



## The New Executive Welcomes You To The 2012/2013 Toastmasters Year

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#### President

Doina Cocis, CL  
Joined: February 2008  
*"I am excited for my role as President of Fluor Communicators this term. Together with my colleagues in the Executive team I wish you a successful year!"*



#### VP Education

Richard Mowry, CC  
Joined: May 2010  
*"As the new VP of Education I am here for you and want to assist you in setting and attaining your goals for the year!"*



#### VP Membership

Andrea Corlett  
Joined: November 2011  
*"Being an active member in Toastmasters is a fantastic way to improve not only your public speaking skills but also your self-confidence."*



#### VP Public Relations

Vera Lucia Cottim-Coughlan  
Joined: March 2012  
*"I am loving my role as VP PR as I am challenged to learn and put to the best use for our club the new Toastmasters International branding!"*



#### Treasurer

Ancel Troskie  
Joined: November 2010  
*"In my role as Treasurer I realize how fortunate we are to have Fluor as our sponsor. We are truly blessed!"*



#### Secretary

Kourtnee M. Plume  
Joined: Briefly in 2008, then November 2011  
*"I wish everyone success this upcoming year and look forward to being part of such an amazing club!"*



#### Sargeant-At-Arms

Frank Laxshimalla  
Joined: May 2012  
*"This club is filled with good people and is a great place to improve your speaking skills. I'm excited to help pass that on!"*



#### Immediate Past President

Tiffany Nelligan  
Joined: October 2007 (5 Years!)  
*"Our 2012-13 Executive Team has been an inspiration to me. They are energetic and motivated to improving our club and I'm looking forward to an exciting year!"*



## **A MESSAGE FROM THE PRESIDENT**

### **“BE PROACTIVE WITH YOUR GOALS!”**

By Doina Cocis, CL

The month of September is the best month to set new goals in Toastmasters!

It is a new season in Toastmasters - a fresh start with new resources and new aspirations enabling us to envision great results. A new beginning is beneficial for the motivation and the enthusiasm it generates. So, now is a great time to set measurable goals for the next 10 months. Be realistic, be ambitious, and be courageous in setting your objectives.

When you set your goals in Toastmasters, relate them to your life goals. If you want to be an inspiring, persuasive speaker...focus on delivering a specific number of speeches this year, even to complete your Competent Communicator manual. If you want to become an influential leader...be active in the club and take on meeting roles. If you want to be more organized, become familiar with our new tool, Easy Speak, visit the website. It will support you in setting goals, tracking your goals and assisting you in signing up for the meeting roles that will help complete your Competent Leader manual.

Very important in setting goals is visualization, helping you to project your dream. If you can visualize yourself achieving your goals, you are more likely to achieve them.

Setting goals and seeing the result is an active process throughout the year.

Decide to have a successful year: Be Proactive with Your Goals!!

### **COME VISIT US!**

**You won't regret it!**

**Toastmasters currently has more than 270,000 members in 116 countries.**

**Our club is just one of the more than 13,000 clubs located around the world.**

**Our meetings are:  
Tuesdays  
12:05 to 1:00  
Room SD4-1001**

**Visit our website today at:**

**<http://fluorcommunicators.toastmastersclubs.org/>**

## “WHY EASY SPEAK?”

By Richard Mowry, CC

As time marches on there are new tools for managing Toastmasters meetings in an easier and more efficient way. Easy-Speak is one of such tools.

In the past this was a labourious task using a spreadsheet to track all the information. This method took hours of preparation by the VP Education. In the end the roles were assigned and it was the responsibility of the assigned member to locate a replacement if they were unable to fulfill the role. This was often done the day before the meeting and sometimes not done at all. I saw this as a deterrent to the club and its members.

When I became VP Education I asked myself “is there a better way?”. I started with a Google search. (What did we do before search engines?) This search resulted in the usual 800,000 hits, including:

- Agenda Builder
- Club Magic for Toastmasters
- **Easy-Speak**
- Scheduled Speaker
- TurboBase
- ClubScheduler

After reviewing the selection some were dropped due to cost, functionality, non-user friendly, limited and other criteria. With each evaluation pass Easy-Speak kept rising to the top like cream. I then again went to the web to find out what other clubs were using. Easy-Speak became the hands down winner. As a small select group of our members worked with Easy-Speak to determine its usefulness it constantly made our jaws drop and we drooled in anticipation...

The benefits of Easy-Speak include:

- ★ User friendly
- ★ Free
- ★ Supported with the developer and a large user base
- ★ Intuitive
- ★ Handles meeting scheduling, including roles and speeches
- ★ Tracks member's progress for both completed speeches and leadership roles
- ★ Integration with the Toastmasters International organization
- ★ Ability to confirm attendance

- ★ User led role assignment versus roles assigned
  - \* This allows members to own the role they sign up for
  - \* This allows members to schedule their speeches coinciding with their schedule

It is the desire of the Fluor Communicators Executive to have a club that is healthy, productive and a good learning environment. It is the expectation of Fluor Management to produce staff who can speak eloquently to clients and peers; able to rise to the challenge of presenting to a full room and get the desired outcome.

In order for our club to produce such results we are implementing Easy-Speak - and we are doing it by jumping in with both feet! Comments from members so far have been positive. As often is the case with new methods it is necessary to ask questions. Myself and the other members of the Executive will be happy to answer them and you will be surprised how many members have started to use the program.

