



# Fluor TM News Flash

Fluor Toastmasters' Club   Club 3950   District 42

Fall 2008

Volume 2, Issue 1

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## UP COMING EVENTS

- Area G23 Contest – Oct. 15, 2008 (Table topics & Humor Speech) – Heritage square Bldg. in Calgary
- Division G Contest – Oct. 25, 2008 (Table topics & Humor Speech) in Claresholm
- District 42 Contest – Nov. 08, 2008 Humor Speech contest in Red Deer
- District 42 Contest – Nov. 09, 2008 Table topics contest in Red Deer
- District 42 Fall Conference -Nov 7-9,2008 Red Deer

## Club President's Message

**Shelley Musfelt, DTM** (Distinguished Toastmaster)



The 2008-2009 goal for the Fluor Communicators Toastmasters Club # 3950 is to achieve the Select Distinguished Club Recognition. We are well on our way to this achievement by completing two of the seven goals. We completed one goal by Christina Kruis reporting her CL (Competent Leader) to Toastmasters International. Congratulations Christina! We completed another goal by reporting 4 new members to our club since July 1, 2008 (Collin Tsui, Arleen Lim, Peter Valentine and Shelley A Miller). The DCP plan will be on display at the weekly club meetings.

I encourage all members to expand their Toastmasters experience by attending Toastmasters events outside of our weekly club meetings. Attend the Area, Division and the District speech contests. Plan to attend the District Conference in Red Deer on Nov 7,8, and 9th.

## Fluor Receives Select Distinguished Club Award

The Fluor Communicators Toastmasters Club received the Select Distinguished Club Award from Toastmasters International in July, 2008. Club Awards are given based on meeting criteria such as number of members completing their programs, officer training, and recruitment. Our club achieved seven of the ten goals we set over the past year, earning us recognition from the Toastmasters program. This award is a team effort, and everyone in the club contributed to make it happen. Congratulations to all the club officers and members!

**Club Executive:**

**President:**

Shelley Musfelt

**VP Education:**

Tammy Peters

**VP Membership:**

Arvind Simhadri

**VP Public Relations:**

Collin Tsui

**Secretary:**

Tiffany Yau

**Treasurer:**

Gerda Timm

**Sergeant at Arms:**

Ashraf Hanna

**Past President:**

Christina Kruis

Fluor Communicators

A couple of our members were at the International Toastmasters Convention in August, and Shelley sent out this picture:



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## Table Topics Contest Report

**By Gail Gibbs** (Competent Communicator)

"What national attraction or tourist site should every Canadian see at least once?"

How would you have answered?

This was the question posed to five table topic contestants at our annual club contest today.

Jason thought everyone, not just Canadians, should visit the Rockies, Helen showed us the way to beautiful Butchart Gardens on Vancouver Island, Ashraf led us through historic Quebec, Larry had us scale the Calgary Tower and Collin directed us to a ground squirrel museum (translation: gopher exhibit) in Torrington, AB.

Kudos to all the entrants. Many thanks to Tiffany, James, Shelley & Shelley, Wendy, Mabel, & Shawn, without your assistance there wouldn't have been a contest! My appreciation goes out to our "celebrity" judges, Christina, Valerie, Kristi, Brenda & Hank. I would also like to recognize Amaya Supple who took time from her busy day to represent Fluor Management.

Who won?

Collin Tsui will represent Fluor Communicators at the Area Contest, October 15, 2008.

2nd place: Larry Dixon

3rd place: Jason Kwang

Congratulations to all the contestants and good luck Collin as you move on to the next round!

Fall Schedule:

Tuesdays

12:05 – 1:00

Room W1-0809

Visit Fluor  
Communicators Today

## GREAT THOUGHTS

Shoot for the moon,  
even if you miss, you  
will be among the stars.  
\*\*\*\*\*

A smile is a curve that  
can get a lot of things  
straight  
\*\*\*\*\*

## Table topics Contest Winner's Intro - "Collin Tsui"



1. When did you join Toastmasters?

In the Fall of 2005. I had been a very active student in university, having participated in and helped to run a number of clubs and organizations. So it was natural that, when I joined Fluor, one of the first things I did was look for activities outside of project work that I could be a part of. Toastmasters was one of those.

2. What encouraged you to join Toastmasters?

I wanted to improve my public speaking skills. I could already speak in front of a crowd, but I knew there were many things that I could improve on, and I thought Toastmasters would be the perfect place to practice that.

3. What do you do at Fluor?

Technically, I'm part of the Mechanical Department. However, since I joined Fluor in the summer of 2005, my role has varied dramatically during my time here. My gambit of experience include Expediting, Field Engineering, Process Engineering, even brief stints with Estimating, Quality, and Project Engineering in the field. And, of course, Mechanical Engineering, too. Variety is the spice of life!

4. What is your favorite sport or music and why do you enjoy it?

One of my favourite things to do is swing dancing. That's the glitzy style of dancing you'd see in the old World War II movies, where the soldiers would come in their full uniform, and the ladies are in their flowy, colourful dresses. It's somewhat of a forgotten art that's seen a huge revival in the last few years. There's something captivating about uncovering bits and pieces of this dance that was nearly lost to the eons of time. I recently started DJing at some of the dances, and I'm discovering a whole new genre of music that I didn't even know existed before. The good company just makes it that much more enjoyable.

5. Tell us the benefits you have experienced since you have joined Toastmasters.

I've learned to speak much better in situations that allow little to no preparation. To that end, Table Topics has always been a welcome

## Just For Fun

Teacher: Do you have trouble making decisions?

Student: Well...yes and no.

\*\*\*\*\*

On a crowded bus, one man noticed that another man had his eyes closed.

