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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

17 Dec – Club Pot luck

25 Feb – Humorous  
Contest

3 Mar - International  
Contest

## TABLE TOPICS AND EVALUATION CONTEST RESULTS

As we kicked off the 2019/2020 Toastmasters year we held our club Evaluation and Table Topics contests. What great events they were, well attended and supported by the club. It was wonderful to see our newest Toastmasters both competing and leading the contests, you are making us stronger.

### Congratulations to our winners for Table Topics and Evaluation contests



#### Table Topics

1<sup>st</sup> place Irma Goosen

2<sup>nd</sup> place Negar Sadeghpour

The question posed to our contestants was *“If you met your younger self, what advice would you pass on?”*

How would you answer this searching question? Maybe that’s the content of your next speech!



#### Evaluation contest

1<sup>st</sup> place Lisa Branch,

2<sup>nd</sup> place Ruby  
Gunna

The contest guest speaker was our own Shohreh Roshani who delivered a moving

ice breaker speech to which she received a rapturous applause.

Thank you to all for assisting, competing or attending our contests, it is your engagement that make these contests so successful

## BEYOND THE CLUB – JACKIE RAINFORTH

When my children were small, they would play for hours with their LEGO, trying to build the most incredible towers. I watched them painstakingly persevere as the towers would topple over in a heap, leaving them frustrated and drowning in defeat. Perplexed, they kept going step by step until they discovered the law of physics; a strong base was needed before they could build a tower that was strong and mighty. Once discovered, their excitement and joy was as uncontainable as their creativity. They were able to let their imaginations run free as they built the most incredible towers. The towers were beyond their imagination. TOASTMASTERS was to me, the base I required before I stepped out into the world on my path to professional speaking.



My dear friend Matt Fox invited me to my first TOASTMASTERS meeting saying, “come and see what it is all about”. As a record-breaking, award-winning sales expert my attention and career focus was on helping salespeople and organizations elevate to higher levels of sales success through my proven sales training programs. I walked into my first meeting expecting to sit back and watch. To have fun and possibly refine my skillset, maybe learn a thing or two on how to refine my speaking skills when presenting my sales training programs to clients.

Imagine my horror when Matt *volunteered* me to stand up on stage and willy-nilly come up with a two-minute speech for the Table Topics! The thoughts in my head were spinning so fast I thought I was going to pass out. Walking up to the stage all I could think about was, what a disaster this was going to be and what a colossal fool I was going to make of myself.



Yet something exciting and transformational happened that day! The pounding heart turned from fear and overwhelming anxiety to excitement and thrill. The spinning thoughts seemed to magically organize themselves into cohesive thought processes that left my mouth as a fluid conversation. Picture evoking vocabulary became top-of-mind. I was hooked! Yes, who knew that in that moment my life was going to change forever?!

From that moment on I loved attending my weekly TOASTMASTERS meeting. I soaked up the learning like a sponge. I looked forward to the most critical and minute pieces of feedback to improve and refine my skill. I was beyond hooked. It was a mental adrenalin rush. Each week it was like mentally skydiving out of an airplane. I couldn't get enough! Toastmasters would prove to be the ideal foundation that launched me into building a wonderful new career and life journey. I wanted to build a strong and mighty tower.

Within no time, the doors were opening catapulting me down a new and extraordinarily exciting road. I was speaking at events, women's groups, and sales seminars. And I even wrote a book; ***THE BADASS GUIDE TO SUPERSTAR SELLING.***

I still get that little pang of fear before I walk out on stage, but I carry the pieces of wisdom I learned from Toastmasters. I take them with me, reminding myself every time I do a speech:

1. **You do not have to memorize the entire speech word for word.** Write it out in full, read it, but you only need to remember the introduction, the conclusion and the first sentence of each paragraph. The rest just happens.
2. **Watch those uhms and ahhs and so's.** They really do distract from the message you are trying to convey, yet unfortunately they can accidentally slip in. I cringe inside when it happens.
3. **Slow down your speech, do not be afraid to pause.** Pauses give people the time to think and add impact to your speech, while allowing you to eliminate those filler words. I do this regularly now. It slows me down, maximizing my control and calm.
4. **Timing:** This is still my biggest challenge! I cannot tell you how devastating it feels to have gone on too long in a speech only to have to rush through to the end. I missed giving a third of the speech compromising its value and effect. Not fun!
5. **Repeat:** Do the same speech over and over. You will rewrite, refine and rehearse creating many different versions, each time improving.

The thing I loved most about TOASTMASTERS and the biggest lesson I received from the Club, is that it is a safe place to practise and fall. At first, I used to beat myself up, but now I remind myself that I am human, and my best is good enough. Each step of the journey is one of discovery and joy. But it is the confidence of a solid foundation that makes all the difference. Thank you TOASTMASTERS, for helping me build my strong and mighty tower, beyond my imagination and beyond the Club.



