



FLUOR COMMUNICATORS NEWSLETTER



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CLUB 3950 | DISTRICT 42

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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

13 June – District
Convention

30 Jun – End of Year
party

CLUB OFFICER ELECTIONS

On May 5, Fluor Communicators held its annual club officer elections. It was great to see the large turn-out of over 20 members on our Webex call, who helped vote-in the next leadership team.

In the weeks ahead of the election, many club members nominated others for office or stepped up themselves for a chance to lead.

This fantastic engagement to vote using an online poll is a testimony to the commitment and passion our members have, towards making this club the best it can be.

To our present executive, thank you for all your hard work guiding Fluor Communicators through an amazing year of growth and learning.

And to the incoming team, we look forward to supporting you as you lead our club into yet another stellar year!

Article by - Past President Daniel Mitcheltree



Congratulations to our new Fluor Communicators Club executive and incoming President Leah Villanueva

We look forward to supporting you as you lead our dynamic club into another successful year!

“OF THE YEAR” AWARDS

There’s no stopping our amazing Fluor Communicators. To go along with the incredible educational and contest achievements here are our “Of the Year” recipients. Congratulations to them all.



Toastmaster of the Year
Ruby Gunna



Rookie of the Year
Irma Goosen



**Public Relations
of the Year**
Matthew Fox

THE MULTIPLIER EFFECT – ANTHONY SANNI - DTM



Warren Buffet is one of the greatest investors of all time, having made billions of dollars over the course of his career. His uncanny, almost mystical ability to identify promising and often underpriced investments has made him an icon in the world of finance. Yet when the Oracle of Omaha—as he is reverently called—was asked what was his best investment ever, he pointed to a course he took in college that cost only about \$100. It was a public-speaking course.

As a persuasive public-speaking coach, I can confirm.

Public-speaking is one of the greatest enhancers of any skill you possess. Given *any* set of abilities you already have, your ability to speak skillfully to any number of people will multiply the power you have, and the impact you make. Like I always tell my clients: Public-speaking gives you the power to communicate your ideas. To more people. On your terms.

You know what else I tell my clients? Join Toastmasters.

PUBLIC-SPEAKING: A KEY MULTIPLIER

I first attended Toastmasters when I was in grad school after a friend invited me to a university student club. After that first meeting—hearing the educational and inspirational speeches, meeting smart, supportive and fascinating people, and just plain having a ton of fun—I could tell this was a valuable, underpriced investment. And so, I joined and got engaged.

“Public-speaking gives you the power to communicate your ideas. To more people. On your terms.”

A few weeks after, I had an important presentation to give in an advanced course on the philosophy of mind and cognition. It was about as exciting as it sounds. Yet, with the skills I had learned, practicing how to synthesize and present ideas in an engaging way in Toastmasters, I was able to ace the presentation.

It was an amazing feeling having the professor—a skilled communicator himself—and fellow students come up to me afterward and say how much they enjoyed my talk. Public-speaking had *multiplied* the returns on the investment in studying my coursework. So, I kept with it because I suspected it could do the same for other aspects of my life. And it has.

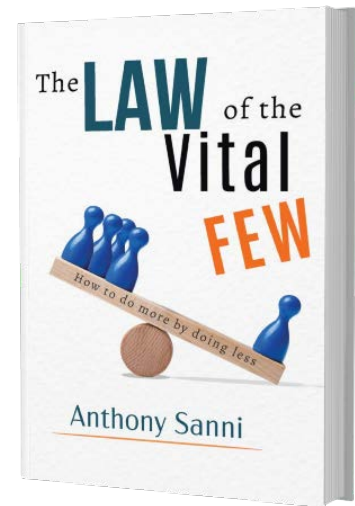
PUBLIC SPEAKING: A CRITICAL PIECE OF MY VITAL FEW

The 80/20 Principle says that 80% of our results come from 20% of inputs. For example, we wear about 20% of our clothes 80% of the time. And most businesses owe about 80% of their profits to about 20% of their products or clients. This 80/20 label is ok, but I prefer the name I chose for my book—The Law of The Vital Few.

