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## CLARIFICATION

FOR THE MAY 2014 ISSUE  
RECENTLY DELIVERED  
ELECTRONICALLY AND IN  
PRINT SHOULD READ GERDA  
TIMM, NOT TIMMS. THE  
AUTHOR SINCERELY  
APOLOGIZES. IT HAS BEEN  
CORRECTED IN THE DIGITAL  
FORMAT AND ONLINE

## FLUOR COMMUNICATORS TOASTMASTERS CLUB CELEBRATES 35 YEARS!



*This photo was taken at a recent meeting on May 20th, 2014. Not all members were present.*

Back row from left to right: Richard Mowry, *President*, Guest, Jim Rustami, Ghassan Khoumassi, Matt Fox, *Treasurer*, John Kushneryk.

Front row from left to right: Christopher Demler, *Co-VP Education*, Tanice McMinis, Wanda Weston, *VP PR*, Helga Bender, *VP Membership*, Maureen Towns, *VP Education*, Prince Nimoh, Todd Purcell, Brandon Sung.

### TOASTMASTERS CLUB STILL GOING STRONG AFTER 35 YEARS!

The Fluor Communicators Club in Sundance Park is celebrating its 35th Anniversary this year.

Fluor Canada sponsored and formed the club in May of 1979. Although no original founders are part of the club, Gerda Timm has been with Fluor Communicators for over 20 years, joining in 1994. She credits the longevity of the club to the support of the company, via free meeting rooms, a budget, and Management support. Timm also states "Opening the club to outside (of Fluor Canada) members" has attributed to the clubs success. "Once people join and find out how much TM helps them personally, they want to help others, and that also motivates them to stay".

Patti Nordin, with Fluor Canada, was a club member from 2006 to 2008, attributes Toastmasters with achieving her goal of no longer being uncomfortable to speak in front of a crowd. "It has helped me progress in my career at Fluor and has helped me to better communicate with management and colleagues."

Timm feels her "greatest accomplishment in TI was getting my DTM (Distinguished Toastmasters Award). On the way to DTM, I had some pretty challenging assignments, like leading an Evaluation Workshop, organizing numerous meetings and contests, and running Youth Leadership sessions. "

## FLUOR COMMUNICATORS TOASTMASTERS CLUB CELEBRATES 35 YEARS!....CONT.

Not only did Timm organized a Speechcraft session for Fluor employees, She also won the District's Club President of the Year award back in 2006. *"I was also one of the founding members of the MVP Advanced Toastmasters club which is still in existence."*

Shelley Musfelt, a member from 2005 to 2012 reminisces of the memories she had, *" This club always held interesting and fun meetings and a terrific summer BBQ party! The number one memory for me was when Gerda Timm, the Fluor Club President at the time, won the District 42 President of the Year award, selected from all club presidents in Alberta and Saskatchewan, which makes up District 42. My personal highlight was completing my DTM in 2006."*

Lisa Listgarten, with Fluor Canada, was a member in the late 1990's into early 2000's and fondly remembers the camaraderie at competitions and conferences. Pam Wilson, another Fluor employee, recalls volunteering at one of the competitions for Alberta, held at the Westin Inn Convention Centre, *"We wore the white Calgary cowboy hats and greeted all the attendees and participants in the competition!"* Wilson was involved for 3 to 4 years and held several executive roles from secretary, treasurer, and public relations while volunteering at District and Provincial events. *" I did the club newsletter on a very old 64 KB Ram computer with a dot matrix printer!"*

Colin Tsui was involved with Fluor Communicators in 2005-2006 as a member. He went to work at a project site for a couple of years, then came back to Calgary and rejoined in 2008-2009 to finish his Competent Communicators and Leadership Toastmaster program. He was also the clubs' VP of Public Relations. Tsui recalls, *"My fondest memory was when I won a Table Topics competition here at Fluor talking about a road trip to the Gopher Hold Museum in Torrington, Alberta. Who knew I can win a speech contest talking about squirrels!"*

Timm has held every executive role at one time or another. She states *"Each role helps in different areas. For example, Sargent-at-Arms gets you actively greeting members and guests thereby overcoming shyness. Treasurer gives you financial experience. President gives you experience in leading business meetings and managing people."* On asking about what advice Timm could offer new and current members, *"My advice is to stick with it. No matter how nervous you are, start small with smaller roles, do your Ice Breaker as soon as possible, and follow the manual. Get involved with the club executive. You will meet many wonderful people and gain much confidence. If you're not one of the 'nervous' people, you can greatly enhance your presentation skills. It's all good!"*

Musfelt, still very active with Toastmasters International, congratulates Fluor Communicators and wishes the club many more years of success!

