

STERLINK

QUEENSTOWN TOASTMASTERS CLUB MONTHLY NEWSLETTER



President's Address

Dear members, I would like to share with you why I chose the theme "Activate Your Asset, Advance your Life's Aspiration and Goals". In page 19 of the July 2016 issue of the Toastmasters magazine, it quoted our founder Dr Ralph C. Smedley:

"In the course of years, as we gained experience , it was seen that our processes had values far beyond the mere training of people to face audiences and speak their ideas.

Communication was seen to have its effects in almost every phase of life . Improvement was needed not only in public speaking , but in all use of words , whether spoken or written . Training in speech had definite values in many lines of improvement "



Mark your diary for 17th September to support our club contestants in the Area Contest. And invite a friend to come for our next chapter meeting on 21 Sep at 7pm.

The clearer and sooner you discover your latent talents the better and healthier you will become in your own life course.

Activate your Assets now!

- Club President: Ong Sin Tiong

Theme for the Term: "Activate your Assets, Advance your Life Goals and Aspirations"

Highlights of the Evening

Three prepared speeches lined up for this chapter meeting:

Self-made culture and traditions specialist Sandra Bérard shared with us the origins of some unique traditions in her Project 2. Most interesting was the tradition of making the bridegroom drink suspicious concoctions from a chamber pot. Now you know how that crept into the wedding day gate bashing ritual for we guys on here? Thank goodness the pot was spared here. Can you imagine yourself drinking from one?



French chamber pot versus the Chinese chamber pot on the left

They had it easier in France I guess.

Qing Ping revealed to us his other passion in Project 5. When he is not building houses, he is actively involved with the Repair Kopitiam. This is part of a community project to encourage the public to repair and re-use their broken appliances; thus conserving resources and reducing waste at the same time. Sporting a smart apron, Qing Ping vividly described how he once revived an electric kettle after he isolated the problem systematically and zoomed in to the root cause of the failure; a blown fuse. Just a 50 cents fix. The elderly man from Tampines Block 819 was spared the expense for a new kettle.

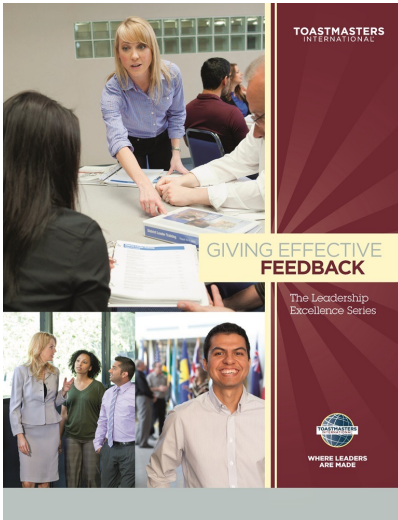


Got a broken appliance?
Look for Qing Ping at the
Repair Kopitiam, he will
revive or retire it for you.

Kudos to Qing Ping!

Final prepared speech was Anne Nguyen's Inspirational Project 10 "Win or Die!". In life, most of us just participate, not to win. This mindset means we cruise along and wouldn't strive our best. But when we go in with a winning spirit, we will do better and in the process spur others to their best. There is really no loss to us: Aim for the moon, because if you miss, you will still land with the stars.

Timothy Lin brought us a special presentation from The Leadership Excellence Series: Giving Effective Feedback.



Three main takeaways:

- 1) Always look out for teachable moments
- 2) Feedback must be immediate
- 3) End on a positive note.

On top of these, actively recognise and affirm each other's improvement. Imagine the energising environment our club will have when we actively spot, praise and celebrate every little progress we make. Let's make it a point to do that. *(Hint: The voting slips have extra strips to be used as feedback slips for member so put them to good use).*

The Table Topics were weaved around the theme of the evening - "Fighting Spirit". Kim Loon attempted to define success and how to pursue it. Rose Ho expounded on the one thing she would like to change in our world. Visitor Lawrence Poh reflected on his reason for waking up in the morning; which was to find one! Another visitor self-proclaimed workaholic Fangyu bravely took the chance and elaborated on the chances she wished she had taken. That very act excluded Table Topics instantly. Serene Oh was to share her defining moment.

We had godmother Rose Ho to give a General Evaluation of our meeting. She pointed out that our meeting started ten minutes late. Let's be punctual for our meeting every time. We are encouraged to greet each other so as to create a warm and cohesive atmosphere. Speakers are reminded to note down pointer from your evaluators so that you will not forget them after the meeting. All members can give feedback. Do use the voting slips liberally (as mentioned above) towards this purpose. To break the habit of using pause fillers, Rose mooted the idea of a fine - ten cents for every pause filler :-)

The Stars of the Evening



Best Speaker: Anne Nguyen



**Best Table Topics Speaker:
Lawrence Poh**



Best Evaluator: James Lim

Congratulations to Anne, you are now a Competent Communicator! Well done club, that's one Distinguished Club Program goal met.

Special Thanks

Our club would like to express our gratitude and appreciation for Toastmaster Ireyah who despite of being unwell kept to her commitment to attend this meeting and deliver an insightful evaluation for Qing Ping.



Animated Toastmaster Ireyah from Bukit Timah Toastmaster Club giving Qing Ping valuable feedback on his Project 5

We can certainly learn this mind over body attitude from her. We wish her a speedy recovery. Hope to see you again in our club.

Club Humorous Speech and Evaluation Contest



We had the contest on 31st August. Making people laugh is no laughing matter. We saw Timothy Lin, Rose Ho and Kelvin Ng tickling our funny bones with hilarious tales of being a Customer Relationship Officer at the Sea Aquarium, sister-in-law's obsession with cleanliness, and various permutation of "DTM" respectively.

After much laughter and stomach cramps, it was time to get serious. Poh Liang Siah, Rose Ho, Chee Kim Loon and Timothy Lin pitted their speech evaluation skills in the Evaluation Contest.

And the contest results are as follows:

	<u>Humorous Speech</u>	<u>Evaluation</u>
Champion:	Kelvin Ng	Timothy Lin
1st Runner-up:	Rose Ho	Chee Kim Loon
2nd runner-up:	Timothy Lin	Rose Ho

Support our Club Contestants!

Club champion and 1st runner-up will be representing our club in the Area contest, happening on **17th September (Saturday) at Bukit Timah Community Centre, from 1pm to 5pm.**

Let's be there to lend Kelvin, Rose, Kim Loon and Timothy a rousing support. It is also an excellent opportunity to learn from the better speakers in our area.

(written by Poh Liang Siah)