



# CCTMC

Updates –A newsletter from China Capital Toastmasters Club

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## Club awards

From

Toastmaster

International



Reported by Yann

**Congratulations** to our CCTMC! We received by postal mail 2 award ribbons from Toastmaster International:

- **President Distinguished Club award:** we reached 10 out of the 10 goals set by Toastmaster International. We also finished 7th club in China for the most education awards.
- **Beat the clock award:** we added 5 new members between May and June period.

### **HUMOROUS SPEECH CONTEST**



Hubert won CCTM Club humorous speech contest and represented CCTMC in the area contest and won second. He shares his humor speech experience

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**TEAM-** Together everyone achieve more

November outing- Tuozhan training  
December 15<sup>th</sup>, CCTMC 21 toastmaster fellows went to Tuozhan training in this memorable sunny day.

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The Greatwall hiking  
China Capital Toastmaster club organized a Greatwall hike on Saturday, September 20th, from Jinshanling to Simatai.

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## Together everyone achieves more

### -Tuozhan Training Report

December 15<sup>th</sup>, CCTMC 21 toastmaster fellows went to Tuozhan training in this memorable sunny and windy day. We got there about 9 o'clock. The coach firstly told us **TEAM=Together + Everyone +Achieves+ More**. Then we spend half an hour to accomplish our first task, create our team's name, slogan, song, team flag and team pose. Our team was named "**Toastmonster!**", our slogan was "**Be brave!**", team flag was a monster like a snake queen which has cunning eyes and a piece of bread was in front of her, team song was simple and nice, the team pose was showing scary monsters!



Second task was called **lost confidence back**: to fall down from a 1.5 meter high platform. Luckily, we have the protection from teammates' arms. Everyone made it because of encouragement of friends and the support of the team.

Third task was really a challenge. We needed to grasp a bar hung 2 meters on top of a 10 meters high column. Things are really different between watching and doing. Most of us challenged ourselves to feel the fear of height, subconsciously screaming and shaking on a 10 meters high column on which the space is just enough to stand on your two feet, the scary scene of nothing in front of you but the sky far away, the coldness from wind which nipped at your face.

Later, we were divided into two groups to fight with laser tag guns. We had a lot of fun in the crazy fierce battle. Some of us covered our team members, some of us attacked.

We now deeply understand the meaning of team and totally agree on it. Together everyone achieves more!

We are really looking forward to the next outing.

## September Outing report



China Capital Toastmaster club organized a Greatwall hiking on Saturday, September 20th, from Jinshanling to Simatai.

We left the Beijing city at around 8 o'clock and held some talk show on the bus. Lots of members told jokes and sang songs, Hubert actually came up with a creative and funny idea called "top 10 in toastmasters", covering the many symptoms that a member will have if you are a toastmaster for too long time.

We arrived at the Jinshanling Greatwall at about 10 o'clock. The weather was as good as the weather report said. We saw the spectacular natural and historical scenery along the Greatwall. We had a picnic on top of Jinshanling. We originally thought some members might feel tired and wanted to go back to take bus. However, we all hiked from Jinshanling to Simatai by ourselves with a lot of chat and encouragement. Generally, we divided into 3 groups: fast, middle and slow.

The time report from the slow group was 3 hours and 5 minutes moving time, 2 hours and 10 minutes stopping time, average speed was around 2.7 Km/h.

We left the Simatai Greatwall roughly at 3:30 pm, 13 of us had a nice dinner in a Guizhou restaurant. We enjoyed the specialties and Miao minority's cheering songs.

There were 23 people attending this activity, including 17 members and 6 guests.

## Humor Speech Experience

Written by Hubert Lin



Previously, I had only completed three speeches, of which only the 2nd speech could be categorized as 'funny', and most of it not due to the material, but to the 'over the top' performance. Writing and delivering a real humorous speech, therefore, was quite a learning experience. In my paper, 'Lessons Learned from Humorous Speech Contest', I have laid out the details of my thought process from the beginning to the end. Here, I shall summarize what I think are the key points of my experience.

