



# FLUOR

## COMMUNICATORS

SPRING 2023

### Lessons Learned by Completing a Path

by Arobo Ako, PM5, President



The Presentation Mastery Path was my first choice because I had no idea how to give an effective presentation or speak professionally. Not to mention having an unhealthy fear of public speaking. During this journey, I learned the following:

1. My communication style is storytelling. I practiced and honed using it to grab and keep my audience's attention.
2. The effect of body language in a speech when used appropriately and sufficiently.
3. How to effectively use different presentation software such as Prezi Video and PowerPoint.
4. The difference between active and passive voice, and how to apply them when drafting my speeches and presentations.
5. How to build credibility as a speaker with strong and factual openings and closings.

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### CLUB OFFICERS

PRESIDENT  
Arobo Ako

CO-VP EDUCATION  
Guofang Jiang, Marcy Field

VP MEMBERSHIP  
Richard Burwell

VP PUBLIC RELATIONS  
Clint Bergstreser

TREASURER  
Aditya Verma

SECRETARY  
Olanari Okungbowa

SAA  
Jessi Brown

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# WELCOME NEW MEMBERS

- Mitalee Koloti
- Jaqfranco Quiday
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- Jim Dawson
- Mia Mikhalchenko

## NEW MEMBER ORIENTATION VIDEO SERIES

- Meeting Roles Explained
- Getting on Track with Pathways
- Easy-Speak Made Easy
- Making Meaning with your Mentor
- Breaking the Ice



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One part of being a Toastmaster that keeps me coming back is the evaluations I receive. These evaluations helped me to dispel many speaking myths I held prior to commencing the Path. As I progressed through the projects, I became better and gained confidence in presenting.

Currently, I challenge myself by speaking outside my Club in professional and informal settings. I volunteer to give presentations at work events. I am impressed when I look back at my progress and see how far I have come. Although I am not yet a grandmaster, where I was before and where I am now are miles apart, not even in the same country!

I am eagerly looking forward to starting a new Path.

*Arobo*

## MEMBER ACHIEVEMENTS

### January

Level 3 Motivational Strategies – Christina Kruis, DTM  
Level 2 Team Collaboration – Marcy Field, DTM  
Level 3 Team Collaboration – Marcy Field, DTM  
Level 5 Team Collaboration – Ruby Gunna

### March

Level 1 Innovative Planning – Ben Zhang  
Level 2 Presentation Mastery – Olanari Okungbowa  
Level 5 Presentation Mastery – Arobo Ako

### April

Level 1 Presentation Mastery - Masoud Shahanaghi

# Meet our Members



## Terry Mueller

Terry is a Senior Technical Specialist at Fluor who enjoys sports such as soccer and rugby as well as car racing. He is married with kids (he points to his grey hair) and has a dog.

Terry is rejoining Toastmasters after having the experience of freezing on stage during a major presentation. He recognizes that public speaking is a practiced skill.

## Mitalee Koloti

Tell us about yourself! I am married, and we have a daughter who will be turning 4 this July! Fun for me is playing with my daughter and painting. I was a stay-at-mom after my daughter was born in 2019 and I only recently joined Fluor in November 2022. Most of my weekdays I am busy at work, learning the process. On weekends, we spend time together - going out, shopping and now with the weather becoming better we go to the playgrounds.



What made you decide to join Toastmasters? – Being out of touch with public speaking for a very long time, I felt I needed to get that confidence back that I once had. Toastmasters is that very platform where I can practice and get my confidence back.



## Jim Dawson

I first joined Toastmasters in 1985 at NAIT. Since that time I have been the Club President at Glenbow Toastmasters, was an Area Director for Area J48 and helped sponsor a new Club called Bantrel Toastmasters. I am currently a dual member with Chinook Toastmasters. I am seeking to redevelop my speaking, listening, and evaluation skills.

While not at Toastmasters, I work with Instrumentation and Electrical and am currently semi-retired but still looking for a challenge. When I go out for work my schedule can be quite irregular, I like that our meetings are hybrid so I can join in whenever and wherever I'm available.

## Mia Mikhalchenko

Hello, my name is Mia, and I am excited to have the chance to introduce myself to you. Currently, I am exploring new career opportunities while taking steps to develop new skills and passions.



In my free time, you can usually find me on the slopes, snowboarding with friends or exploring the city on my bike. Calgary has an extensive bike path network that I've been enjoying exploring. Biking is not only a great way to stay active and get some fresh air, but it also helps me clear my mind and enjoy the beauty of my surroundings.

Recently, I joined Toastmasters to help me overcome my fear of public speaking and develop communication skills. I am excited to be part of a community that values self-improvement and look forward to learning from my fellow members. I believe that Toastmasters will help me develop the skills and confidence I need to succeed in my future endeavours.

## DCP EXPLAINED

DCP stands for Distinguished Club Program and is used by each Club to set yearly goals (July 1, 2022 to June 30, 2023) in order to be a healthy, vibrant Club with new members joining and working their way through the Pathway Levels as they become better communicators and leaders.

As of April 25, we have met 9 goals (out of 10) and have already achieved **President's Distinguished Status** (9 or 10) for the 9th year in a row!

Goals to Achieve		Goal	To Date	Status
Education				
1	Level 1 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	4	4	✓
2	Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	2	✓
3	More Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	0	2 Level 2s needed
4	Level 3 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	3	✓
5	Level 4, Level 5, or DTM award <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	1	1	✓
6	One more Level 4, Level 5, or DTM award <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	1	2	✓
Membership				
7	New members	4	4	✓
8	More new members	4	16	✓
Training				
9	Club officers trained June-August	4	4	✓
	Club officers trained November-February	4	6	
Administration				
10	Membership-renewal dues on time	Y	2	✓
	Club officer list on time	Y	2	



## Fluor to receive International Toastmasters Corporate Recognition Award



This award recognizes long-standing and dedicated corporate sponsors. For the past 44 years, Fluor Canada has sponsored Fluor Communicators, a Toastmasters International Chapter. The award will be presented to Fluor by Toastmasters Immediate Past International President, Richard E. Peck, DTM.

**April 28, 2023**

**Noon to 1:00 P.M.**

**Sundance Atrium**

Light refreshments will be served

Do you want to practice public speaking or improve your communication and build leadership skills? With Toastmasters, you can break barriers! Ask a current member about the many benefits and join us as a guest at a meeting in the Fluor office or online every Tuesday from noon to 1:00 P.M.

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## Let's Get Social

### Facebook

<https://www.facebook.com/toastmasters.calgary.south>

### Instagram

<https://www.instagram.com/toastmasters.calgary.south>

### YouTube

<https://www.youtube.com/c/ToastmastersCalgarySouth>

### LinkedIn

<https://www.linkedin.com/company/toastmasters-calgary-south>

### Website

<https://fluorcommunicators.toastmastersclubs.org>

## TO PROSPECTIVE MEMBERS

Come and visit us in person or online to see what Toastmasters can do for you! Practice public speaking, improve your communication and build leadership skills.

Reach out to our  
VP Membership,  
Richard Burwell

executive  
[@fluorcommunicators.com](mailto:@fluorcommunicators.com)