



IN THIS ISSUE

- International and Humorous Contest
- “L, M, N, O & P of TM”
- Meet our Members
- Awards and Recognition
- New Member inductions
- Club Exec roles explained
- Why Evaluate
- Online meetings
- A message from the VP Public Relations
- Toastmasters Mission

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

16 Apr – Club Elections

Div D contest - delayed

tlc – District Convention

INTERNATIONAL AND HUMOROUS CONTEST RESULTS

Spring is upon us and in the Toastmasters world that means contest time. In March we held our club Humorous and International speech contest, both fantastic events from the coordination, to the speeches and of course support for our members, weren't the contests fun?

Congratulations to our winners for the International and Humorous contests



International Contest

- 1st - Irma Goosen,
- 2nd - Alice Saldanha
- 3rd - Shohreh Roshani

Thank you all for competing, assisting, or attending our contests. It is your

engagement that make these contests so successful. It was wonderful to see the “international” theme in dress as well as speeches. What a great idea.



Humorous Contest

- 1st - Amanda Price
- 2nd – Masoud Shahanaghi
- 3rd – Lisa Branch

Our club humorous competition at Fluor was a great experience for all

taking part. It allowed us further growth as Toastmasters, as speakers but also contest leadership roles. All five contestants were hilarious, watch them on our youtube channel if you missed them.

THE L, M, N, O'S OF TOASTMASTERS – CHRISTINA KRUIS - DTM

If you just joined Toastmasters you will be quickly introduced to the ABC's of being a member. Table Topics, Pathways Resources, delivering your Ice Breaker, Evaluations, meeting roles and meeting fabulous volunteers that want to help you gain confidence are all part of the journey.

Initially, I attended a meeting to have a night out. Amanda, our first child was eight months old and I needed to talk some "adult"! That first meeting I was awarded Best Table Topics and here is the next part of the story. Toastmasters became my Tuesday nights out. Jan trained with the volunteer Fire Department on Mondays. We tagged teamed with our baby and as new parents there was lots to learn. We now have 4 children, Amanda, Joseph, Breanne and James. As no parenting manual exists, I have been very grateful for the TM manuals that have helped along the way!



Throughout my years in Toastmasters there have been many more lessons than just the ABC's of speaking. I have not finished the alphabet yet, but here are my L, M, N, O's of Toastmasters. Jump in and let's go for a ride!

For effective communication we must learn to LISTEN, as well as talk. Active listening is even more powerful. I often find myself thinking of my response in a conversation rather than paying attention. Timer, Quizmaster, Grammarian and Evaluator roles teach us to listen with **respect** during meetings. Each club member has unique skills and abilities, goals and ambitions, strengths and weaknesses and will develop at their own pace.

The same is true in our family. I have learned to hold my thoughts when our children tell their story. I know if I don't, they won't. I want to hear their story! Their stories about school, their sports, their friends, their dreams and their challenges are part of my story. We all want to talk, but each of us needs to listen. Recognizing the value of being a respectful listener is gaining traction. LISTEN has been our family's word of the year more than once and focused us all to really listen actively. Conversations during meals, while traveling and even communication by text, What's App, email and IG keeps us connected. We listen and support each other. I am very grateful for having developed this skill through my TM participation.



As the children get older, I realize sometimes we are the **MENTOR** in life and sometimes we are the mentee.

When they were younger, I remember how many mothers were very particular about how to

change a diaper. All of us had on job training. Jan would do it his way. I would do it my way. Both ways were right! Daddy had special time to talk, sing, and play with the babies. It does not have to be like mummy does it. And good thing too! Many of those mothers are still the only one that can do it right with their children, while their husbands watch from the sidelines.

Mentors must allow the mentee to risk, to try new things and to fail (safely). Don't do it for them. Don't take their voice away. Their way won't be the same as yours. It might be better! Successful Club Coaches and Youth Leadership Facilitators are perfect examples where I have seen strong mentors really make a difference. Effective mentors create more independent, creative and engaged leaders. Striving for **excellence** involves fresh innovative ideas and performing assigned duties to the best of our ability every time. We develop a sustainable program and pass the torch to the next generation. This experience has changed the way I mentor and parent. Keep your eyes open to these unexpected surprises. Your mentee could be your best mentor! They are in our family!

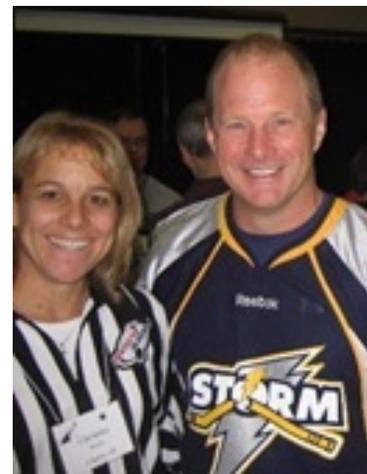
Toastmasters has introduced me to people with whom I would have never had a chance to **NETWORK**. Lance Miller became the World Champion in 2005. I have since chased the Olympic relay torch on the streets of Grande Prairie with Lance, had my photo taken holding my newly presented DTM in 2010 with Lance and celebrated in our kitchen the night before Lance delivered the keynote at Leadership Training in Calgary in 2016!

