



**Bridge Builders  
Toastmasters Club  
(#1944)**

**WELCOME!**

Our Bridge Builders Toastmasters Club is generously sponsored by McDermott/CB&I Storage Solutions (Plainfield), and our membership is open to **both** CB&I employees and the general community. **Guests are always welcome.**

We meet on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Tuesdays of each month from **12:00 NOON to 12:59 PM** central time (online **only**).

**PICK YOUR  
PATH**

Toastmasters offers 11 paths from which to choose how to focus your energy. A few of those paths are: Presentation Mastery, Dynamic Leadership, and Team Collaboration.

For more information, visit our club website <https://bridgebuilderstoastmasters.godaddysites.com/>

Toastmasters International  
[www.toastmasters.org](http://www.toastmasters.org)

## What Will You Say?

Jack and Jill arrive at a meeting. The host says, "Could each of you please introduce yourself to today's gathering?" The same question jumps to mind for both of them: "What should I say?"

Have you ever found yourself in that position? Have you wondered what form of response you should offer?

Toastmasters International Director Monnica Rose, keynote speaker at a recent District 103 Toastmasters Leadership Institute (TLI), offered this advice. **Use F-O-R-M to formulate what to say.** She suggested talking about your **FAMILY**, **OCCUPATION**, **RECREATION**, and/or **MOTIVATION**. Director Rose also recommended that you should pick some of your more interesting points to share.

Bridge Builders tested the **F-O-R-M** approach within a fun and informative Table Topics session at our June 6 meeting. Here are a few interesting points that attendees got to hear about: [R] snowmobiling in Idaho; [O] serving as a Validation Control Expert for NCAA drug testing; and [M] satisfaction from seeing amazing growth and change in others brought about by membership in a Toastmasters club.

The next time you are asked to introduce yourself, what will you say?

## Fab Four – Part 1

### True or False?

It is 1965, and a teenager gets into the elevator at a Chicago hotel. The excited youth is in town to attend a concert later that evening. The elevator stops to allow another passenger to enter. The teen's eyes grow WIDE open in amazement as Beatle George Harrison steps into the elevator.



Bridge Builders were treated to more of this story during our June 20 meeting. However, was it a true story or a cleverly-crafted tall tale? See *the bottom of page 2 to find out.*

Are you a great storyteller? Do you delight in mesmerizing others with your spellbinding sagas? Toastmasters periodically sponsors a Tall Tales contest. Would you like to match your skills against those of other yarn-spinners? Ask our club about future Toastmasters contests.



## Megan Vining



### 2023-2024 VPE & SAA

**Megan Vining** is serving in the executive roles of Vice President of Education (VPE) and Sergeant at Arms (SAA). But how did all of this come about?

After an in-person invitation from former CB&I work colleague **Daniel A.**, Megan timidly walked into her first Bridge Builders meeting and .... changed her life. You can read her story (and others') within the Testimonials section of our club's website (link near bottom left on page 1).

Since joining Bridge Builders in April 2016, Megan has served in every club officer role except for VP of Public Relations (VPPR) and Treasurer – some of them multiple times. Working within the Motivational Strategies path, Megan is motivating others through her dedication.

**We thank Megan for her commitment to our club!**

## Dog Days Have Arrived

Why are the hot days of July and August referred to as the “dog days” of summer? The phrase dates back to ancient times when civilizations noticed that the Dog Star (named Sirius which means “scorching”) was the brightest star in the night sky. Sirius was part of the Canis Major (Great Dog) constellation. Ancient Greeks and Romans began to refer to late summer as “dies caniculares” or “dog star days”. [Source: thepioneerwoman.com]



Bridge Builders recently completed a quick survey about their favorite type of pet. By a rate of 3 to 2, the preference was for dogs over other animals. Here is your chance to match Toastmasters to pets. Yes, there really are 2 Maisies – that is not a typo. See below for the correct answers.



### MEMBER:

1. Bob B.
2. Christina K.
3. Dick P.
4. Elaine S.
5. Reese O.
6. Mark B.
7. Megan V.
8. Sharon C.

### PET

- a. Arlo (dog)
- b. Doink (cat)
- c. Maisie (dog)
- d. Maisie (dog)
- e. Misty (dog)
- f. Ruffles (dog)
- g. Sushi (lizard)
- h. Vixen (cat)



## Fab Four – Part 2



Have you heard of this other Fab Four? The group consists of Rocky (Brachiosaurus), Russ (Spinosaurus), Rex (Tyrannosaurus), and Sara (Monoclonius/Triceratops). These were the stars of a May 16 Research Project speech done within the Engaging Humor path.

Fab Four – Part 1 is largely FALSE. (Ask Elaine S. about the source of her tale.)  
Pet Matching answers: 1-b, 2-c or d, 3-a, 4-h, 5-f, 6-c or d, 7-g, 8-e.

To report errors or request info, please email us at BridgeBuildersTM@gmail.com.