



# Fluor TM News Flash

Fluor Toastmasters' Club   Club 3950   District 42

Winter 2009

Volume 2, Issue 2

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**EDITOR:**  
**Doina Cocis**



**Happy New Year,  
Toastmasters !!!**

## President's Message: "Fresh Beginnings"

We are half way through our Toastmasters year and I am impressed with how you all have been "Facing the Crowd". Members have been stepping up, leaving their comfort zones and I applaud all your efforts. We are also getting a Fresh start with the beginning of 2009. What does a fresh start mean for you in Toastmasters? Perhaps it means to attend meetings regularly or to take on a meeting role you have not done yet or to give your next formal speech. What ever it is, we have a fresh start to make the commitment to improve our communication and leadership skills.

For me, as your Club President a Fresh start is the chance to improve our club for all members (new and seasoned). We face the challenge of having a large club and working to meet the individual club members' expectations is difficult. Why Difficult? It's because I do not hear from all members. This is where I need your help. Please let me know if your expectations are being met or not being met. I cannot guarantee that every problem can be solved, I do promise to hear your concerns and bring them up to the club executive.

My sincerest thank you goes to our Club Executive and Club Committee members. They work tirelessly for the improvement of our club.

I look forward to working with you all in 2009. May this be the year that you "Face the Crowd" with more confidence and leadership.

Shelley Musfelt, DTM (Distinguished Toastmaster)

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## Christina Kruis Named Toastmaster of the Year 2008

### 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

Christina Kruis won the Area 23 "Toastmaster of the Year" Award. Christina is a member of two clubs in Area 23 (Fluor & MVP Advanced) and both clubs nominated her. Christina is deserving of this award because of her generous spirit and her support to all Toastmasters.

Christina is the Past President of Fluor Communicators. She has made it a hobby of winning door prizes at Toastmasters events.

Great work, Christina!  
Congratulations from all Fluor Communicators!

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## Purple Cow Wins in the Prairies!

Fluor Communicators congratulates Shelley Musfelt on winning Area Governor of the Year 2008. We are so fortunate to have Shelley as a member of our Toastmasters Club and we are very proud of her.

Shelley was Area 23 Governor overseeing seven clubs in (Calgary and Okotoks) for not only one year, but for the previous 18 months as well. She is an excellent role model for all Toastmasters. Shelley is an active member of four Toastmasters Clubs.

The Area 23 speech contests were run professionally and with enthusiasm. Under Shelley's leadership, Area 23 won the "Area Working Together" contest sponsored by District 42. Shelley educates other members at conferences and presented training sessions on Table Topics, Leadership, and Purple Cow Thinking. She is a dedicated mentor and encourages all Toastmasters to Think Purple Cow (make the ordinary extraordinary) and to better themselves.

As quoted by another Toastmaster, "Shelley is totally amazing and a true role model when it comes to Toastmaster. She has set the bar very high for members, club executive members and future Area Governors. She is so giving, so cheerful, so genuine and so sincere. She is energetic, animated and entertaining. We love her to pieces."

It is an honour to learn and grow with Shelley through the Toastmasters program.

Many Congratulations!

Christina Kruis

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Fluor Communicators  
Meetings are:

Winter Schedule:

Tues or Thurs

12:05 – 1:00

Contact VP Membership

Arvind Simhadri

Email:

Arvind.Simhadri@Fluor.com

Phone:

(403)537-4250 - Office

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## Did you know.....

- Fluor Toastmasters Club was chartered on May 1<sup>st</sup>, 1979?
- Bruce Brockmann, Kelvin Downs, Fred Haney, Karen Schmidt, John Barrie, Pam Wilson were members of Toastmasters
- Members that achieve their CC or CL can request Toastmasters send a letter of recognition to their manager
- We have two Distinguished Toastmasters in our club, Gerda Timm and Shelley Musfelt
- Fluor recognizes Toastmasters meetings for training hours

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## New Faces in Our Crowd:



Brendan Sawatsky  
delivers his speech  
to the crowd.