### END OF YEAR FLUOR COMMUNICATORS BBQ AND 35TH ANNIVERSARY CELEBRATION - JUNE 24TH, 2014

TIME AND LOCATION TO BE ADVISED

JOIN IN ON THE FUN- GREAT FOOD AND GREAT PEOPLE!

## EXECUTIVE POSITIONS FOR 2014 TO 2015 - ELECTIONS HELD MAY 27, 2014.

### TOASTMASTER OFFICER ROLES AND RESPONSIBILITIES

\* EXCERPT FROM TOASTMASTERS WESTERN AUSTRALIA

Each of the officers in a Toastmasters club has certain responsibilities to fulfill in supporting the club and its members. There are several officer positions within each Toastmasters club, both to spread the workload fairly and to expand the leadership opportunities for club members.

Filling an officer role does not mean that you are required to do the job alone. Being an officer simply means that you are responsible for ensuring that the job gets done. As an officer, you are allowed – indeed, encouraged – to ask other members of the club to help you fulfill your duties.

Strong clubs have enthusiastic Officers who work together for the good of the Club and their own personal leadership development.

## PREPARING TO BE A CLUB OFFICER

One of the most important things to do in preparing for a club officer position is to attend one of the Club Officer Training sessions sponsored by the district. (In fact, attending these sessions is one of the goals for helping make your club a Distinguished Club.) Please make every effort to attend training so you can receive the support you need to better serve your club.

## THE CLUB EXECUTIVE TEAM

Collectively, a club's officers are referred to as the club's Executive Team. The club officer positions and their respective responsibilities are listed below:

- \* President
- \* Vice President Education
- \* Vice President Membership
- \* Vice President Public Relations
- \* Secretary
- \* Treasurer
- \* Sergeant at Arms
- \* Immediate Past President

### PRESIDENT

The President is the chief executive officer for the club. The primary responsibilities of this role involve the general supervision and operation of the club.

The President presides at club meetings and directs the club in meeting the members' needs for educational growth and leadership. In cooperation with the other officers, the President establishes long-term and short-term goals for the club.

### VICE PRESIDENT EDUCATION

The Vice President Education (VPE) manages all educational programs within the club. The primary responsibilities of this role involve ensuring that all members continue their progress toward their own individual educational goals.

The VPE plans, organizes, and implements meeting schedules to include speeches, educational modules, and other events sufficient to meet both individual and club objectives. When members complete a speech or other major achievement, the VPE will sign or initial the appropriate documentation and contact Toastmasters International to ensure proper recognition. New members will receive orientation and be assigned a mentor by the VPE.

### VICE PRESIDENT MEMBERSHIP

The Vice President Membership (VPM) manages the activities that sustain and increase the number of members in the club. The primary responsibilities of this role involve marketing and some administration.

The VPM plans, organizes, and implements a continuous marketing effort to ensure that club membership remains above club charter strength (20 members). This is accomplished both by retaining current members (working with the VPE) and by gaining new members (working with the VPPR). The VPM is responsible for the semi-annual membership reports to Toastmasters International and for keeping the membership roster and attendance records.

### VICE PRESIDENT PUBLIC RELATIONS

The Vice President Public Relations (VPPR) manages the creation and maintenance of the club's image. The primary responsibilities of this role involve both internal and external communications.

The VPPR plans, organizes, and implements programs to maintain the positive image of the club and of Toastmasters for an audience consisting of all guests, members, and the general public. Common activities in this role include press releases, publicity campaigns, website maintenance, media representation, and club newsletters.

SECRETARY

The Secretary manages all record-keeping and correspondence. The primary responsibilities of this role involve handling administrative details between the club and Toastmasters International and keeping the club's documents available and up-to-date.