During the 2005 World Championship of Public Speaking in Toronto thinking, "Wow, that competitor is from Calgary!" A few weeks later, as a new Fluor Communicator, I was invited to join Rowena, Shelley and Gerda to charter MVP Advanced! Rowena is now a great friend and has even masterminded a surprise birthday celebration for me.

Alienation, a motivational speaking group was born at MVP. Russ, Larry, and Kevin, are Making a World of Difference through their stories delivered to over 10,000 students. Richard and I proudly support them. From that day in Toronto, I would never have imagined networking with so many champs.

Opportunities continue to appear. Working with people of **integrity** who maintain honest and ethical standards is inspiring. Stepping up to help the club function by planning and delivery a stellar learning environment for the benefit of all members. Through many volunteers' **service** I have been educated, challenged, motivated and entertained. Ralph Smedley said *we learn best in moments of enjoyment*. Forever friends, never ending learning, witnessing aha moments in others and becoming a better version of myself are the side effects of TM membership. Connecting the Dots from the meeting room to the real world energizes me and continues to be a lot of fun.

When I walked into that first TM meeting years ago, who would have imaged the journey ahead of me? Step by step, I have developed communication and leadership tools that have taken me to incredible destinations. What's next for you? Challenge yourself to Listen, Mentor and Network with many Opportunities Toastmasters offer. Start here: *Coffee Talk – Step Up to District Leadership* will answer on Zoom is Feb 8 and 22nd on d42tm.org EVENTS calendar. Interested in leadership opportunities? I would love to chat. Contact me at ckruis@d42tm.org



Christina with Lance Miller at the Grande Prairie Conference where she was awarded her first DTM

MEET OUR MEMBERS

Amanda Price

Member Since: October 2019

Reason for Joining: As an introvert, I joined Fluor Communicators to meet new people and improve my communication skills.

Favorite Meeting Role: I really appreciate the "Speaker" role because it gives us the opportunity to be inventive, express our thoughts and share our stories. Speech writing is also a great creative outlet!

Proudest Accomplishment: I was fortunate enough to help with a Youth Leadership Program the Seton public library. The program was formatted like a typical Toastmasters pathway. Watching the kids absorb what we were teaching and put it into practice was really special. I am proud that I was able to contribute to their progress.

Best thing about Toastmasters: Toastmasters is like a giant family. Everyone is incredibly supportive of each other! Also, the growth opportunities available through Toastmasters are unlimited.

**Alice Saldanha**

Member since - October 2019

Reason for Joining Fluor Communicators - I joined Toastmasters initially because as a professional educator I wanted to use my time to support youth by facilitating a Youth Leadership Program (YLP). Now, I would like to explore the future possibility of becoming a professional public speaker. This additional goal is due to the positive and encouraging feedback I have received from various speech evaluators and fellow club members.

Favorite meeting role – My favorite job at a Toastmaster's meeting is being an evaluator. In this position I can provide constructive feedback to other club members to help them advance. I have grown personally through practicing my active listening and critical thinking skills during the evaluation process.

Proudest accomplishment - My proudest moments so far as a new Toastmaster have been accepting invitations to go totally out of my comfort zone. I delivered my very first speech as an Area Circle of Gold test speaker and my second one as a Division Contest test speaker. It was nerve racking to stretch myself so far, but I wanted to take advantage of these opportunities as they presented themselves.

Best thing about Toastmasters - My active participation in Toastmasters has allowed me to reflect on my life, past and present. By diligently doing my lessons at each level along my Pathway, I have improved my communication, leadership and mentorship abilities. More so, I have gained a greater insight into my individual potential to give back to others.



FLUOR COMMUNICATORS AWARDS AND RECOGNITION

It's been a fantastically busy period of individual and club success during the first few months of 2020. Our club has achieved 10 of 10 Distinguished Club Program points and gone beyond that. External speaking opportunities, Youth Leadership Program and engagement with District activities all part of your successes. Here are our member's achievements:

Helen Zheng –Presentation Mastery Lvl 1

Shohreh Roshani Innovative Planning Lvl 1-4,

Amanda Price Innovative Planning 1-3,

Tammy Frenette, Dynamic Leadership Lvl 1

Masoud Shahanaghi – Competent Leader

Leah Villaneuva Competent Communicator,

Lisa Branch Engaging Humour Lvl 1

Susan Brown Effective Coaching Lvl 4&5

Negar Sadeghpour Strategic Relationships Lvl1

Ruby Gunna - Leadership Development Lvl 3&4

Alice Saldanha, Effective Coaching Lvl 1-3, Youth Leadership Program

Irma Goosen - Presentation Mastery Lvl 1-3, Leadership Development Lvl 4&5 (Path completion☺)

Youth Leadership Program

Marcy Field Competent Leader, Visionary communication Lvl 4&5 (Path completion☺)



Celebrating pathways level awards from left to right, Lisa Branch (President), Shohreh Roshini, Marcy Field, Amanda Price and Alice Saldanha

MEMBER INDUCTIONS

We have had many new members join since our last newsletter and this is a credit to you all. It's amazing to feel the buzz as our newest members engage in the Toastmasters A,B,C, as Christina put it, captured below is the latest inductions ceremony, lots more to come if we missed you.



