



CCTMC

A Newsletter from China Capital Toastmasters Club



New CCTMC Executive Committee of Jul-Dec:

From Left to right: Mary (VP PR), Bill (Sergeant-at-Arms), Jennifer (Scheduler), Laura (VPM), Snow (Librarian), Hubert (VP President), Yann (Web Master), Charly (VPE), Connie (Secretary) and Lisa (Treasurer).

Mission:

"The mission of our Toastmasters club CCTMC is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop and practice communication and leadership skills, which in turn foster self-confidence and personal growth."

CCTMC is an inexpensive, interactive, friendly and supportive place you will learn to communicate more effectively, become a better listener, improve your presentation skills, and increase your leadership skill. But CCTMC is not an English corner. For more detailed information about why and how. Visit www.cctmc.org

Achievements in the Past 3 Months:

Our member Connie has reached the Competent Communicator (CC) level by completing 10 speech projects. Our member Hubert won the second place of the China international speech contest.

A Warm Welcome to Our New CCTMC Members in Q2 2009:

Helen Couchman, Justin Duan, Lynn Gao, Bill She, Zhang Xiong, Jie Zhao, Su Juan Chen, Crystal Jing Fan, Xiufang Yang and Jessie Yao.

New Member Profiles:



Name: Jennifer Zhou

School: Beijing International Studies University (formerly known as Beijing Second Foreign Language Institute)

Major: English

Hobby: Hiking, Jogging, Traveling, Singing

I decided to join the club because it's the right place to improve public speaking skills. Unlike an ordinary class, Toastmasters is like a workshop where you can practice what you've learned. After

joining the club for 3 months, I felt the need to do something for the club since I was still not as busy as other members. That's why I ran for one of the officer roles –the scheduler. It now seems that the more involved I am, the more I love the club!



Name: Justin Duan
Job: Business Development Executive
Employer: First Advantage Corporation
Hobby: Social Networking, Jogging, Hiking, Cycling

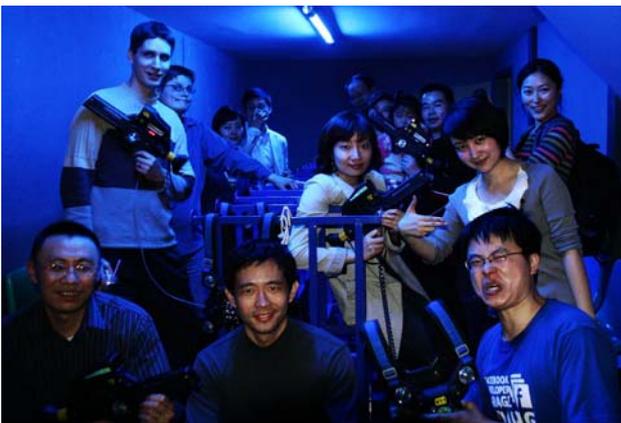
My Photo in Microsoft building.



Name: Janet Chen
Profession: Accountant
Employer: Guangdong Development Bank
Hobby: Reading, drawing, swimming

Toastmaster is not only a place you can improve your public speaking-skills and leadership skills, a “merry land” which you can have fun and enjoy, but also a “treasure land” that will make your life more valuable ---- if you bring with your **questions** as well as ears each time to the club, you will never go back home with empty mind. You can always get something from experience of other members that sparkle your wisdom...

Past Events:



Laser tag CS activity Mar 21;



Jingdong Grand Canyon Outing and BBQ May 17th;

China district conference in Beijing May 23:



Hubert finished 2nd place of the China international speech contest. Congratulations Hubert!



Sally Li was elected as our Division Governor. Congratulations Sally!

Welcome and Good-bye letter from President Chris:

Dear Members,

It was a pleasure serving CCTMC over the past year and a half in various officer positions, most recently, as President. I, for one, have certainly grown both personally and professionally by being an active member in Toastmasters, and I am sure all of you have also.

Toastmasters will always be dear to my heart and I will always be looking for ways in which I can contribute, either at the club level or beyond, as every bit I can help Toastmasters be successful, I benefit from also.

The sad news is I will be leaving CCTMC at the end of my term of President, June 30. I will be leaving China altogether and be relocating to Singapore. My confidence is with the newly elected Executive Committee - I am sure they will be able to take CCTMC, and Toastmasters in China, to greater heights!