The Secretary maintains the club's records, including club by-laws and the club constitution. Additionally, the Secretary handles and maintains new member applications, updated membership records, supply orders, officer lists, and past club records. The Secretary also records and reads the minutes for club meetings and for meetings of the Executive Team. This position is best suited to a Fluor employee.

TREASURER

The Treasurer manages the club's financial health. The primary responsibilities of this role involve handling the club's finances, including the collection of club dues and the payment of all bills.

The Treasurer receives and disburses funds to further the operation of the club and its officers. All club accounts are managed by this office. Twice annually, the Treasurer must notify members of dues collection and then collect club dues from each member. This position must be filled by a Fluor employee.

SERGEANT AT ARMS

The Sergeant at Arms (SAA) manages the club's meeting facilities and decorum. The primary responsibilities of this role involve all those tasks expected of the host of the meeting.

The SAA arranges the room and setup for all meetings, sets out and cares for the club's materials and supplies, and greets members – and especially guests – as they come in the door. This position is best suited to a Fluor employee.

IMMEDIATE PAST PRESIDENT

The Immediate Past President guides and supports the Executive Team. The primary responsibilities of this role involve serving as a resource for new officers and ensuring continuity with past terms. The Immediate Past President helps, but does not direct in any way.

The Immediate Past President chairs the Nominating Committee, assists in preparing the Club Success Plan, and promotes the club's efforts to be recognized under the Distinguished Club Program. This position will be filled by Richard Mowry, current Club President.

FINAL SUMMARY

Strong clubs have enthusiastic Officers who work together for the good of the Club and their own personal leadership development. Be part of the new executive team for Toastmasters Fluor Communicators Club!

**MEMBERSHIP NEWS**

HELGA BENDER, VP MEMBERSHIP

Please say hello to our newest members that have recently joined us!

**Prakshay Puri**

**Colin Gibling**

## TOASTMASTERS Q&A WITH CHRISTINA KRUIS

### HOW LONG HAVE YOU BEEN WITH TOASTMASTERS INTERNATIONAL?

*When we had our first child, I attended a Toastmasters meeting, so I could get a night out with adult conversation. Now we have four young adults and each of them has participated in the Youth Leadership Program. When I went to that first meeting in 1995 I had no idea I would be involved this long. I have learned so much and met the best of friends. I am so glad I went to that first meeting for a night out!*

### WHEN DID YOU JOIN FLUOR COMMUNICATORS?

*We moved to Calgary in 2005 and I knew the Toastmasters Program from my club in Ontario. Since then, I have met fantastic people in Alberta and Saskatchewan (District 42) and been offered so many exciting opportunities in leadership and speaking.*

### WHAT IS THE MVP CLUB? WHAT ARE THE BENEFITS OF MEMBERSHIP?

*MVP (Motivational Visionary Passionate) is an Advanced Toastmasters Club that chartered in the south of Calgary in 2008. Gerda Timm, Shelley Musfelt (both members of Fluor) and Rowena Carlson asked me to help start the club and we first had our meetings here at Fluor. MVP focuses on keynote presentations which provide an effective platform to launch charitable and professional speaking opportunities beyond Toastmasters.*

*Our MVP club meets at Bantrel Place, 1201 Glenmore Trail SW on the second and fourth Thursday of the month at 7:00 pm. When you need guidance and inspiration MVP has the members to lead, support and coach you. Come visit us today!*

### WHAT EXECUTIVE ROLE(S) ARE YOU CURRENTLY IN AND WHAT DO YOU FEEL ARE THE ADVANTAGES OF BEING ON THE EXECUTIVE?

*Club executive roles are a major portion of the leadership track at Toastmasters. Presently I am VP Education for Integrated Sustainability Toastmasters and Past President for MVP Advanced Toastmasters. I still attend executive meetings for Fluor Communicators and enjoy watching emerging leaders within our club. I have witnessed incredible growth in our members over the years, as they venture to try new roles and commit to being part of our leadership team.*

