

Newsletter



Hong Kong Toastmasters Club

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Experience Shared by Immediate Past District Governor, Arthur Ting

Toastmasters =/= public speaking

The connotation of the word Toastmasters has always been and is still largely being associated with Public Speaking. Three years ago, after I joined Toastmasters, if someone asked me what Toastmasters was, I would say Toastmasters = Public Speaking. Period.

Today, if someone asked me the same question, my answer would be Toastmasters = Public Speaking + life changing opportunities and a whole lot more.

My evolution

By accepting the challenges and opportunities that came along, my life and my understanding of Toastmasters began to evolve.

From a timid, technically oriented person with boring home-office-home routines and friends that I can count with my fingers; I slowly evolved. Confidence started to build as I learned new skills and calmed some butterflies in my stomach, received praise for my speeches and won a few speech contests. Life became more colorful as I gained friends from all walks of life and took part in various Toastmasters events. My world had become a lot bigger and many times more exciting.

Life changing experience

My term as the President of the Club the year before and then, last year, as the Division H Governor overlooking half of the 40 Toastmaster Clubs in Hong Kong was a life changing experience. I've done things that I never would have done and have met people that I never would have met. I've learned new skills and strengthened existing ones. I discovered my hidden strengths and came to understand and overcome my many weaknesses. Those were extremely fruitful years and my personal development was turbo charged.

These were not the things I expected to gain from Toastmasters when I first joined.

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Enjoy the buffet meal

Toastmasters is like a buffet meal, with Public Speaking as the theme dish. Many people came just for the theme dish. However, the theme dish is only just a small part of what's laid out on the table. All you need to do is to help yourself to all the rest; so that aside from improved Public Speaking skills, you can also develop your leadership skills and other skills to become a well-rounded person. Slowly explore everything else that is available. Aside from attending to your project speeches; join contests, take roles within the club, participate in Toastmasters community events. You'll be surprised how much you will get in return. At Toastmasters, you not only get pleasure from self improvement, but you'll get more pleasure and satisfaction from influencing and helping others to improve.

Try it and trust me!

Your turn

I hope that three years later, when someone ask you what Toastmasters is, you can answer with certainty and pride that Toastmasters \neq Public Speaking only!

Be the living proof!

"Getting to Know Your Fellow Members" By Monica Romeo

How well do you really know your fellow Toastmasters? Perhaps you have more in common with them than you think. Bhoova (Bhoovarahan Desikan) shares with us a few of his secrets.

There are many moments which Bhoova is proud of, and the very special one is the arrival of his Daughter about 7 years ago. He lives by the motto "When you can't add days to life, add life to your days". Two Bills - Bill Clinton and Bill Gates inspire him the most as both of them reached the pinnacle of their chosen professions at such a young age. Furthermore, Winston Churchill also inspires him due to his great leadership capabilities. His greatest wish is to BE HAPPY! And his greatest wish for the world is "EVERYONE BE HAPPY". His secret fantasy is having a private jet for globetrotting. Wow!

By joining Toastmasters, he has gained friends and public speaking skills (as a bonus). His way of having fun is "being happy". His best friends would describe him as trustworthy and reliable (we totally agree!). On the other hand, someone he has had difficulty with would describe him as arrogant. Lastly, the thing he finds most irritating is the "alarm clock ringing" (can't agree more). He smiles at least 24 times each day. The final word from Bhoova "I am more jovial than one can imagine - and once trust is won, a true friend is for a long time".



1. Did you know? Kids' success is the work of their parents. Daniel Chan's son (William Chan Yan-nam) is one of the members of a junior inline hockey team who will be representing Hong Kong to compete in the World Championships near Detroit, Michigan in the United States. William will depart for Detroit on July 20 and start Team competitions on July 24-30. Let's give our full support to William!!

12 SPORT
Monday, May 29 2006

Inline stars to take on world

FOR THE FIRST time, Hong Kong will send a junior inline hockey team to this year's World Championships, which will be held near Detroit in the United States.

The tournament is sanctioned by the Federation International of Roller Sports and will be hosted by the Amateur Athletic Union, which organises the Junior Olympics for all sports in cities around the US every summer.

The competition will be part of a month-long inline hockey festival at the Taylor Sportsplex in the town of Taylor, Michigan, during July.

The event will bring together the best men's, women's and age-group inline hockey teams from around the world.

"We've had a youth league in Hong Kong since 2002 and now we have a sufficient player base to select a team strong enough

JONATHAN POWELL

to compete at the Worlds," said Chuck Allison, age-group head coach for the Hong Kong, China Inline Hockey Association.

The under-10 team will be coached by experienced player Dwain MacIntosh, and includes nine members.

They will depart for Detroit on July 20, and have a couple of days to adapt before starting their competitive schedule, which runs from July 24 to 30.

"The team is training together three times a week with a schedule of dedicated practice sessions, competitive games, and video ... talks," said MacIntosh. "All the players are on individual

Young Post



Hockey first ... (clockwise from back row, far left) Jeremy Leung Ka-wai, Jerry Tang Cheuk-yin, Jeremy Fong Chung-hin, Marco Chan Tung-yu, William Chan Yan-nam, Lewis Ho Shing-hei, Jordan Ho Sun-yin, Jack Woods and Lau Zi-hao will take part in the Worlds in the US.

schedules in preparation for the competition."

The team trains at the YMCA King's Park Centenary Centre (KPCC) and compete in the YMCA Hong Kong Youth Inline Hockey League.

The YMCA is also helping with administration and fund-raising for the tour. A "Skate-for-the-Worlds" fund-raiser was held yesterday at the KPCC. "We need the support of the community to help fund the trip, and any donations are welcome," said Allison.