## MEMBER INDUCTIONS AND MEET OUR MEMBERS

What a great start to the 2019 / 2020 Toastmaster year, we have been very fortunate to have several new members join our club. They are already taking on meeting roles, delivering their ice breaker speeches and engaging in Pathways. We have an exciting year ahead and recently held an induction ceremony for several of them. (If you were missed we will catch you soon)



**Photo** - Celebrating our new member inductions:  
(left to right)  
Kobi Partouche, Helen Zheng, Alice Saldanha, Lisa Branch – President, Jagraj Bansal, Negar Sadeghpour & Shohreh Roshani

### Jagraj Bansal

**Member since – Oct 2019**

**Reason for Joining Fluor Communicators** - I joined Toastmasters to build and improve my public speaking skills, and pathways (programs) will help me to develop my communication and leadership skills.

**Favorite meeting role** – In a toastmasters club, all roles are very important for learning and improving your skills. However, the role I like the most is “The Chairperson/Toastmaster” role.

**Proudest accomplishment** - My first speech "Ice breaker" and becoming a member of our toastmasters club.

**Best thing about Toastmasters** - Toastmasters provides a very friendly environment. Everyone encourages and helps you to achieve your goals and gain confidence. In short, it is a family where you grow and develop with the positive and constructive feedback of your toastmaster fellows.



### Shohreh Roshani

**Member since** - June 2019

**Reason for Joining Fluor Communicators** – Since 2005 I was looking for free time to join Toastmasters, Fluor Communicators provides a friendly atmosphere and is close to home

**Favorite meeting role** – Toastmaster and Table Topics

**Proudest accomplishment** - Civil/Environmental Engineer P. Eng.

**Best thing about Toastmasters** - Improving communication skills in all levels and not just public speaking



## FLUOR COMMUNICATORS AWARDS AND RECOGNITION

It's been a busy period of individual and club success during the first few months of the Toastmaster year. As I write this newsletter our club has 9 of 10 Distinguished Club Program points. This is outstanding and attributable to you our members.

Here are a list of some of the successes we have achieved during these last few months.

**Irma Goosen**, Leadership Development 1 & 2, Youth Leadership Program Coordinator

**Ruby Gunna**, Leadership Development 1

**Marcy Field** Competent Leadership, Visionary Communication 4, Youth Leadership Program Coordinator

**Lindsay McKenzie**, Innovative Planning 1

**Tammy Frenette**, Advanced Communicator Bronze, Competent Leader

**Dimitri Gordeev**, Advanced Communicator Bronze

**Masoud Shahanaghi**, Competent Leader



Celebrating pathways level one awards from left to right, Lindsay McKenzie, Ruby Gunna and Marcy Fields



LD lvl 2 award for Irma Goosen presented by Masoud Shahanaghi

### Area D23 and Division D of the Year awards:

Rookie of the Year – **Marcy Fields**

Public Relations of the Year – **Leah Villanueva**

Congratulations to you both on your success and we wish you luck at the District stage. You are the pride of our club



Rookie of the Year award for Marcy Fields presented by Tammy Frenette

### Competition update:

**Matt Fox** placed 1<sup>st</sup> at Division D Evaluation contest and will compete at District in 2020. Join him in Lethbridge for the District 42 Spring Conference 1-3 May 2020. You can visit the D42 Toastmasters website for more information.

## CLUB OFFICER ROLES – VICE PRESIDENT MEMBERSHIP & EDUCATION



If you ever wanted to get more involved in Toastmasters, then this is the way to do it! Being **Vice President of Membership** is the *quickest* and best way of getting creative in learning how to be involved with everyone at our club.

Not only do I have the opportunity to connect with all guests visiting the club, but I also get to be the one signing them up. “**Beam me up Scotty!**” was a phrase used by one of the new members when they told me they wanted to join.

I learned so much about Toastmasters, and how the club here at Fluor functioned, by being involved as the Vice President of Membership. **New doors opened** as I met more people, with more opportunities to get the word out about our club as I attended the training provided by TM. I get just as excited every time a new member joins.

Every role on the club *executive team* is important, but being hands-on with guests and members, being there for them when they ask the questions, being able to send them information on what it means to be involved as a fellow TM, made me grow in ways I never imagined possible.

The feeling of entering their information, then sending them their sign-up information is as good as having a **cold ice-cream** at the lake on a hot summer’s day. In other words, it’s a *fabulous one!*

**Irma Goosen**, VP Membership



**Vice President of Education** manages club schedule, members’ speeches, and verifies the projects completions. VP ED is also a resource about Base Camp and the education program and awards, speech contests and club mentor program.

