



Calgary Pace Setters Club

CLUB #8170 - AREA 23 - DIVISION D - DISTRICT 42

NEWSLETTER

NOVEMBER, 2021

CLUB MEETINGS

Tuesdays, 7.15PM - 9PM, MDT

NEXT MEETINGS

ONLINE

Dec 7, 14, 21

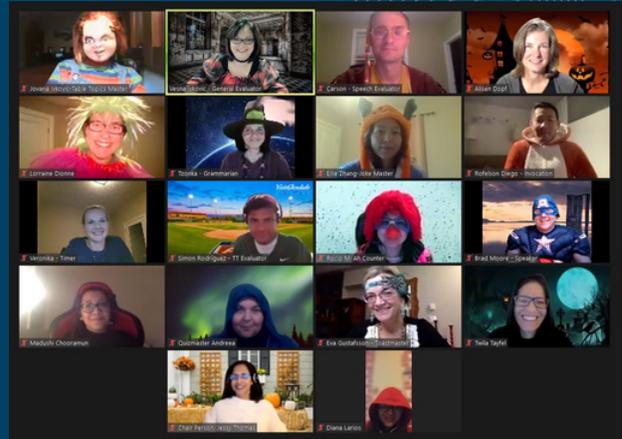
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- November Meetings
- Announcements
- New Members
- Division D Fall Contest
- Major Meeting Roles
- Q & A Major Meeting Roles
- Bonus: Descriptive Words
- Members' Achievements

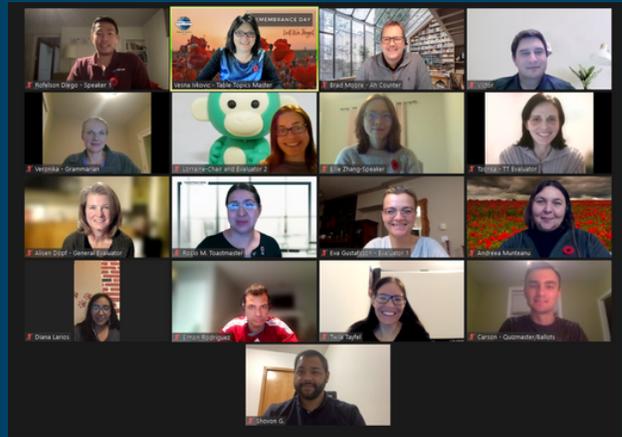
CLUB MISSION

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

www.calgarypacesetters.com



Nov 2 - Halloween on Zoom



Nov 9 - Remembrance Day



Nov 16 - Christmas' Preparation



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UPCOMING EVENTS

- **Calgary Pace Setters Special Event Social Evening on Dec 21** themed **STORIES & GAMES AROUND THE FIRE**
- **"Stepping outside the Club" speeches at our Jan 11 club meeting**
- **District 42 - Leadership Training: Jan 19, Jan 29, Feb 25**

The last club meeting for 2021 is on **Dec 21!**

The first club meeting in 2022 is on **Jan 11!**

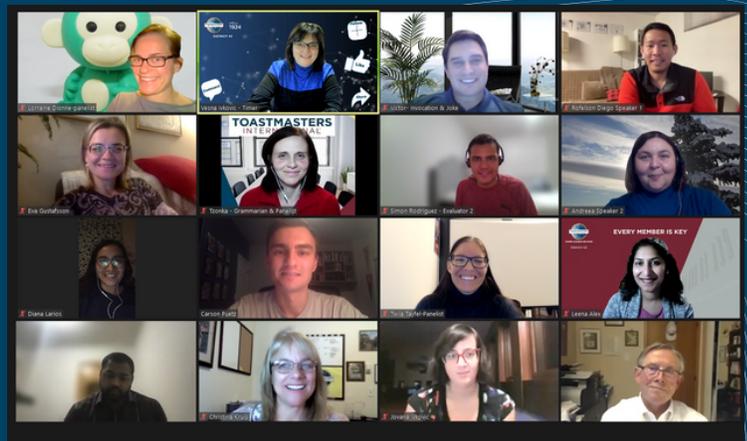
THANK YOU

We would like to thank our members who were panelists for the Nov 30 meeting and shared their TM experiences: **Lorraine Dionne, Alex Campbell, Twila Tayfel and Tzonka Bouklieva!**

We would like to extend a special **THANK YOU** to our guest **Christina Kruis, DTM**, previous **D42 President** for bringing the *Endless Opportunities* video to our club and showcasing the achievements of our Pace Setters at the area, division and district level.



Nov 23 - Party Retro (60s, 70s, 80s, 90s)



Nov 30 - What's in it for YOU?

"If you're offered a seat on a rocketship, don't ask what seat! Just get on!"