*Club Officers use many leadership skills such as delegating, motivating others, planning, organizing, facilitating, mentoring and team building. The Club Officer Training (COT) scheduled twice a year provides amazing tips for successfully running a club. These sessions also offer the environment to meet other leaders and see the Toastmasters program from a higher level. The opportunities are endless to develop and grow your leadership abilities with a proven track record of support and mentorship.*

### WHAT INITIATIVES HAVE YOU STARTED OR PARTICIPATED IN BRINGING ABOUT FOR TOASTMASTERS INTERNATIONAL?

*This year has been very exciting as District 42 Secretary. I have been part of a team that has further developed our District 42 web site ([www.d42tm.org](http://www.d42tm.org)). An improved understanding of the technical aspects of social media and the diligence it takes to get information to our members has given me much better insight into Marketing and Public Relations.*



Christina Kruis - Fluor Communicators, VP ED for Integrated Sustainability Toastmasters, Past President for MVP Advanced Toastmasters

*This winter we created videos for Toastmasters who would like to help youth improve their speaking and leadership skills. The web site features resources including worksheets, tips and ideas for organizing Youth Leadership Program sessions that are engaging and interesting. Find the YLP videos and resources at <http://d42tm.org/formresources/general-resources/youth-leadership-program-resources/>*

*This project was well received in Alberta and Saskatchewan and has since been forwarded to British Columbia's YLP team. Very positive feedback has been coming in from around the world according to our District 42 Public Relations Officer. The video clips deliver an excellent summary of how to facilitate many of the educational sessions we require for strong communication skills in our adult program. Looking for ideas in speech writing, table topics and evaluations? This web site will be very helpful.*

### WHAT ARE YOUR PLANS FOR THE FUTURE?

*So many new opportunities open up because of the people I have met in Toastmasters. Presently I am involved with **Alienation**. I work with presenters Russ Dantu, Kevin Mark and Larry Dixon, sound support, Richard Mowry, and video editor, Marshall Ennis.*

***Alienation** addresses bullying, drugs, alcohol, peer pressure and how we can improve our world. Their presentation creates a buzz in school assemblies and inspires students to Make a World of Difference. **Alienation's** message is important for young people and has created an atmosphere for discussion, education and motivating good choices for the future.*

*See their Introduction Video at: [https://www.youtube.com/watch?v=86q\\_OJqK\\_SQ&feature=youtu.be](https://www.youtube.com/watch?v=86q_OJqK_SQ&feature=youtu.be)*

*[LIKE them on Facebook at Alienation A World of Difference.](#)*

*As Tanice McMinis demonstrated in her "Journey Your Passion" speech, we never know what opportunities will arise because of a decision we make today. Seize the experiences waiting for you at Toastmasters and set new goals for success!*



## TOASTMASTERS Q&A WITH VERA WRIGHT



Former Area Governor, Vera Wright, still “young at heart” and a very active member in Fluor Communicators and MVP Toastmasters Advance Club.

### HOW LONG HAVE YOU BEEN WITH TOASTMASTERS INTERNATIONAL? WHAT CLUB DID YOU START OUT WITH?

*I have been in Toastmasters since June 2009, but we had only 2 meetings, then broke for the summer. My first club was Fish Creek Bravehearts, an excellent club that instilled the basics of TI.*

### HOW HAS TOASTMASTERS INTERNATIONAL BENEFITTED YOU? DOES IT GO BEYOND BEING A BETTER COMMUNICATOR AND LEADER?

*With Toastmasters International (TI), I have had many opportunities and challenges to achieve success, however success may be defined. I received tremendous support in my quest to achieve my DTM. My inability to drive at night meant leaning on the support of others in order to attend meetings.*

*The aim of TI is to learn communication skills and to make leaders, but for me it also gave the opportunity to entertain. Hence the role of Toastmaster in speech contests delights me as I then have to chance to make people laugh. I've met some wonderful people in Toastmasters who have enriched my life as I'm sure they have others.*

### HOW MANY TOASTMASTERS EXECUTIVE POSITIONS HAVE YOU HELD IN THE PAST?

*Since joining, I have been SAA and VP Ed in the same year; President, a role that I absolutely enjoyed as in that position you can truly encourage members to be the best they can and create a thriving club. I've organized Club, Area and Division Speech Contests and Division Training for newly elected officers.*

### HOW DID YOU ENJOY YOUR ROLE AS 2012 - 2013 AREA GOVERNOR FOR DISTRICT 42? COULD YOU PLEASE TELL US WHAT IS INVOLVED TO BE AN AREA GOVERNOR?