Welcome to our newest members:

### September

Arleen Lim

Peter Valentine

### October

Grant Yuan

Tracey Otten

Shelley Miller

### November

Grace Yao

Wan Gui Li

Rajesh Moothezhath

Jenna Jamani

Farzana Shahabuddin

### December

Connie Tsang

Long Cai

Robert Hurdman

## UP COMING EVENTS

- Club Officer Training and TLI in Calgary  
-Saturday, January 24, 2009
- Evaluation Work Shop at Fluor  
-Thursday, January 29, 2009  
12:00
- Evaluation Contest Club  
- Thursday, February 26, 2009 – 12:00 – W1-0809
- International Speech Contest Club  
- Thursday, March 5, 2009 – 12:00 – W1-0809
- Division G Speech Contest  
-Saturday, April 18, 2009
- D42 Spring Convention Saskatoon. Theme: Heroes  
-Friday, May 1, 2009- 6:00 pm to Sunday, May3, 2009 – 12:00pm

## Education and Training Promotions (District 42)

- **Climb and Conquer Your CC:** Every member that receives a CC (Competent Communicator) between July 1, 2008, and June 15, 2009, will be entered to win Toastmasters International wheeled backpack.
- **The CC and AC challenge:** The first five clubs that achieve 4 CCs and 2 Ac by June 1<sup>st</sup> will be entered into a draw to win a \$50 Toastmasters gift certificate.
- **The Milestone Marathon:** If you look at the trends the District could see taking place during the 2008-2009 year, our 375<sup>th</sup> DTM, 1000<sup>th</sup> CC, 200<sup>th</sup> ACB, 100<sup>th</sup> ACS, 25<sup>th</sup> ALB, 50<sup>th</sup> ALS. Each person who meets one of the milestones will win a wheeled Toastmasters backpack.

## Jana Barnhill elected 2008-2009 International President



Jana Barnhill of Lubbock, Texas, was recently chosen by 235,000 members to lead Toastmasters International in the coming year.

She was elected for a one-year term at the organization's annual International Convention, held in Calgary, Alberta, Canada, August 13-16, 2008. With her chosen theme "**Toastmasters: The Courage to Conquer!**" she will help us all reach our goals and fulfill our organization's mission this year.

Explaining her theme, she says: "Most people want to do something of significance in life. A dedicated Toastmaster for 24 years, Jana has held many leadership positions in this organization. She is a Distinguished Toastmaster in more than one sense: She is only the fourth woman in our organization's history to serve as International President, and she is also one of a handful of women who have earned the prestigious Accredited Speaker award – and she has twice competed in the World Championship of Public Speaking, placing second in 1996 and third in 1993.

Source: <http://www.toastmasters.org>

## GREAT THOUGHTS

Without effective delivery, a speech of the highest mental capacity can be held in no esteem while one of the moderate abilities, with this qualification, may surpass even those of the highest talent.

Cicero

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I listen and I hear; I see and I remember; I do and I understand.

Confucius

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## JUST FOR FUN

Talk is cheap because supply exceeds demand.

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The real art of conversation is not only to say the right thing at the right time, but also to leave the wrong thing at the tempting moment!

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## Fluor Communicator Up Front

**Shawn Janke, CC** (Competent Communicator)



1. *Shawn, when did you join Toastmasters?*  
In 2005.

2. *What encouraged you to join Toastmasters?*  
I had known about Toastmasters for a number of years and even visited one club previously to the Fluor Communicators. I really liked the concept but it was not until I attended the Fluor Communicator's club that I felt comfortable enough to join. They had a much more supportive, enjoyable atmosphere to their meetings that I really enjoyed.

3. *Describe yourself in 3 ways.*

I would like to think that I am a happy, easy going person who tries to enjoys life to the fullest.

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

I love to watch football. It is a game of both brawn and strategy. Most of all, it is a true team sport because it takes the full team's effort to be successful.

5. *Name a sports team you really love to watch. Why are you a fan?*

The Calgary Hilltoppers Football Club as both of my boys are players at different levels. It is great to watch good football and see a group of boys respond to their coaching and their improvement throughout the season.

6. *Describe your family and what you enjoy doing together.*

I have my wife, Michelle and my two boys, Spencer and Parker. We love to travel and explore new places whether it is 20 minutes from home or far away. One of our favorite trips as last spring where we were fortunate to take a cruise holiday through the Western Caribbean with stops at Jamaica, Mexico and the Bahamas. It was absolutely great.