My best wishes are with you all and I hope those of you considering running for positions in future elections will do so as serving the club in an officer position brings far greater value to you than simply attending the meetings and going through the manuals. If you can't wait until the next elections and want to get involved right away, talk with the new officers to find ways you can help - there are many other responsibilities you can take on, whether it be as a backup to an

officer, as a contest chairperson, a social outing coordinator, or providing special training to the club. Every little bit helps our club grow.

My sincere thanks goes out to the officers who served with me while I was President. Without them, the club would not have run as smoothly as it did!

All the best,

Chris Drumgoole

President, Jan. 1 - June 30, 2009

What I learned from the speech contest (Article by Hubert)

Starting from February, I started to think about a speech for the International Speech. I went through the Club Contest, to Area, Division, and finally the District Contest end of May. Through out the 3 months, I received at 5 formal and 2 informal feedbacks, with which I used to make my speech stronger. In the end, I had a speech as polished as it could be in that period of time. And, indeed, contestants from the district and beyond will tell you, that the biggest value from entering the contest is the learning process of constantly polishing the speech.

I looked back on the 3 month process, and in my computer a folder named 'contest speeches', and I saw 13 versions of the speech, along with a shortcut to a Solitaire card game for those necessary breaks. Thirteen major revisions, not including the minor revisions! The contest forced me to make improvements through each successive version, because there was a tangible goal for me to achieve: to win the next level. But as I reached the end of my journey, I wondered, why couldn't we go through the refining process for the speeches in our Communication Manual?

Is it because we cannot get the multiple rounds of feedback, which we would have received when we move up the contest? If so, then there's not much value for participating in a contest, since only one person can move on to the next round and reap this benefit? I contend, that we all need to develop the habit of revising our speeches, whether we are in a contest or not. Going through the contest stages only demonstrates that the process is possible and valuable, but does not limit the process to contest-only situations.

Some of my major revisions were done through self-evaluation and not through feedbacks. I believe that this is the type of discipline that we should all strive for. Unfortunately, this usually what we go through: we first make an effort to write a speech. If we're lucky, it takes only 2 days for the draft. Then, if we have time, we rehearse for two more days to ensure smooth delivery. From end-to-end, it takes a week for an average preparation. However, we really owe it to ourselves to double our efforts. And here's how to do make the make your self-evaluation most effective.

Speech writing. After you finished your draft, put in all your ideas, go back and ask the question: What is the message of your speech? Go through every sentence or portion and ask, how is this related to the message? Does it add to or minimize the impact of the message? What happens if you remove it from the speech?

Check how many words you have in your speech. You are targeting between 600-700 words. In most cases your initial draft is too long, and you'll get the first chance to remove a big chunk of it. After this exercise, you'll get your version 2.

Now you're ready for your rehearsal. Once you've managed to deliver the speech fairly smoothly, video-record yourself. Put yourself in the shoes of the audience. As you look at your own rehearsal, ask the following: does the speech flow naturally? How are the transitions from point to point? Are you wowed by your introduction and conclusion? Does the speech connect with the audience (too much I, not enough you or we)? Is the pace too fast—then do you need to have places to give the audience time to think? By addressing these points, you will get your version 3.

Now, wait for a couple of days, clear your mind and distractions, and come back to your speech with a fresher perspective. The mini-break is important to inject a bit of creativity and objectivity into the self-evaluation. Go through the 2 checklists from above again. Ask yourself, what more can you do to make the message stronger? Add a story or anecdote? Is more evidence required? Add colorful language and repeating phrases? Strengthen the speech with the additions, and remove from the speech the parts that now seem to be the weak link. Are you really satisfied with your intro and conclusion? (Don't compromise here) You will then have version 4.

Practice, practice and practice. The lead time is about 2 weeks. And I promise you will be happy with the end product. You will be proud of your effort, and the audience will appreciate the effort you put into it.

Find Something Touching Us First (Article by Connie Gao)

Have you ever racked your mind trying to find what to say for your next speech? Have you ever wondered what's missing in your speech which blocks you from truly getting into your stage time?

I finished my 10th speech few weeks ago. Ironically and truthfully to myself, I didn't really get into my speeches until the last 2. Well, it's true that I learned and applied more techniques to my latest speeches than previous ones. But the ultimate reason for the change lies in the touching and convincing content in my speeches, which now I think as a MUST for any successful speeches.