Easy Speak has a very efficient and user friendly way to keep track of your goals. I would encourage members to work with your mentors to set your goals. Once you start tracking your progress you can't help but be motivated to complete your goals and move on with bigger and better ones!



**VP Education Richard Mowry, CC and Guest Speaker Valerie Erickson, DTM at the Educational meeting on “Easy-Speak” held on September 25.**



**H U M O R O U S  
SPEECH** winner will  
join **Andrea Corlett**  
as our Club's  
**TABLE TOPICS**  
representative at  
the **AREA 23**  
**Contest**

## UPCOMING TOASTMASTERS CONTEST (CLUB LEVEL)

### HUMOROUS SPEECH

WHEN: TUESDAY, OCTOBER 2  
WHERE: ROOM SD4-1001  
TIME: 12:05 PM - 1:00 PM

## MARK YOUR CALENDARS!

### AREA 23 CONTEST

### HUMOROUS SPEECH TABLE TOPICS

**St. Sebastian School (Lake Chaparral)**  
**OCTOBER 13 at 2pm**

**65 Chaparral Drive SE, Calgary**

### Rookie of the Year AWARD

**WINNER**

CONGRATULATIONS to our member Dean Ozen  
for his award for Area 23 2011/2012; including six  
Toastmasters clubs!

Dean was awarded the Rookie of the Year at the club level in June and  
now he is recognized at the Area level. Dean's award will be presented  
to him at the Area 23 Humorous Speech/Table Topics Contest on  
October 13. We encourage all of you to attend this event as to witness  
Dean's award presentation and to sustain the participants representing  
**FLUOR COMMUNICATORS** in the contests!



## “FLUOR COMMUNICATORS CONTINUES TO GROW”

By Andrea Corlett

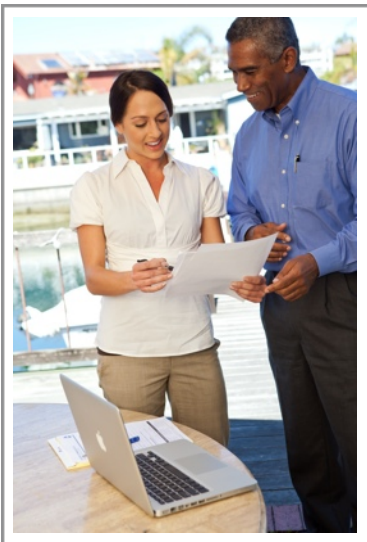
It is our members who make Fluor Communicators such a great club. We learn from one another and support each other every step of the way. From the Icebreaker speech right on up to the Advanced Manuals we are not only improving our own public speaking skills but those of all of our active members.

I am pleased to welcome our newest members to the club:

- Sam Sajedy
- Hitesh Sharma
- Matthew Fox
- Shellie Wilkins
- Scott Hounsell

## MENTORING PROGRAM

By Tiffany Nelligan



As Past President of Fluor Communicators, it is my responsibility to oversee the Mentoring Program for the club.

I am looking forward to hosting a special Mentoring session which will give new and old mentor/mentee relationships some tips on how to make the most out of their experience with Toastmasters.

Aside from helping you achieve Project 9 from the Competent Leader (CL) manual, being a mentor (and having one!) has numerous other benefits...

### Mentoring helps Mentees to:

- ◆ Explore their potential in development areas yet untapped
- ◆ Expand their leadership abilities

- ◆ Increase their technical skills
- ◆ Enhance opportunities for career advancement

### Mentoring allows Mentors to:

- ◆ Share their expertise
- ◆ Invest in the future of the club
- ◆ Obtain a fresh perspective of a subject
- ◆ Enhance experience in their areas of expertise

### Mentoring allows our Toastmasters Club to:

- ◆ Create an environment that fosters personal and professional growth through the sharing of Toastmasters knowledge, skills, attitudes and behaviors
- ◆ Increase membership satisfaction for mentees and mentors Leverage intellectual capital and property knowledge

Whether you are a brand new member to the club or a Distinguished Toastmaster, I encourage everyone to be involved in the Mentoring Program at Fluor Communicators.

Having been a member of Toastmasters for five years, I still reach out to my original mentor for advice and guidance as I increase my experience in the Toastmasters organization.

Not only is it a personal benefit, but it also help our club become even stronger!

## JUST FOR FUN

### A recipe to lose weight (Infallible! I did it!)

It is NOT a conventional diet but it is infallible and better than WW, sauna, Activia, Herbalife etc.

- 1) Go to the closest grocery store and buy 10lbs of rice (it doesn't matter what kind: white, parboiled, basmati, whole wheat...)
- 2) Stop at Timmy's on your way home for two large lattes with whipped cream and half-dozen donuts (yeah, you heard it right: eat and drink!)
- 3) Go home
- 4) Have a nap as soon as you get home and most certainly, when you wake up, you will remember that you forgot your bag of rice at Timmy's!
- 5) There! See? Easy! You lost 10lbs!



# A Family Affair

*Raising Leaders Together*



District 42 Fall Conference

Edmonton, Alberta

Nov 2, 3 & 4, 2012

## Did You Know? Famous Toastmasters

- ♦ William Benett,  
Former Premier of British Columbia, Canada
- ♦ Ben Couch,  
Late former member of Parliament, New Zealand
- ♦ Debbie Fields Rose,  
Founder, Mrs. Fields Cookies

## FLUOR<sup>®</sup> COMMUNICATORS

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## TOASTMASTERS INTERNATIONAL

**Est. 1924**

### Mission

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.

Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind. It is basic to this mission that Toastmasters International continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.