

CALGARY PACE SETTERS CLUB

Club #8170 - Area 23 - Division D - District 42



CALGARY PACE SETTERS TOASTMASTERS CLUB

The CLUB for you!

WHERE LEADERS ARE MADE

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TOASTMASTERS NEWSLETTER

November 2023

PRESIDENT'S MESSAGE



Alisen Dopf

The Calgary Pace Setters are off to an amazing start. Our Introduction Workshop was a huge success, with great participation and everyone learning new skills.

We've had excellent attendance at both our in-person and online meetings. A huge Thank You to our VP Education Tzonka Bouklieva who has created fun and interesting meetings for us. Please keep the good times rolling by signing up for roles and speeches in advance.

We are seeing our new members gain confidence by taking on more and more challenging roles. The Toastmasters program is two parts though - roles and speeches. As our goal this year is training and mentorship of our members, we are hosting an Ice Breaker Speech Workshop in November. This will give you the tools and confidence to prepare your first speech, and to successfully execute it.

This workshop is for ANYONE who wants to improve their speech writing skills. Even if you've already done your Ice Breaker, come out and learn (and share!).

I'll see you all soon, live or online,
Alisen Dopf



CLUB MEETINGS

TUESDAYS,

7:15 pm - 9:00 pm (MDT)

FOLLOW OUR SOCIAL MEDIA



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.

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CLUB OFFICERS

2023 - 2024

PRESIDENT - Alisen Dopf

VP EDUCATION - Tzonka Bouklieva

VP MEMBERSHIP - Twila Tayfel

VP PUBLIC RELATIONS - Vesna Ivkovic

SECRETARY - Patrick Chagonda

TREASURER - Veronika Pribytova

SERGEANT AT ARMS - Paul Dixon

IMMEDIATE PAST PRESIDENT - Jovana Ivkovic

MENTORSHIP COORDINATOR - Alex Campbell

CELEBRATING 5 YEARS OF GROWTH WITH TOASTMASTERS



Tzonka Bouklieva

Time goes by in the blink of an eye. It is hard to believe that I have been a part of the Calgary Pace Setters club for five years now. I vividly recall my first meeting. I was overwhelmed by the strict agenda, the firm handshakes, the journey to the lectern, and the thunderous applause for the speakers. Fast forward, and here I am, celebrating my fifth year with the club.

Toastmasters has helped me hone my public speaking and leadership skills, strengthen my self-confidence, and create meaningful connections.

I have had the privilege of serving the Calgary Pace Setters club as VP Public Relations, VP Membership, and this year, I am honored to take on the role of VP Education. My journey in these leadership roles has been incredibly rewarding, allowing me to give back to the club that has given me so much.

My favorite meeting roles remain the Evaluator and the Toastmaster roles. In Toastmasters, everything we do is being evaluated, providing a unique and productive platform to work on our evaluation skills. The Toastmaster role, on the other hand, has helped me sharpen my MC skills.

Calgary Pace Setters is more than just a club. I have discovered a supportive community. I have learned from inspiring individuals, found invaluable mentors, and witnessed true camaraderie. Special thanks to our past president, Jovana, who hosted Zoom Toastmasters meetings for my daughter during the pandemic, showing the strong support in our club.

As our longtime member Alex, who has dedicated 28 years to our club, wisely puts it - Toastmasters is a journey without an end. It is a continuous journey where you can always find a new challenge, new growth, and new opportunities. So, as I celebrate my 5th anniversary with Toastmasters, I look forward to many more years of growth, learning, and camaraderie with this remarkable organization.

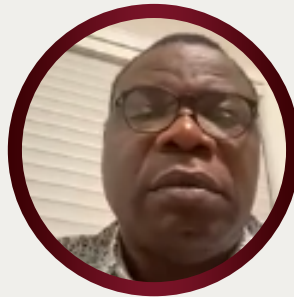
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NEW MEMBERS



Sunny Olowu

Welcome to our newest member
Sunny Olowu

COMPLETED PATHWAYS LEVELS



Congratulations to Paul Dixon on
completing his Pathways Level 2
(Engaging Humor)

QUICK TIPS

General Evaluator

The *General Evaluator* evaluates everything that takes place and gives feedback to improve future meetings. They are responsible for pointing out what worked well and what could be better next time.

What skills will I develop by serving as the General Evaluator?

- Critical thinking
- Organization
- Time management
- Motivation
- Team building



More information on the General Evaluator Form

Evaluator

Each evaluator observes a speaker's presentation and completes a written evaluation along with providing constructive comments in a brief evaluation speech. What skills will I develop by serving as an evaluator?

- Active listening
- Critical thinking
- Positive feedback

For more information use Speech Evaluator Form

MARK YOUR CALENDAR

- Nov. 21 - Calgary Pace Setters Ice Breaker Speech Workshop
- Nov. 16 - D42 PR Mastermind (LinkedIn Session)
- Nov. 25 - D42 Leadership Development & Club Officer Training
- Dec. 02 - D42 Evening Of Champions (Of The Year Awards)

PHOTO GALLERY



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Halloween Meeting



Moments Of Truth



TOASTMASTERS CORE VALUES

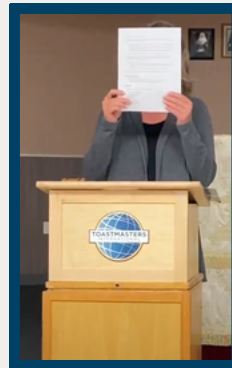
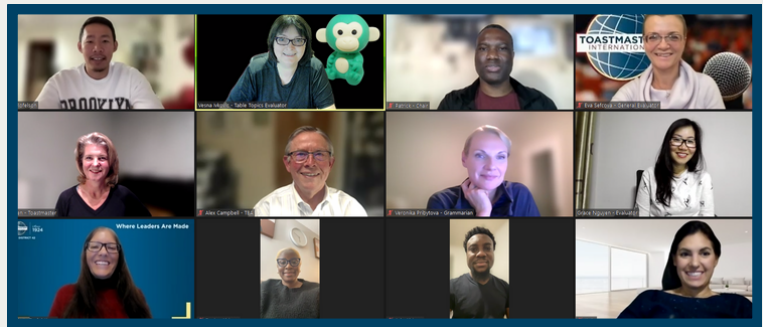
RESPECT ~ INTEGRITY
SERVICE ~ EXCELLENCE

Respect means understanding that each member is unique.

Integrity means living up to the Toastmasters promise.

Service means stepping up when required to help the club function for the benefit of all members.

Excellence means performing assigned duties to the best of our ability every time.



Introduction Workshop



Contact Details:

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VP Public Relations
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