"What's the matter? Are you sick?" he asked.

"No, I'm okay. It's just that I hate to see old ladies standing."

\*\*\*\*\*

Teacher: "Nick, what is the past participle of the verb to ring?"

Nick: "What do you think it is, Sir?"

Teacher: "I don't think, I KNOW!"

Nick: "I don't think I know either, Sir!"

\*\*\*\*\*

Teacher: Did your father help you with your homework?

Student: No, he did it all by himself.

\*\*\*\*\*

challenge for me. It's easy enough to ramble on for two minutes about something, but to speak in a structured way, in a way that makes sense, and entertains the audience, and to do it without the benefit of planning in advance, that is a true skill that I continue to develop.

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

One of the biggest obstacles I had to overcome as a Toastmaster was learning to not use notes for a prepared speech. When I first started, I'd write a speech, rehearse it, and then feel married to the idea that I need to recite the speech word-for-word. I didn't feel as though I could memorize almost a thousand words by heart, so, every time, I'd bring my speech to the podium with me, and I'd end up reading at least a part of it. As I progressed, I realized that it doesn't matter if I miss, or make a small mistake here and there. Most of the time, the audience wouldn't know the difference between me reciting a paragraph from my speech, or making up a part that I'd forgotten. In fact, most of the time, I find a small hiccup or two makes the speech more natural, and makes me feel more sincere as a speaker. Even now, I'm a little tepid about getting up without some kind of notes or a Powerpoint to guide me through, I am getting better. At the very least, I'm not bringing up a transcript to read anymore. It's just something that I'm going to have to keep working on!

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## Humorous Speech Contest Results



(from Left to Right: Shawn Janke, Gail Gibbs, Larry Dixon)

Congratulations to our contestants today! Larry and Collin, you definitely showed everyone the full meaning of "Taking the Stage" with command performances. Collin shared with us his initiation, as a young man on his own, to the finer points of the culinary arts while Larry waded knee deep telling us about a day on the ranch. No Bull! When the table was cleared and everyone was cleaned up, Larry was crowned as our 2008 Humorous Speech Champion! Congratulations to both and Good Luck Larry at the Area Competition!

Show your support for Larry on Wednesday, October 15, 2008 at the Heritage Go-Getters Toastmaster Club located at 250N 8500 Macleod Trail S. Time:6:00PM.

## Themes for 2008-2009

Toastmasters  
International:

### The Courage to Conquer

District 42:

### Impact Your World

Area 23:

### Go for Gold (Growth, Opportunity, Learning, DTM)

Fluor  
Communicators:

### Facing the Crowd

## EDITOR:

Khawer Subzwari

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## 10 Biggest Public Speaking Mistakes!

Rob Sherman, an attorney and public speaker in Columbus, Ohio, says in an article in the Toastmaster magazine to avoid these mistakes:

Starting with a whimper. Don't start with "Thank you for that kind introduction." Start with a bang! Give the audience a startling statistic, an interesting quote, a news headline – something powerful that will get their attention immediately.

Attempting to imitate other speakers. Authenticity is lost when you aren't yourself.

Failing to "work" the room. Your audience wants to meet you. If you don't take time to mingle before the presentation, you lose an opportunity to enhance your credibility with your listeners.

Failing to use relaxation techniques. Do whatever it takes – listening to music, breathing deeply, shrugging your shoulders – to relieve nervous tension.

Reading a speech word for word. This will put the audience to sleep. Instead use a "keyword" outline: Look at the keyword to prompt your thoughts. Look into the eyes of the audience, then speak.

Using someone else's stories. It's okay to use brief quotes from other sources, but to connect with the audience, you must illustrate your most profound thoughts from your own life experiences. If you think you don't have any interesting stories to tell, you are not looking hard enough.

Speaking without passion. The more passionate you are about your topic, the more likely your audience will act on your suggestions.

Ending a speech with questions and answers. Instead, tell the audience that you will take questions and then say, "We will move to our closing point." After the Q and A, tell a story that ties in with your main theme, or summarize your key points. Conclude with a quote or call to action.

Failing to prepare. Your reputation is at stake every time you face an audience – so rehearse well enough to ensure you'll leave a good impression!

Failing to recognize that speaking is an acquired skill. Effective executives learn how to present in the same way they learn to use other tools to operate their businesses.

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## If you are the "Timer" at a Toastmasters Meeting.....

### At the Meeting

Arrive early and ensure that the timing equipment has been set up by the Sergeant at Arms. Ensure you understand how to operate the stopwatch and timing lights, and make sure that they are in good working order.

Sit where the timing lights can easily be seen by all speakers.

### During the Meeting

Throughout the meeting signal each program participant as indicated below, unless told other wise by the Table Topics Master or Toastmaster.

When called upon by the General Evaluator during the evaluation segment, stand by your chair, provide a brief overview of your duties and give your report.

Times to be used, unless informed otherwise

### Table Topics

Green	1.00 Minutes
Amber	1.30 Minutes
Red	2.00 Minutes

### Table Topics Evaluator (1 min per speaker, if 3 Table topics, Evaluator would have 3 minutes)

Example of 3 Min Evaluation:

Green	2.00 Minutes
Amber	2.30 Minutes
Red	3.00 Minutes

### Speakers

As informed by the Toastmaster

Example of 5-7 Min Speech:

Green	5.00 Minutes
Amber	6.00 Minutes
Red	7.00 Minutes

### Speech Evaluators (2-3 Minutes)

Green	2.00 Minutes
Amber	2.30 Minutes
Red	3.00 Minutes

### After the Meeting

Return the stopwatch and timing signal device to the Sergeant at Arms.



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## Mission of Toastmasters International

The Mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.