- SHERYL SANDBERG



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New Member: **Diana Larios**

"I joined Toastmasters because I would like to develop my leadership and communication skills. I want to overcome my fear of public speaking and be confident on any stage. I got inspired by the confidence of ESL speakers. Calgary Pace Setters is a great and friendly club that provides ample support. It is a multicultural environment where I feel welcomed and I am not afraid of making mistakes. For my Pathways, I chose the Presentation Mastery because it provides me the tools to complement my background in finance."



supportive - economic analyst - hiker

PEARLS OF WISDOM FROM OUR MEMBERS

"Good communication is about how you make people feel."

- Victor Laverde

New Member: **Noor Gias**

"I joined Toastmasters because I want to improve my overall communication skills. I want to get better at articulating my thoughts and speaking more concisely. Also, I want to enhance my presentation skills, especially in front of an audience. I believe strong communication is key for me to advance into leadership roles. As a guest of Calgary Pace Setters I have attended a number of meetings and felt very comfortable with all the members. I felt welcomed and loved the supportive environment. In addition, I received some great feedback on how to become better at Table Topics. Even though I have not chosen a pathway yet, I am interested in Visionary Communications the most, followed by Dynamic Leadership and Presentation Mastery."



dreamer - knowledge seeker - innovative



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Our club was represented at the **Division D Fall 2021 Contest** by our club president, **Carson Puetz**, who won the **first place** for **Tall Tales** and who will move on to the district level.

Congratulations to all winners of Division D Fall Contest!



Division D Speech Contest

TALL TALES



CARSON PUETZ - Area D23 - Calgary Pace Setters
Speech Title: "The Game of the Century"



TAMMY NISCHUK - Area D12 - Dynamically Speaking
Speech Title: "Weak between the Knees"



MARINA GABOR - Area D8 - FAC Toastmasters
Speech Title: "Eyes this far apart"

TABLE TOPICS

The Question: "What was the most memorable event of your adolescence?"



KELLY KAUR - Area D23 - High River



TAMMY NISCHUK - Area D 12 - Dynamically Speaking



DEVAN MACPHERSON - Area D2 - Coulee Commentators



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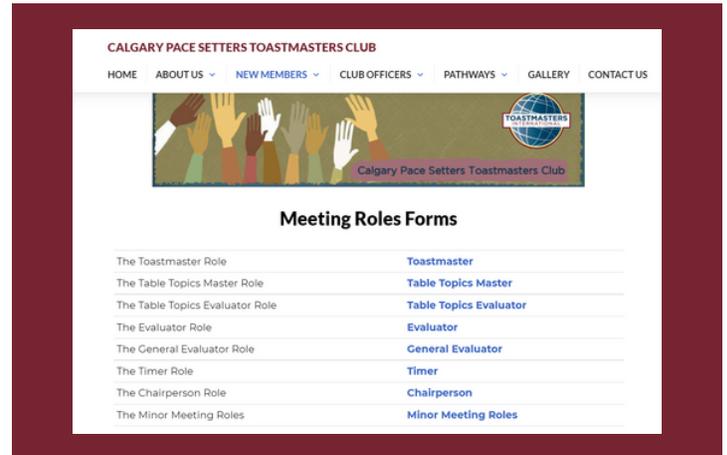
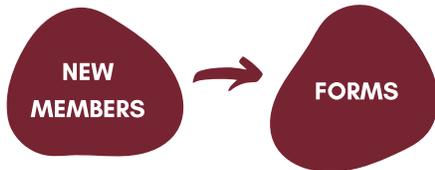
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MEETING ROLES

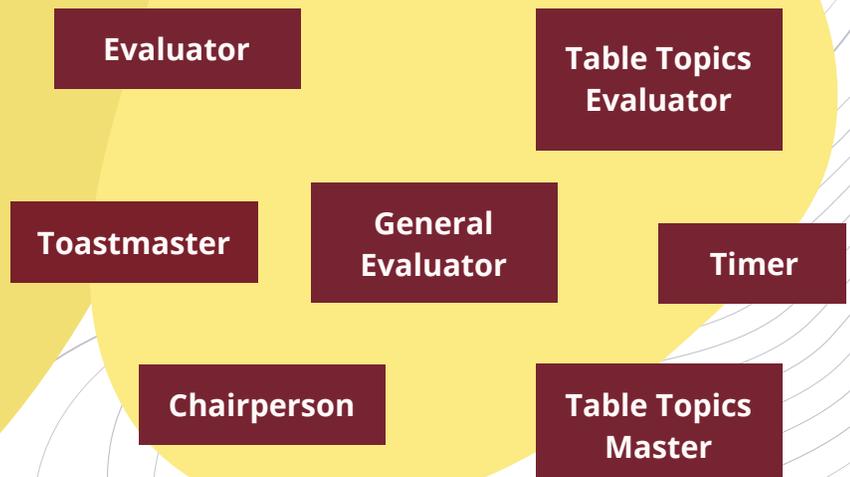
FIND THE FORMS FOR MEETING ROLES ON **OUR CLUB WEBSITE:**

[HTTP://WWW.CALGARYPACESETTERS.COM/](http://www.calgarypace setters.com/)



WHY SIGN UP FOR MEETING ROLES?