I used to resort to the internet, newspapers and magazines etc. for topics. And I have to admit I did find much valuable and informative materials and viewpoints to incorporate into my speeches. As you see, the result is not 'too bad'. It's merely 'OK'. I found myself not able to fully immerse in what I shared with my listeners. Until my 9th speech, I tried to scan in my mind searching for truly touching stories in my life. This speech starts with a small touch story happened between my parents and me, which then unfold to the audiences the great and immeasurable love our parents have been giving us all the way along. I clearly remembered that as I drafted my speech, I was full of passion and numerous good ideas on storytelling flowed into my mind, which I've never experienced in the past. The feedback for this speech was predictably encouraging and I was praised for an impressive leap on stage performance. This speech made me feel quite differently against my previous ones. I am clear that the amount of my techniques can not boost just overnight. And it's nothing but the genuine emotion that told me how it felt like when you truly reach your heart. During past weekend, I witnessed 10 wonderful speeches in District 85 Beijing Conference, and it proved us once again that only when the story or idea can deeply touch you, you are able to engage the listeners.

I am not saying techniques are not important. On the contrary, they are dramatically important to any successful

deliveries. And we come to Toast Master to learn and practice these skills. HOWEVER, only when proper techniques are used onto a genuine and inspiring message, an impressive speech with strong message will be conveyed. Techniques are there to serve the content. Without a convincing content, shining techniques will become less powerful. And we shouldn't forget the purpose we deliver public speeches - to better communicate messages with our audiences. I believe the more genuine you are, the more listeners will engage in.

My First Time Experience with CCTMC (Article by Justin Duan)

The first time I heard about Toastmaster was from a Chinese Canadian in 2008 in Guangzhou, who was the president of Chinese Canadian Sales & Marketing Professional Association (CCSMPA). He told me Toastmaster was a good place for practicing public speaking and leadership skills. Curious about it, I opened my computer and googled it and found there were 5 clubs in Guangzhou. Due to tight time schedule, I couldn't visit any club in Guangzhou.

Three months later, I was transferred to Beijing. Having made up my mind to practice public speaking and leadership skills, I chose China Capital Toaster masters Club as my first stop because the club is attractive in its name and not far away from my office. I printed the club introduction & map and brought it with me.

The first person I met when I came in the room was Lisa Zhang, who looked professional. I liked staying with professionals who dressed professionally, spoke professionally, acted professionally and behaved professionally. Curiously and nervously, without knowing the game rule, I took a seat in the middle of the audiences, watching every thing in the session. To be honest, the table topics session was engaging and participants were very active. I expect one day I could be one of them speaking confidently and naturally. During the 10 minute break, one man came to me and asked what my feelings about this Toastmasters club. I knew his name was Caesar, one of the most active members of CCTMC.

After visiting CCTMC the second time, I decided to join this club because I can get what I am looking for and learn what I want to learn.

When Tragedy met Comedy (Article by Laura Sun)

Life Is to Be Whole -This is an article I've read from a book as old as my grand grandma. It is about what we could expect of life when we face the missing part or imperfection of life. People are all longing for their life to be perfection, a good job, stable relationships, money, a big house, freedom, health, recognition, spiritual peace etc, even while the realities are eventually imperfect. However the book it says, in some sense, life is more whole when we are missing something.

Whether you have lost your job, been dumped, failed in your ventures or "ruined" your last "stage time" in Toastmaster, it is natural that you would feel frustrated for a while. But it is exactly where "wholeness" lying in.

"There is wholeness about the person who has learned that he or she is strong enough to go through a tragedy and survive, who can lose someone and still feel like a complete person." - Yeah, I like it. But what else can we do when we confront those tragedies time and time again besides just simply accept it? Hey, the old adage says "Comedy is simply tragedy separated by time and space." Now people still asked about how I made my speech on the "desperate

housewife". They thought it's humorous and entertaining. The fact is I was talking about the truth. I was really weeping once when my husband carelessly asked: "what is this?" after I served the dish which I put 2 hours carving a huge winter melon into small flowers!! For some speakers, they said: "Oh, I can never use humor in my speech!" Sorry, I cannot agree with you. Think about the experience makes you laugh. If you can't, try the things make you cry or embarrassed. Remember "Every cloud has a silver lining." So you may know what to do in your next humor speech. Now the words turns into – "When we accept that imperfection is part of being human, when we can still continue rolling through life, and when we turn it into a comedy in humor speech at Toastmaster and make people appreciate it, we will achieve a fulfillment!