IN THE BOOK, I talk about how only a Vital Few factors produce most of the results in our lives. Knowing this, the thing to do is plain: Find those Vital Few that produce the results you want. Get better at them. And do more of them.

For me, and perhaps for you as well, one of the Vital Few was public-speaking. It has been an enhancer not only of every job I have ever had, but also of my coaching, professional speaking (duh!), and writing.

Now, you may or may not want to “go pro” with your speaking. But I am sure you are interested in becoming a better speaker nonetheless and reaping the many fruits of this powerful skill. If so, let me offer my Vital Few tips to help you nail your next presentation.



THE MULTIPLIERS OF EFFECTIVE PUBLIC-SPEAKING

Like any other skill, mastering public-speaking takes time, effort and practice. But these Vital Few tips will boost your outputs regardless of your current skill level.

1. **Clarify your main goal:** Everything else depends on this. Without it, you can't make good choices. Toastmasters presents roughly four potential speaking goals: informing, entertaining, inspiring and persuading. Often you will have a mix. But being clear on your *main* goal will help you choose everything from your content to your delivery style. Thankfully, there are projects in the Toastmasters program that address each of these, so take advantage of them.
2. **Know your audience:** I can't stress this one enough. Your speech is *by* you, but it is not *for* you. Get to know what your audience wants, needs, and cares about. Then tailor your content and delivery to match. This alone will multiply your effectiveness, even if it is the only change you make.
3. **Rehearse until you are sick of it:** My first Toastmasters mentor once told me that you will always have three speeches for every one speech—the speech you planned to give, the speech you gave, and the speech you wish you gave. The best way to close the gap between the three is to take preparation and rehearsal seriously.

YOUR BEST INVESTMENT (?)

I can't tell you that getting better at public-speaking will be the best investment you *ever* make. I certainly can't tell you it will help you make billions of dollars like Warren Buffet. But I *can* confidently say that if you are looking for a steeply underpriced investment to multiply the output of all your other personal and professional efforts, a Toastmasters membership is a hard deal to beat.

MEET OUR MEMBERS

Isabella Paringit

Member Since: January 2020

Reason for Joining Fluor Communicators - One of the reasons I joined Fluor Communicators is I want to be a confident public speaker. I'm an introvert and I've been avoiding speaking in public ever since. I just don't have the courage to do it.

Favorite meeting role - I like the "word of the day" master role because I get to learn new words and share it to everyone.

Proudest accomplishment - As an introvert, my proudest accomplishment is doing my ice breaker speech. I was nervous, panicking and I'm pretty sure when I was speaking I even forget to breathe sometimes. But after giving my speech, I was so proud of myself because I didn't know I could even do it.

Best thing about Toastmasters -I've learned that toastmasters isn't just to help you build your confidence in public speaking, there's so much more. There are endless growth opportunities Toastmasters provides.



Shelley Werner

Member since – April 2020

Reason for Joining Fluor Communicators - Having recently relocated to Calgary I was searching for a meaningful way to meet people and foster my love for public speaking. Until now this was something I only did in the service of my profession. As a thought leader in Interior space development I was responsible for leading a team of workplace specialists. I found that successfully communicating ideas is rewarding and Toastmasters gives me the chance to speak on a wider variety of topics than just my professional sphere.

Favorite meeting role – As a brand new member I have not yet had the chance to experience most of the roles but I look forward to trying them all. My favourite experience is the Table Topics. I enjoy the challenge of crafting a speech with a moment's notice.

Proudest accomplishment – My proudest accomplishment has been speaking entirely without notes in a prepared speech. This requires both organizational logic for the speech itself and then linear cues to attach one section to the next.