7. *Tell us the benefits you have experienced since you have joined*

There are many, and not just those tasks that we try to achieve in the manuals. Just to list a few: leadership, friendship and networking contacts, communication skills, vocabulary

8. *What are the challenges you face as a Toastmaster?*

Making time to be prepared for each meeting. It is unfortunate that life seems to be so busy to always have the time to fully prepare for all the things you enjoy so compromises are made and I often do not feel that my speeches are as polished as I would like.

## 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

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## Effective Speech Evaluations

Your goal as an evaluator is to provide an honest reaction to the speaker's presentation in a constructive manner, utilizing prescribed objectives. You can help the speaker identify their strengths and suggest a "point to grow on" for their next speech.

Evaluators can observe content, organization, vocal variety and body language to give specific feedback and suggestions. When doing this, you must recognize the fact that you are not a professional authority but capable of giving your own reaction to the material presented. *Your* opinion can help a speaker to improve.

Evaluations are an important part of the Toastmasters International program and it is this effective and encouraging feedback that helps us grow and continue to improve as successful speakers and leaders. Good evaluators keep the speaker motivated and enthusiastic. A good source of information is the Effective Speech Evaluation manual which each member receives in their new member kit. Reading over the objectives of a project before the meeting can help you prepare to give an evaluation that is helpful and positive.

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## Fluor Toastmasters Helping in Our Community

Every young person has the potential to become a good communicator and leader, but this potential needs to be developed. The program's unique eight-session, workshop-style design enables participants to develop this potential through practical experience.

The program provides emphasis on specialized speaking and leadership skills, and individual needs. Participants learn to:

- Overcome nervousness when speaking before an audience.
- Organize and present ideas logically and convincingly.
- Listen carefully to others' ideas.
- Offer advice to help others improve their speaking and leadership skills.
- Participate in - and even lead - group discussion or meetings.

Participants increase their self-confidence as they learn. They also make new friends and have fun. "Toastmasters is an enjoyable learning experience!"

Our Toastmasters Coordinators are:

**Shelley Musfelt:** Youth Leadership held at the Shawnessy Library from October to December 2008.

Congratulations to Gerda Timm for completing her CL (Competent Leader) in December, 2008!

**Gerda Timm:** Youth Leadership held at the Signal Hill Library from Oct. to Dec. 2008.

**Shelley A Miller:** Youth Leadership held at the Fish Creek Library was September - November 2008.

### **Christina Kruis**

- Competent Leadership Manual-Creb Talkers on September 11, 2008
- Evaluation Drive Through Workshop and Preparation for Great Judging at Jacobs Global Village Toastmasters Club on September 16, 2008
- Evaluation Drive Through Workshop at Fishcreek Bravehearts and Heritage Go Getters on November 19, 2008
- Evaluation Drive Through Workshop at Glenmore RSVP on November 25, 2008
- Abracadabra-You're a Leader-District 42 Fall Conference Red Deer on November 8, 2008

**Collin Tsui:** Instructor for Air Cadet Effective Speaking Workshops held on October 25 and November 2

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## January-March Contest "Facing the Unfamiliar Crowd"

The contest will run from Jan - Mar 2009.

Points can be earned by:

- 1 point for visiting another club outside of our club.
- 5 points if you give a speech at another Toastmasters club.
- 1 point for taking on a meeting role when you visit another Toastmasters club.
- 5 points if you speak/present to an organization outside of Toastmasters.

Please send your points to club secretary: Tiffany Yau

The person with the most points will win their choice from the Toastmasters catalogue. (Up to \$50).

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## Debate Contest

### Benefits from Debate

- Strengthen public speaking skills
- Present coherent arguments
- Make a clear presentation of views
- Make quick responses
- Ask penetrating questions
- Think logically, based on evidence
- Work with others to analyze situations and form strategies
- Make better decisions

### What is Debate?

- Two sides using regulated discussion argue about a subject.  
(READ: *follow the rules*)
- One side for the stated topic and one side arguing against.
- Goal is to convince a panel of judges and the audience that its arguments on the subject are better than those of the oppositions.
- Debate requires a **CLASH**
  - Participants must listen carefully to what their opponent is saying *and*
  - Respond specifically and directly to the statements and attacks of the opponent.
- Emphasis is on logic rather than emotional appeal.