At **Fluor Communicators Club**, we utilize **Easy Speak** online portal to manage our meetings, members *Toastmasters Goals* and their progress, and Mentor/Mentee Program. Vice president of Education is a guru in operating and utilizing Easy Speak. This wonderful, user friendly tool has been instrumental in allowing VP ED to stay on top of her/his tasks and involvement prior, during, and post club meetings.

**With this tool ... Life is Good!** (If you ask a VP of ED 😊 )

Due to the number of tasks handled by vice president of education, **Fluor Communicators Club** has decided that the role is being shared between two people. A **Co-VP ED** who is practically a “**VP Ed in Training**” and a **VP Ed**, who has been a prior Co-VP Ed and more seasoned, to lead the role. As a result when you join us as an executive, in this role for the first time, you will enter as Co-VP Ed and grow into a VP Ed.

*Looking for learning in depth about TM Learning programs and at the same time challenging your leadership skills?* **Vice President of Education** is your platform to grow and excel in your leadership goals!

**Masoud Shahanaghi** – VP Education

## MY FIRST TOASTMASTERS CONTEST

In our last newsletter we ran an article by Helga Bender on “Why Compete”. It was so inspiring we received a swath of first time competitors for our Evaluation and Table Topics contests - Negar, Shohreh, Irma, Steven and Ashish. I thought it would be a good idea to ask them about their experience.

### 1. How was your first contest?

**Negar** - I enjoyed my first step in competing in the table topics contest

**Irma** - It was a lot of fun! I would've loved competing in the next round, however I had prior commitments.

**Ashish** – It was very exciting

**Steven** - Although I tried not to be nervous prior to the contest, I was very much during the briefing and waiting period, and subsequently, then did not have a quick switch to my most familiar topic

### 2. What did you do to prepare for the contest?

**Shohreh** - I asked a mentor how to prepare and he said to take a deep breath and think intro, 3 points and a conclusion

**Irma** - I read the contest rules, spoke to people who had done contests, and remembered to breathe :)

I made sure to be hydrated, got enough sleep, and dressed comfortably.

**Steven** - Ruby shared with me a Youtube video on 4 tips on how to do a Table Topics contest speech.

### 3. Tell me one thing you learnt from competing?

**Negar** - This was a self-assessment for me, I learnt my weakness and power in impromptu speeches.

**Shohreh** - Connecting to audience is very important

**Irma** - Competing taught me how to focus on my presentation, as well as my audience.

**Ashish** – One thing I learnt is the more you participate the more you learn

### 4. If you had some jingling nerves are there any tips you could give on how to deal with them?

**Negar** - In any competition I believe you need to try to be yourself,

**Shohreh** - Have more deep breathing as you talk when you can pause

**Steven** - I was told one technique is to always think your speech is a gift to people, not to show off. You have some valuable things to give, like a Christmas gift to give to people, why do you need to be nervous?

### 5. What advice would you give to a fellow Toastmaster thinking of competing?

**Negar** - Practice speaking out loud with yourself even though others may think you crazy.

**Shohreh** - It was fun, you should try it too

**Irma** - Go for it! TM is a kind and forgiving group of people who want all of us to succeed.

**Ashish** – I would say grab the opportunity to take part in contests, it's a great way to learn



Table Topics contestants from left to right, chair Saurabh Pandey, Ashish Johar, Negar Sadeghpour, Steven Yang, Shohreh Roshani and Irma Goosen

Our first time competitors were amazing, so confident, polished and willing to stretch themselves while enjoying the occasion. Breathing seems to be a key ingredient and I would recommend we all remember to breathe 😊. What a wonderful opportunity to grow, meet other toastmasters and to gain confidence while embracing the pressure we put on ourselves...

Matt Fox, DTM, VP PR

## NEW MEMBERS

Please give a warm welcome to our newest members who joined our 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.

- Alice Saldanha,
- Amanda Price,
- Helen Zheng,
- Ashish Johar,
- Kobi Partouche,
- Jagraj Bansal

## A MESSAGE FROM YOUR VP PUBLIC RELATIONS

Toastmasters provides real world opportunities, please speak to me about our presentations to the P4 (Professional Publications and Presentations Program) team, GAP (Graduates Advancing to Professionals) and ELG (Emerging Leaders Group). Do you have an example of Toastmasters in the real world? Please share it with us. [#spreading the benefits of Toastmasters](#)

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.  
VP PR - *Matt Fox*

### 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

### 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 US ONLINE TODAY AT:

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

YouTube channel  
[Toastmasters 3950 -Youtube](#)

Facebook  
[Club 3950](#)

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

### NEWSLETTER EDITOR

Matt Fox,  
VP Public Relations

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