Best thing about Toastmasters – The best thing about Toastmasters is the flip side of the same coin: there is unconditional support for the club members, but also sincere and specific objectives for improvement. It is satisfying to be praised, but fulfilling to be nurtured toward future success.



Bob Mathison

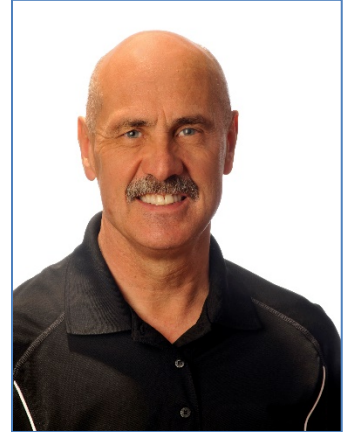
Member since - October 2019

Reason for Joining Fluor Communicators - I have done some public speaking in the past but I've never felt comfortable doing it. Through Toastmasters, I'd like to learn to be more comfortable and confident.

Favorite meeting role – I have thoroughly enjoyed doing the two speeches that I've done.

Proudest accomplishment – Completing my Ice Breaker

Best thing about Toastmasters – The Supportive Environment and Friendly People. I have found our club to be welcoming and a great group of people



NEW MEMBERS

Please give a warm welcome to our newest member **Shelley Werner** who joined our club recently. Say hi, support her and help her gain all the benefits we have gained.

FLUOR COMMUNICATORS AWARDS AND RECOGNITION

Congrats to the following for the latest educational achievements. This makes it “50” this year -- WOW:

Amanda Price- Innovative Planning Level 4

Leah Villanueva - Advanced Leadership Bronze (legacy)

Masoud - Innovative Planning Level 1

Saurabh Pandey - Competent Communication (legacy)

Shohreh Roshini - Engaging Humor Level 1

Tammy Frenette - Dynamic Leadership Level 2

Alice Saldanha - Presentation Mastery Level 1&2

Marcy Field – Innovative Planning Level 3

NEWS FLASH

With the recent elections and announcements of the District positions, we have ‘**amazing**’ news, our club is represented at every level:

District Director – Christina Kruis

District Public Relations – Marcy Field

Division D Director – Tammy Frenette

Area D23 Director – Irma Goosen

Area F26 Director – Ruby Gunna

TERRIFIC TECH VILLAGERS: A TECHNICAL EXPERIENCE

The experience of being a member of the tech team for D42 online contests was invaluable because it revealed the comradery behind the scenes. It certainly takes a village to run things and the tech team is an important part of it.

For all the nuances that everyone brings to the team, to the different personalities everyone has, it is a great way to see all the aspects of what it takes to run a show. It also allows one to get a different perspective of handling a problem, since everyone will tend to have a different approach. It also gives one the perfect opportunity to learn new skill sets from one another, like streaming onto a social media platform or utilizing different sound equipment. All these skills and all these personalities truly make for a diverse team.

The team also provides a lesson on working together on various communication platforms. All members may be separated by distance, but technology can bring the team together for a common purpose. By utilizing different forms of media, individuals lose the sense of distance between folks. That experience alone is also useful, since it allows for more collaboration, while being apart.

There is always a new challenge as well that helps the tech team to try and think outside the box and problem solve whether it is helping someone to get their audio or video working, to getting things set up and ready for an online event.

Communication between people is a key to involving everyone. That is why to communicate with one another, it was a good thing to be able to utilize Whatsapp.

Adaptability is another key skill a person can get from being on the tech team. A person must be ready for any surprise. As his adaptability is strengthened, his virtue of patience grows as well. Without patience and the ability to adapt, a person will not get far while on the tech team. That is only because he has to deal with different people, from different backgrounds. There are also

different degrees of understanding that must be developed, so having patience is essential.

Overall, the entire experience of being on the tech team is a great opportunity for anyone, especially when you get to work with an amazing team.