The Secrets behind the Speech Contest (Article by Bin Wu)

Do you remember the moment when you were enjoying the winning contest speech in the Toastmasters Conference last month? You were attracted by the contestant from the every beginning. You were impressed by the contestant's vocal variety, body language and humor sense. And the ending of the speech moved you to tears. Wow! What a speech! "Can I be that good on the stage??" You asked yourself. Yes, you can, as long as you know some secrets behind the speech contest.

Secret #1: Inspire your audience in the contest. In theory, you can choose any kind of speeches you like as your contest speech. But if you want to win in the contest, you've got to write a speech like Project 10 in your CC manual. I got that from our new President of District 85 Rebecca Hong. I took part in the Mandarin Speech showcase in March. At first, my speech is about sandwich technique, a persuasive speech like Project 9 "Persuade with power". Two weeks before the Division Contest, I changed my contest speech to be a new one, a story-telling speech, "The Cat who lived a million times". Two days before my contest I got the feedback from Rebecca and told me this secret. I've got to make a speech like CC10 if I want to win my contest. So I changed my speech again, just two days before my contest. I wrote three new speeches for this contest. In spite that I did not prepare it quite well, I was pleased that most of the audience was inspired by my speech. And I realized that people really need to be inspired. So that the best speech is the one which can give you desire, confidence and enthusiasm.

Secret #2.: Connect with your audience. Many people liked the idea of my first speech about Sandwich technique. But I did not win the first place of Division B. I believed because I did not connect with my audience very much. I reviewed the speech after the contest and found that there were few "you"s in the speech. I just told my stories on and on, and on. I forgot to invite my audience to think about my stories. In my second speech and third speech, I deliberately added many "you"s in the speech. "Do you remember the moment...?" "What would you do if you were me?" "Do you like...?" While I was asking those questions on the stage, I noticed that my audience was thinking about them carefully. I connected with them by using the word "you".

Secret #3.: Design your body language. To impress your audience, you've got to design your body language and make it like a drama. I think my writing skills are better than my body languages. I made a little progress after taking a drama course last year. But I had no time to figure out my body language for my third speech completed two days before the contest. And one judge told me that was the major reason why I did not win the first place.

Taking part in a speech contest is challenging. But it also makes your speaking skills improved rapidly. If you want to connect with and inspire your audience with impressive body language in one month, make a contest speech!

When Everyone Contribute, Job Get Easy (Article by Mary Tang)

May 16, Saturday, our club had the spring outing to Jinhai Lake and Jingdong Grand Canyon. It was such a wonderful day. Weather was so nice, sunny but not burning and hot. We had 18 people together made a great BBQ lunch beside Jinhai Lake. Since I made the proposal of the trip and volunteered to facilitate the team building, I was in a big nervous before the trip. However, with everyone's help, it went smoothly.

Although I successfully organized skiing and SPA before, it was my first experience to arrange the BBQ. Imagine we are not to eat in a restaurant, just a call then everything is ok. There's lots of work to prepare a BBQ lunch, equipments and materials like pits, mats, brushes, pliers, carbon, paper cups, plates, forks, etc. I stayed in office Friday night to prepare everything well. Luckily we got a place facing the lake after I negotiated with the restaurant in the park. People help cook the BBQ together, and worked with me to pack everything after lunch. Although I work as tourist organizer in my company, it is quite different experience than our customer tours. For customer tours, we need serve everything, cooking and packing all by ourselves and could not enjoy the meal and trip. In our toastmaster club, every member is willing to help. And with every one's contribution our trip ends enjoyable.

After lunch we drove to Jingdong Grand Canyon, enjoyed 2.5 hours of leisure hiking. We chatted about our club, work and daily life and knew each other better. We are of the same interest to join our club. But except the meeting time, we seldom have time together to talk about our life and experience. By team building we have more opportunity to communicate and share with each other. Hope more people to engage in club activities. Actually it is not difficult to try to take some roles and practice your organize capability. With support of all members, everything will run well as my experience.

Upcoming events:

CCTMC Bowling Contest team building on June 20th; Guest is welcome.

District governor trainings Jun 27th/28th;

CCTMC training is planed in Jul;

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