*As Area Governor, I luckily was responsible for 5 clubs that were already established and doing well on the whole. It was interesting to see how the clubs individually worked. The Area achieved President Distinguished Club status which made me immensely proud.*

### WHAT MADE YOU DECIDE TO JOIN FLUOR COMMUNICATORS AFTERWARDS?

*I felt I need a new challenge and also a club that I could easily meet during the day. Also Christina Kruis kept insisting that I join. !!! I was impressed by the atmosphere of the club and what it achieved in a professional way in such a tight timeframe – one hour.*

### WHAT WORDS OF WISDOM DO YOU WISH TO BESTOW ON OUR MEMBERS?

*Not only in Toastmasters, but in life, when presented with an opportunity that perhaps you have inner doubts of achieving, remember that you wouldn't have been asked if they felt you were not capable of completing the task. The first opportunity that presented itself was when asked to perform the role of Toastmaster at the Area Speech Contest.*

*My membership was only a couple of months. I was simply terrified, but accepted the role. I've never looked back. **Nothing Ventured Nothing Gained!***

### WHAT ARE YOUR PLANS FOR THE FUTURE?

*When I joined at 71, I thought I'd better do this quickly if I'm to get a DTM, as I thought I would run out of time!! I knew that I would need to do 10 speeches a year, about 1 per month. At present I am working with a great team organizing the Division Officer Training for Division G.*

*At the Fall Conference to be held here in Calgary, I am working as the Chairman for Hotel facilities. I am also hoping to be elected as VP Membership at my other club, MVP Advanced. As long as I have my health, I shall continue to accept challenges as they present themselves. Life is a continual process of learning, laughing and loving.*



**REMINDERS...**

**EXECUTIVE POSITIONS TO BE ELECTED ON MAY 27TH, 2014**

Please let us know if you are interested in one of the executive positions for next year.

**UPCOMING CLUB SPEECH CONTESTS:**

Humorous Speech Contest: June 10th, 2014

Table Topics Contest: June 18th, 2014

*Please contact Maureen Towns, VP ED for more information if you want to participate as a speaker or chair a contest!*

**NEW EXECUTIVE TRAINING - JUNE 7TH, 2014**

**Date:** Saturday June 7, 2014. Registration is at 10:15 a.m. Sessions start at 11:00 a.m.

We encourage you to register early as space is limited to 100. Admission of \$5.00 to cover food and beverages.

Register on Survey Monkey at:

[https://www.surveymonkey.com/s/Calgary\\_COT\\_and\\_TLI\\_2014-06-07\\_Registration](https://www.surveymonkey.com/s/Calgary_COT_and_TLI_2014-06-07_Registration)

**Where:** Atco Structures, South of Mount Royal Gate SW.

The entrance is the intersection of Mount Royal Gate SW and a southbound gravel road marked by an Atco entrance sign. More info to follow on website.

**OTHER EXECUTIVE TRAINING DATES:**

June 13, 2014 Calgary, Suncor Energy - More info to follow on website.

June 21, 2014 Calgary, ATB Calgary Campus - More info to follow on website.

**CLUB MEETINGS:**

EVERY TUESDAY AT 12:05PM

FLUOR OFFICES

SUNDANCE BUSINESS PARK

ROOM SD4-1001

60 SUNPARK PLAZA SE

CALGARY, AB T2X 3R4

**PROSPECTIVE MEMBERS:**

YOU CAN REACH OUR

VP MEMBERSHIP: HELGA

BENDER AT:

[HELGABF@GMAIL.COM](mailto:HELGABF@GMAIL.COM)

**VISIT OUR WEBSITE TODAY AT:**

HTTP://

FLUORCOMMUNICATORS.TOAST

MASTERSCLUBS.ORG/

**COME JOIN US!**

**YOU WON'T REGRET IT!**

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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.