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## How to Cut Crutch Words When Giving a Speech

“...um...” “...you know...” “...like...” “...ah...”

You’ve all seen it before. What would otherwise be a great presentation becomes one interrupted jumble of syllables. Instead of taking those key pauses to let the audience digest, every moment of hesitation is filled with a crutch word. Maybe it happens to you.

Eliminating crutch words is one of the fastest ways to improve as a speaker.

Here are some suggestions for becoming a pause artist and eliminating crutch words from your presentations:

1. **Practice, practice, practice!** -You should know your presentation backwards and forwards before giving it. If you spend all your time thinking of what to say next, you can’t put emphasis on avoiding crutch words. Once you eliminate crutch words you can deliver unprepared speeches more effectively, but it is hard to cut the um’s if you aren’t prepared.
2. **Breathe In, Not Out** -When you feel the temptation to ummm your

way through a point, breathe in. This may add a pause to your presentation, but it will be far better than an ugly crutch word which blurs sentences together.

3. **Avoid them in Conversation** -You speak all the time. Watch your crutch words when chatting with friends and family. If it helps on stage it will help in a conversation. Plus you'll get far more practice.
4. **Get a Counter** -If your giving an important speech, get a friend to count the amount of times you utter an um or ah. Keeping numbers makes you highly aware of when your using these speech-killers.
5. **Comma = 1 pause** -Make a note whenever you are doing a presentation that every comma you encounter should have a pause attached. You might want to run through a list of ten items as if they were one thought. But force yourself to give a short count in between each item. Your audience will thank you for the added emphasis and clarity.
6. **Period = 2 pauses** -The end of a sentence requires twice as much pause. There is a time-delay between hearing your words and registering their meaning. Don't cut over this step by blurring together your sentences.
7. **Double Underline** -Underline key words and phrases and double underline especially important ones. This is a technique I learned from a former radio broadcaster. It helps you understand where to slow down and emphasize an individual word. When you slow down to emphasize words, this reduces the temptation to inject crutch words in between.
8. **If Your Lost, Don't Panic!** -Um's come in when you don't have your next sentence ready. Your mind is still constructing what you want to say next, so you feel throwing a few um's will fill the space until your ready. Don't do this! Instead take a quick pause before moving on. The audience won't notice and it will make your presentation smooth.
9. **Enthusiasm Cuts Crunch** -Imagine the presentation you have to give was the most critical information the audience needed to hear. When you engage emotionally with your speech topic, it becomes easier to emphasize points and avoid crutch words. If you aren't engaged, you might feel the urge to preface statements with crutch words to downplay their importance.
10. **Plan Tricky Parts** -Know your conclusions and introductions word for word. Also plan out any tricky parts of a presentation you might have difficulty explaining. If you are preparing a business proposal and want to cover a sticky issue delicately, know that section word for word.
11. **Quality over Quantity** -Speaking is a fairly inefficient medium for delivering large volumes of information. Emphasize only a few points in a speech, but emphasize them well and with repetition. A good way to have a presentation filled with um's and ah's is to cram a five minute speech with twenty minutes of information.

Source: [www.lifehack.org](http://www.lifehack.org)- Scott H Young

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## Another Successful Year

Fluor communicators celebrated another successful year at their meeting on December 16, 2008.



Nearly 40 Toastmasters and guests squeezed into the HR Training Room, where lunch was served. They were treated to members Leanne Crowther and Peter Valentine each introducing themselves through their first prepared speech project - the Ice Breaker. Leanne told of The Adventures of Yoda and Scum, a tale of her and her best friend's travels to Scotland. Peter recounted his cross-country honeymoon vacation and cruise.

What a wonderful way to wrap up the year!

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## Become the Speaker and Leader You Want to Be

Toastmasters offer a proven way to improve your communication skills. By participating in a fun and supportive Toastmasters group, you'll become a better speaker and leader and gain confidence to succeed in whatever path you've chosen in life.

- Deliver great presentations
- Easily lead teams and conduct meetings
- Give and receive constructive evaluations
- Be a better listener

You are invited to visit our meetings to see what we are all about. Tuesdays from 12:05 - 1:00 pm, room to be announced in each week's [What's Happening](#).

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