- support other members
- efficient meeting
- practice & get better at giving feedback
- improve your communication
- enhance your active listening skills
- increase self-confidence
- become a better leader





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MAJOR MEETING ROLES

TOASTMASTER

- Prepares intros for all formal speakers, TTM and GE prior to the meeting
- Runs the meeting and introduces speakers, the TTM and the GE
- Presents the awards

GENERAL EVALUATOR

- Runs the evaluation portion of the meeting
- Prepares intros for all evaluators and TT evaluator prior to the meeting
- Gives an overall evaluation of the meeting
- Calls on different helper to give their reports

CHAIRPERSON

- Fills up the meeting roles
- Reviews the agenda & explains the meeting structure
- Asks helpers to present their roles
- Guides all participants to answer the intro question
- Interviews guest & makes announcements
- Starts and closes the meeting

TABLE TOPICS MASTER

- Runs the formal speeches part of the meeting
- Prepares 4-5 questions for the TT prior to the meeting
- Explains the benefits of impromptu speaking and gives tips on how to answer a TT question
- Calls on participants who do not have major meeting roles

EVALUATOR

- Prior to the meeting, contacts the speaker to get details about the speech/Pathway project
- Uses the **Evaluation Resource Form** to take notes and give feedback
- Gives a supportive, specific and constructive feedback

TABLE TOPICS EVALUATOR

- Uses the form to take notes on each TT speaker and the TTM
- Gives a "burger style" feedback: **praise-improvement-praise**

TIMER

- Uses green, yellow or red lights/ backgrounds to signal the speakers
- Provides a report



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Q & A Session

with
SIMON

Major Meeting Roles



Q: How can a new club member can prepare for a meeting role?

A: Check the Forms for meeting roles on our club website; ask your mentor; learn the role from other members during the meetings.

Q: How can the Chairperson insure that the allocated time for introductions is not exceeded ?

A: When answering the introduction question participants can deliver long answers. The Chairperson could remind everyone to keep their answers short and sweet and under 20 sec; maybe they can offer an example of a 15-20 sec answer.

Q: Where can we find the forms for the meeting roles?

A: You can download the meeting roles forms (as PDFs) from our website - NEWMEMBERS - FORMS:

<https://calgarypacesetters.com/index.php/forms/>

GOOD TO KNOW

Running a Q&A session during a club meeting is part of a Level 3 Pathways project.



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Q & A Session

with
GRACE

Major Meeting Roles



Q: Any suggestions for members who are hesitant in taking on the Evaluator role ?

A: Read through the forms to familiarize yourself with the role; chose a few aspects of the speech to focus on; remember the feedback you received from an Evaluator

Q: What would help a new member prepare for an evaluation meeting role?

A: Watch other members do it during the meetings or the meetings recordings; take notes on the positive descriptive words used by other Toastmasters; when you give your feedback, focus on areas for improvement that will help the speaker the most in enhancing their skills.

Q: How to give feedback on areas for improvements?

A: It is challenging to tell speakers what they need to get better at. Try to be diplomatic and use "I saw", "I noticed", "I heard", rather than "You didn't". When suggesting opportunities for improvement focus on actions; for example, you could say, "By using different tones of your voice, your speech would be more engaging for the audience."

Q: What types of evaluations are there?

A: On the forms for the evaluation roles (General Evaluator, Table Topics Evaluator, Formal Speech Evaluator) you find examples of several types of feedback: sandwich or hamburger, 3-2-1, chocolate chip cookie. Try to start and end on a positive note and make your feedback supportive, specific and constructive.



Descriptive Words for Feedback - I



Positive, Descriptive Words for Evaluations

Resource Guide – 3

Compiled by:

Gina Cook, DTM

Candidate for International Director, Region VI

www.ginacook4id.info

Note:

Try to avoid overused expressions such as 'excellent', 'great', 'super', 'outstanding', 'terrific', 'wonderful', etc. These words are used so often, they are less likely to be 'heard'. They also can be considered non-specific and therefore, become less meaningful.