My initial inspiration for the humorous speech was my lonely, awkward, painful teenage years. Certainly, when I had talked to my friends about my nightmare surviving in an American high school, they all laughed with disbelief. This would be perfect material as a basis of the speech. The speech would be simple: going from the awkward teenage years, to college and my MBA program, two stages where I learned enough to overcome my social awkwardness and gained self confidence. The inspiration is based on the self-deprecating humor. By doing some research, I had also picked up on some tricks for writing jokes. The key is 'incongruity', in which the audience expectation versus the actual occurrence (thus, the punchline), makes the audience laugh. The 'Rule of Three' is based on such premise. The combination of the two approaches became the centerpiece of my speech as I wrote the first version.

As I finished the first draft for the club contest, I already knew that there is no soul to the speech. It was an empty shell peppered with 'jokes'. Though I got some laughs from the audience, it was not nearly as entertaining as I thought, and the connection with the audience was loose at best. I delivered the 2nd version, but only achieved minor improvement. With the area contest coming up, I decided, with minor success, that the key to victory would be to mimic my performance in speech 2: deliver it over the top. I exaggerated some jokes, emphasized certain vocal variety in key areas, and enhanced body language: I even added some dancing to boot. But as I lost, I had realized the main problems with my approach, which was flawed from the beginning.

1. A humorous speech is still a speech. This means that the objective of a speech is to impart to the audience a message, so they would be changed in some way, however small. At least, that is my understanding of the value of a speech. From the beginning, I made a detour, and was too lazy to turn back. The problem was not my initial inspiration itself, but what I should have done with that inspiration. My nightmare from my high school years was funny, but I should have thought long and hard about the implication of my experience: Did I learn something valuable, something that would also be of interest to the audience? I should have found this valuable lesson, and make that into the theme of the speech.

2. Connecting with the audience. Hmm...For some odd reason, the audience (mostly grew up in China) could not fully sympathize with my struggles in social skills as I grew up in America. I wonder why...A good speech should be something that I am interested in, and knowledgeable in, and most importantly, that the audience is also interested in. I completely missed the target with the last element. One of the major strengths of the area-winning speech was that it based its material purely on Toastmasters (How You Know You're a Toastmaster): this allowed the audience to quickly understand and connect with the content and the jokes.

After delivering the first version, I should have totally scrap the material and redo it. Find a solid theme and message that the audience is interested in. Give the speech a soul that the audience can relate to. I have written a fourth version, which was not meant to be delivered. But as a reference, this is the outline, in which you can see the

soul of the speech

1. Intro: One of the most fascinating attributes about Toastmasters is that we all want the other person to do really well. For a very personal reason
2. Growing up in the US, I had terrible social skills, especially in High School.
3. In college, I met a group of people who accepted me. I improved a little bit. Then they taught me that I should also befriend a new member in the group, who had worse social skills than me. The lesson is: real self-esteem isn't waiting for other people to love me. But I can find the true meaning by going out and love others. Use what I have learned, no matter how little, to make that new person's life better.
4. Summarize how this lesson is applicable to the audience.

On the chance that I will deliver the speech, I will leave you with the suspense.

Once the speech has a soul, then I can go back and add the humor back in. My philosophy is though, **it is better for the speech to be less funny but to have more soul.**

◆ New member Profile

We had many new members joining CCTMC in October and November. They actively play different roles in CCTMC. Please give them our warmest welcome!

	
<p><b>Name:</b> Freddie Long  <b>Profession:</b> Software Engineer  <b>Employer:</b> Misys  <b>Hobby:</b> Table tennis, badminton, swimming, movie, outing                  "Hello members, it's my great honor to be a member of this club. CCTMC is a place that have many passionate and smart people around me. We are linked together by common interest and I am sure we can make great friends in CCTMC."</p>	<p><b>Name:</b> Ivy Cheng  <b>Profession:</b> Doctor  <b>Employer:</b> Tiantan hospital  <b>Hobby:</b> drama, movie, reading                  "Hi, I am Ivy. CCTMC is a whole new world to me, an amazing and attractive new land. Although I have been here for just a short time, I've already fallen in love with it. Friendship, communication, and improvement are the treasure I find in cctmc."</p>

◆ Election day

Our current term (July to December) is reaching its end and we need to run the club election in **December 11<sup>th</sup>** for the new term's officers.

◆ About CCTMC

**CCTMC** is an inexpensive, interactive, friendly and supportive place you will learn to communicate more effectively, become a better listener, improve your presentation skills, increase your leadership skill. For more detailed information about why and how. Visit [www.cctmc.org](http://www.cctmc.org)