weeks, and with the date of my speech growing closer and closer, I finally knew what my speech would be about. I am from Southern India and I came to Canada in 2012, to pursue my Masters from University of British Columbia. Growing up I had fond memories of summer time, I decided to unleash the power of good memories and through the recounting of my memories share with the club members a part of my origin. I wanted my audience to be engaged in my speech, taste the different flavors and long for them just like I still long for them. My speech was over 400 words and I was nervous before my icebreaker.

After the speech, I received many helpful constructive comments. I realized it's very easy to go beyond time, so timing is something I intend to work on in my upcoming speech. I was very happy to receive comments on the words I had used in my speech which I attribute to my passion for reading. I caught the reading bug very early in my life and relish reading books. The most recent book I read was Brené Brown – Daring greatly, and I wish to read her latest book next. I am very excited to have begun the toastmaster journey with FCC and am looking forward to hearing others stories while sharing my own.



## WHY COMPETE IN A TOASTMASTERS CONTEST?

Toastmasters contests are a fantastic way to grow as a toastmaster, From International, to Humourous, Table Topics and Evaluation contests, they cover all the speaking skills we practice and help stretch us while introducing us to a larger group of likeminded people. Read Helga's own experience below on, Why Compete?

**Why compete?** It can be hard work with self-induced stress, but gives an incredible return on investment. It pushed me to new levels that I never knew existed. The Toastmasters Circle of Gold feedback and getting professional coaching really upped my skills. As a life coach, greater mastery has opened doors to more professional speaking and training opportunities.

Who would have guessed that fighting my way out of my own hell of bitterness could help anyone else? When I discovered that my personal story helped others with their own agonies, I wanted to broaden my platform. Why not compete to do that? In 2018, I did not expect to get all the way to win 2<sup>nd</sup> place at District 42, covering over 100 Toastmasters clubs in Southern AB and SK but it was deeply rewarding to offer my message to each audience where I competed.

**Why compete?** It is not everywhere that you find the great comradery and support to your skills as you do in Toastmasters. I'm indebted to my club and other members who provided invaluable coaching, encouragement and support. I am grateful for the deep friendships that developed too.



Helga Bender DTM, Author

**Why compete?** It is amazing how a presentation becomes a two-way conversation as you learn to "listen" to your audience. Competing forced me to "listen and read" individuals and adjust, resulting in a deeper impact to the whole. Competing helped me learn to connect more authentically and powerfully to my audience.

Competing is a potent tool to communicate a message, to invest in your own self-improvement and to learn to touch people in a life-changing way. It causes positive ripples in ways we could never imagine, both for us personally and the audiences we touch. Winning a trophy is just a bonus.

***Fellow Toastmasters, are you inspired by Helga's story, you too can share in the enjoyment and benefit of taking part in Toastmasters contests. We have the Table Topics and Evaluation contests coming up this fall, and in early 2020 the International and Humourous speech contests. For more information on competing please speak to one of your club executive.***

## NEW MEMBERS

Please give a warm welcome to our newest members who have joined the club recently. Say hi, support them and help them gain all the benefits we have gained. We look forward to listening to your stories and getting to know you and your Toastmasters goals over the coming months.

- Mary Luczak
- Negar Sageghpour
- Shohreh Roshani
- Eric Diep

## FLUOR COMMUNICATORS NEW CLUB EXECUTIVE



As we wrapped up the year with a wonderful Summer pot Luck meeting, we also met our incoming club executive team. Please welcome and support our club executive and engage with them on any thoughts you have for the betterment of our club.

President – Lisa Branch  
VP Education – Marcy Field / Masoud Shahanaghi  
VP Membership – Irma Goosen  
VP Public Relations – Matthew Fox  
VP Finance – Saurabh Pandey  
VP Admin – Ruby Gunna  
S@A – Benjamin Zhang

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## A MESSAGE FROM YOUR VP PUBLIC RELATIONS

It's great to be starting the year with lots of new members and an opportunity to grow and expand our club. 2018/19 was a great year, let's make this coming year event better. If you would like to contribute to our newsletter or have a topic you would like to hear about, let me know and watch this space. *Matt Fox*

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### CLUB MEETINGS:

Every Tuesday at 12:05pm  
Fluor Office - Epicentre  
55 Sunpark Plaza SE  
Calgary, Ab, T2X 3R4

### PROSPECTIVE MEMBERS:

You can reach our VP membership Irma Goosen  
Email: [irma.goosen@fluor.com](mailto:irma.goosen@fluor.com)

### VISIT OUR ONLINE TODAY AT:

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

YouTube channel  
[Fluor Communicators 3950 - Youtube](#)

Facebook  
[Club #3950](#)

**COME JOIN US!  
YOU WON'T REGRET IT!**

### NEWSLETTER EDITOR

Matt Fox,  
VP Public Relations

### THIS ISSUE CONTRIBUTORS

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