**B
O
N
U
S**

A

- Accommodating
- Adept
- Admirable
- Adventurous
- Aggressive
- Animated
- Amusing
- Analytical
- Apparent
- Appealing
- Appropriate
- Apt
- Articulate
- Astute
- Attractive
- Authentic
- Authoritative

B

- Balanced
- Believable
- Beneficial
- Boundless
- Brilliant

C

- Calculating
- Candid
- Capable
- Captivating
- Challenging
- Characteristic
- Charming

Cheerful

- Classic
- Clear
- Clever
- Colourful
- Comfortable
- Commanding
- Commendable
- Compassionate
- Competent
- Complex
- Composed
- Concerned
- Concise
- Concrete
- Confident
- Consistent
- Controlled
- Cooperative
- Creative
- Credible

D

- Dazzling
- Decisive
- Demonstrative
- Diplomatic
- Direct
- Disciplined
- Distinct
- Distinguished
- Dramatic
- Dynamic

E

- Educated
- Effective
- Electrifying
- Elevating
- Emotional
- Engaging
- Enjoyable
- Enlightening
- Enriching
- Enterprising
- Entertaining
- Enthralling
- Enthusiastic
- Expansive
- Explicit
- Expressive
- Extraordinary

F

- Fabulous
- Fantastic
- Fascinating
- Favourable
- Finest
- Flexible
- Flowing
- Fluent
- Forceful
- Forthright
- Fortunate
- Fresh

G

- Genial
- Gentle
- Genuine
- Gripping

H

- Hearty
- Helpful
- Honest
- Humble
- Humorous

I

- Ideal
- Illustrated
- Illustrious
- Imaginative
- Immaculate
- Impressive
- Infectious
- Influential
- Ingenious
- Inspiring
- Intense
- Intriguing
- Inviting

J

- Jovial

K

- Kind
- Knowledgeable

"Helping others helps ourselves grow and succeed!"



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Descriptive Words for Feedback - II

B O N U S

L	Pleasant	Significant	Universal
Leisurely	Pleasing	Sincere	Unlimited
Light	Plentiful	Skilled	Unusual
Limitless	Pointed	Smooth	Upbeat
Lively	Polished	Solemn	Uplifting
M	Popular	Solid	Useful
Marvellous	Potent	Specific	V
Masterful	Powerful	Sprinkled	Valuable
Meaningful	Praiseworthy	Stimulating	Variable
Memorable	Precise	Striking	Variety (of)
Mesmerize	Prepared	Strong	(well) versed
Mischievous	Probable	Stunning	Vibrant
N	Professional	Subdued	Vitality
Natural	Profound	Subjective	Vivacious
Neat	Progressive	Submissive	W
Neutral	Proportional	Successful	Warm
Nonchalant	Q	Suggestive	Willing
Notable	Quality (high)	Suitable	Winning
Noteworthy	Quiet	Superior	Witty
Noticeable	R	Supportive	Worthwhile
Novel	Rare	Surpassing	Worthy
O	Rational	Surprising	Y
Obliging	Realistic	Symbolic	Yielding
Obvious	Reasonable	Systematic	Z
Omnipotence	Receptive	T	Zany
Open-minded	Reflective	Tactful	Zeal
Opportune	Relaxing	Talented	Zealot
Optimistic	Relating	Tangible	Zestful
Orderly	Relevant	Tender	
Organized	Remarkable	Thorough	
Outgoing	Reserved	Thoughtful	
P	Resourceful	Thrilling	
Passionate	Respectable	Timely	
Penetrating	Responsive	Titillating	
Perceptive	Rhythmic	Transparent	
Perky	S	Tremendous	
Personable	Satirical	Tricky	
Persuasive	Self-assured	Truthful	
Physical	Self-confidence	U	
Placid	Self-evident	Understandable	
Plausible	Sensible	Understanding	
Playful	Sensitive	Uninhibited	
	Serious	Unique	
	Sharp		

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At Calgary Pace Setters we celebrate the achievements of our members who keep working on their communication and leadership skills, advancing in their Toastmasters journeys.

Congratulations to all our Pace Setters who completed a Level of their Pathways and to our new members who delivered their Icebreakers!!!



TOASTMASTERS
PATHWAYS
learning experience

Icebreaker

Ellie Zhang



TOASTMASTERS
PATHWAYS
learning experience

Icebreaker

Rofelson Diego



TOASTMASTERS
PATHWAYS
learning experience

Toastmasters International presents this
CERTIFICATE OF COMPLETION

to
Grace Nguyen
for achieving Level 2 of Presenting

Margaret Page
Margaret Page
International



TOASTMASTERS
PATHWAYS
learning experience

Toastmasters International presents this
CERTIFICATE OF COMPLETION

to
Andreea Munteanu
for achieving Level 3 of Motivational Speaking

Margaret Page
Margaret Page
International