From left to right VP Ed Masoud Shahanaghi, Bob Mathison, Mahdi Kayvan, Monica Huang and Chairperson Marcy Field

With increased membership we gain so much as a club. New friends, new stories and an amazing buzz in the room. (even virtual room) Our VP Ed and President have been working hard scheduling extra meetings and supporting us all. If new, request your Ice Breaker, take on a leadership role in a meeting, ask for guidance, this is your club and we are here for each other.

CLUB OFFICER ROLES – VICE PRESIDENT MEMBERSHIP & SERGEANT @ ARMS



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

Sergeant @ Arms - The first day I came back to Fluor, I joined Fluor Communicators and nominated myself to be the Sergeant @ Arm for the club. Through my years with Toastmasters, I learned the more involved with Toastmasters the faster I can learn and improve my communication and leadership skills.

As Sergeant @ Arms, it’s not just sending emails, booking meeting rooms and preparing materials, it also gives me the sense of ownership of the club which helps me be more comfortable speaking in the club and beyond, and that’s exactly I want to achieve when joining Toastmasters. It also helps me develop planning and facilitating skills.

When meeting rooms were tight, like December last year, lots of events were going on, how to plan ahead and coordinate with different parties to make sure meetings or events will have proper venues is what I learnt as a Sergeant @ Arms.

Being Sergeant at Arms and a club Executive member, I get to participate in Club Executive meetings, learn how the Executive team is managing and help grow our club is invaluable experience and help me prepare for more challenging roles in the future. There is so much I can learn from being Sergeant @ Arms, and so can you!!

Benjamin Zhang – Sergeant @ Arms



WHY EVALUATE – MATT FOX

I heard that 50% of a speech's value is the evaluation! Did you agree? Evaluations are a vital element to improving a speech. So often we think our written and delivered speech was "great", "made sense" the "message was clear", but this is only one person's perspective, OURS!

Last year as I progressed through the contest levels from club to District. I received a huge amount of support, guidance, and feedback. Without the constructive comments or the positive affirmation I would not have made it to the District stage! That is the power of effective feedback.

Listening skills – This year, having learnt so much from my evaluators last year, I took on the objective of becoming a better listener myself, showing empathy to the speaker, relating to them and their message during my evaluation. It is hugely rewarding when the speaker smiles during your feedback, listens intently as you provide constructive comment and then thanks you after.

Circle of gold – This is a wonderful concept that allows us to "fine tune" our contest speech before the next level. Receiving multiple evaluations then incorporating them "on the fly" and redelivering is a great way to be able to take your speech to the next level.. literally. Join in next time!

We can take toastmasters evaluation and listening skills into our everyday life. People often just want to be heard and as a listener and effective evaluator we can do that and so much more. Engage brain, think positive thoughts, smile and be the best you can.

ONLINE MEETINGS

On 24th March we held our first online Toastmasters meeting, and what a success it was. It was fantastic to have so many people dialed in for voice and video and to engage in this meeting. I would like to thank all of you that have been working in the background to provide guidance and information on how to do this. Ruby delivered a very timely speech on how to hold online meetings with a Q&A session to close it out. This has been posted on our club facebook page alongside Lisa's 3 excellent tips, so do "check it out". Here are several tips to consider to allow our online meetings to run smoothly:

1. Environment – plan you space, let others know you are in a meeting and prefer not to be interrupted. Is there background noise, find a fairly quiet spot.
2. You are on video – think about your appearance, treat it as if you were there in person.
3. Background, do you have a plain wall, can you hang a sheet, or is your laundry on display 😊
4. With less physical presence the use of facial expressions becomes super important. Come close to the camera when emphasizing a point, smile, use distancing effectively.
5. Use vocal variety to let people connect to your message, and test your microphone pre-meeting
6. Be aware of your stage lighting. Cameras can adjust to the changes in natural light. If near a window are your blinds open? Can you set up lights to provide equal lighting for your space?
7. As listeners let's remember to mute our microphone, this respects the speaker and prevents outside noise from disrupting a speech. Don't forget to turn it back on when wanting to speak!

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.

Isabella Paringit	Monica Huang
Tetyana Duda	Bob Mathison
Mahdi Kayvan	Leah Villanueva

A MESSAGE FROM YOUR VP PUBLIC RELATIONS

I would like to publically recognize Irma Goosen for her contribution to our club as VP membership and congratulate her on the success of bringing in new members and vibrancy to our club. It is not by luck that we have had 10 new members since Sept 2019. *# Doing it right*

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

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

THIS ISSUE CONTRIBUTORS

Christina Kruis
Matthew Fox
Amanda Price
Alice Saldanha
Irma Goosen
Benjamin Zhang