"We've picked the cream of the crop at that age level. If we can achieve good results at the Worlds, the chances are better for government funding in the future. It is an honour to

compete at this level, and the boys are training hard to ensure Hong Kong put on a credible showing."

The Hong Kong squad: Jordan Ho Sun-yin, Jack Woods, Marco Chan Tung-yu, William Chan Yan-nam, Jerry Tang Cheuk-yin, Lau Zi-hao, Lewis Ho Shing-hei, Jeremy Fong Chung-hin, and Jeremy Leung Ka-wai.

2. Congratulations! Teresa Pui Chee Lee is having her 1st baby who will be due around Christmas/New Year's time. Sadly, Teresa will be leaving us. Currently, she is also a member of the Oasis Toastmasters Club. As a 1st time mother, she is afraid she can't handle 2 clubs at one time. We wish her all the best! She has promised to come back and visit us and she is looking forward to seeing us all in the Area H2 contests.



New Member's Corner

A very warm welcome to our following new comer!



Teresa Sin Mun Lee

Teresa's birthday is on 24th January and she is working in a CPA firm as an audit Professional. Here is the message from Teresa.

"Hi! I joined this club in April. Before that, I've been shopping around a few of the other Toastmaster clubs. From them, I found my exposure increased a lot.

What's my expectation from the Club? There should be a two-way exchange. I hope I can learn from the other members, whether in English presentation or people skills; and at the same time, offer any assistance to other members and to the Club to my best endeavor. Certainly, I also wish to cultivate friendship with fellow members.

Having just been elected as the Secretary of the Club's Executive Committee, I hope that this would be a channel to enable me not only to contribute my minute-taking skills, but also to experience putting teamwork spirit into practice.

I'm looking forward to having fellowship with you all in the coming days!"

Missing Photos of New Members in May issue. We are sorry that the photos are still not available and we will post the photos at the soonest.

Past Events!

A Recollection of Club Boat Trip - 27th May 2006 by Elsa Law

Although it was a cloudy and rainy day, it was a trip which everyone enjoyed at their leisure. Not only was it educational, it was a day for connecting with members, guests and their families; as well as a day for relaxation for those who just simply wanted to relax. Our Belu (Agarwal) was the Toastmaster of the Day, she had conducted the morning session of Speeches and Evaluations with confidence, fun and laughter. Then we had Monica (Romeo) speaking about the beauty of silence, Gary (French) on how we can improve on procrastination; and our young Pamela (Ho) talking about the four golden rules of communication. Then we had our evaluation session as usual. What made this trip more entertaining and educational was the Workshop on feedback by our coach/trainer David (Moorjiarrt). How should we give feedback? **First**, ask ourselves why we give feedback; **second**, state the purpose of our feedback; **third**, when we give feedback, we should be specific about which behavior we are giving feedback on.

After a buffet lunch, we all sought out our favorite water sports. Gary (French) was the first to dive into the water with his son for a great swim, which was then followed by a number of others on board; including Jo (Manning) and her daughter, Queenie (Lam) and some of them swam all the way to shore. Lap rowed the boat out to the Island nearby so that people who either preferred not to swim or could not swim could go on shore. Some were just chatting onboard, others simply sat on deck to enjoy the lapping of the water. When that was all done, we took a hike to another Island where there was a "Koon Yum" Temple – the Temple of the Goddess. That was a bit of the Chinese culture for all of us.

Finally, towards the close of the day, when we were ferrying back to Central – our final destination – many of us were just onboard singing karaoke and others were chatting amongst themselves and pulling each other's leg. Thanks to the organizing committee (Belu, Alice Tseng and our President) of this trip, that we all have enjoyed the benefit of your hard work.

*** Pictures of the trip will be on the website soon. Please check within the next week***

Oscar Night – 19 June 2006

This was a night where our immediate past president, Lap Wong, handed out awards to the winners of the following categories:-

The **Adam Atkins award** goes to our CTM Tina Wong, who had won the championship for the table topic contest in Division H.

The **Most Generous Toastmaster** goes to Daniel Chan.

The **Most Humorous Toastmaster** goes to Edwin Lui.

The **Most Co-operative Toastmaster** goes to Greg Hagan.

Past Events! Cont...

Oscar Night – 19 June 2006 cont...

The **Most Promising New Toastmaster** goes to Belu Agarwal.

The **Most Progressed Toastmaster** goes to Louisa Tsang.

The **Most Supportive Toastmaster** goes to Asta Lee.

The **Longest Standing Member** goes to Peter Shum who has been with our Club for 30 years.

The **Toastmaster of The Year** award goes to Tina Wong and John Liang. Tina Wong has always extended 100% support to our Lap Wong and has gone through a major transformation from last year in helping the Club and working hard on her speeches. John Liang, on the other hand, is an ex-member of the Club who has given his precious time in helping to launch and to continue to prepare our Club's newsletter.

Upcoming Events!

1) **Inauguration Party – 25 July 2005,**

An evening on the top floor of a brand new Hotel overlooking Hong Kong harbour. An evening to be entertained with drinks, snacks, games and fun.

Fees – members (HK\$80), non-members (HK\$90)

Time: 7:00- 9:30 p.m.

Venue: L'Hotel – Executive Lounge, 18 King's Road (MTR Tin Hau Exit A)

Please register with Paul Breen email: bargeass@netvigator.com and Tel: 91018816 ASAP.

2) **Macau- Semi Annual Convention – November 24-26, 2006**

This is the first time that Macau will host this meaningful event. It is strongly encouraged that every member should attend this Convention to gain exposure to the International stage.

There is an Early Bird discount of a \$500 savings if you are registered before May 31. Act Now!

For details, please Shortcut to: <http://www.hongkong-toastmasters.org/event.php?pkey=29>

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