Article by Dan Lonechild, District Tech Team, & President URToastmasters, Regina, SK

Fluor Communicator Tech Team
Members
D42 Contest Chair – Christina Kruis
Tech Team Trainer - Ruby Gunna
Tech Team Members – Amanda Price & Alice Saldanha



Fluor Communicators online

SIR BBQ MAN – MASOUD SHAHANAGHI

Due to my interest in humor, I decided to present a humorous speech to our club as part of one project of Level I of my Innovative Planning Pathway. At that time, I never entertained any fantasy about entering a District Humorous Speech Competition. Until recently, being a competitor intimidated me. I preferred to stay within my comfort zone and away from D42 speech competitions. Then fellow club members encouraged me to compete at the Club level of the Humorous Speech Contest. They assured me that in case I won, I didn't have to continue on to the next levels: Area, Division, or District. "You can drop off any time you wish", they said.

I thought, "OK ... that seems fair. I'll participate at the Club level, and if I win and I realize that it's too stressful, I'll drop out of the competition." I also thought, "I am not going to win anyway". This was true, and the universe initially responded to my internal fear and Amanda Price took first place. She was so funny! I had tears in my eyes from the laughter her speech inspired. Thank you Amanda!

Nope! The universe really wanted to challenge me this time. Amanda, for personal reasons couldn't attend the Area Humorous Contest and so I was up to replace her. At first, my heart stopped when I heard I had the opportunity to continue moving ahead in the competitions. Then, my heart started galloping.

This was a moment of change for me. I acknowledged the fear and the circumstances in which I found myself. Thus, I decided to overcome the fear by thinking to myself "Well, since I like humor, where else is it safer than Toastmasters? I can put my sense of humour to the test with a wider audience.

As a result, I accepted the challenge even though I thought I wouldn't advance to the next level and would disappoint my fellow club members. I decided to test the water. I won first place in the Area 23 competition and took third place on May 16 in the Division D Humorous Speech contest.



Division D Humorous Contest , 1st place, Devon MacPherson, 2nd place Stephanie Harris, 3rd place Masoud Shahanaghi

This experience was thrilling, and at the same time very satisfying. More importantly, in a matter of a month my growth was tremendous. Something I had never felt before in any other educational setting.

I encourage everyone to take on a competition. They are the best way to get out of your comfort zone, and also out of your shell.

Let's fly and let's see what is in it for us in the heights. Cheers

SPEAKING FROM THE HEART – LISA BRANCH DTM- FLUOR COMMUNICATORS PRESIDENT

This year, more than anything else, I have witnessed a maturing in my own learning through the Toastmasters mentoring program. I am developing into a better listener, a better leader. I have become more aware of my own shortcomings in addition to my strengths. I first thought that being a Toastmasters mentor was all about giving advice for how to become a better speaker – using gestures effectively, adding vocal variety, and penning perfect prose - but it is so much more than that. It is about each of us, mentee and mentor, becoming better communicators, better leaders, and better people.

The best lessons I have learned through mentoring include receiving feedback with grace and giving feedback with gumption. I encourage you, as you begin to mentor others, to be available and present, listen well, and speak from a heart of love. My hope is that each of you will enjoy the benefits of mentoring, first as a mentee and then by giving back and continuing to grow as a mentor.

As I finish off this year as President of Fluor Communicators, I can



honestly say that we're not the same Club that we started off as. We've grown – in membership, in skills, in achievement, and involvement in Toastmasters outside of our Club. We've also grown in friendships, in confidence, in compassion, and in courage. Thank you for being a part of this growth and momentum. Our Club wouldn't be the same without you and I wish you well over the summer and hope to see you all in person

again in September! Virtual hugs to you all!

A TOASTMASTER'S PROMISE

As a member of Toastmasters International and my club, I promise:

- “can you recall the promise we all made when joining Toastmasters”?, if not look please revisit that promise on Toastmasters International or look to the back page of the last newsletter... go on I dare you 😊

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!**

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