

# PAN PACIFIC TOASTMASTERS NEWSLETTER

Volume 1, Issue 2, May 2010

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## Opening Remark

Dear Readers,

Our club members not only have opportunities to develop public speaking skills, but also writing skills by expressing themselves in words through this newsletter platform. Come join our club and see how far it can carry you! We are a group of people coming from a wide variety of background with the common interest of constantly learning and improving ourselves. We are a group who find wonders in ordinary everyday life and enjoy sharing them with each others. Come to share the experience and lessons life offers, explore the world from others' perspective, and learn and grow together. Here you will inspire and be inspired (yes, by ordinary people like us).

~ Chao Fan, VP of Public Relations

## Hall of Fame

- ❖ **Sushma Rajput & Canna Kakutani** have achieved their **Competent Leadership Goal** this year!
- ❖ **Chao Fan** has achieved her **Competent Communication Goal** this year!
- ❖ **Vanessa Vollmer** won **1<sup>st</sup> place in the Area's Table Topics Contest** held by Area 4 of Founder's District on March 13<sup>th</sup>!
- ❖ **Arulselvi Amirrthalingam** won **1<sup>st</sup> place in the Area's International Speech Contest** held by Area 3 of Founder's District on March 13<sup>th</sup>!
- ❖ **Arulselvi Amirrthalingam** won **2<sup>nd</sup> place in the Division's International Speech Contest** held by Division F, which includes five areas in Founder's District, on April 10<sup>th</sup>!

**CONGRATS TO ALL!**

## Club News Capture

### ❖ Jan. 9th & 23rd, 2010

The Leadership and Communication Education (LACE) workshops were held this January. Our club had a great turnout with at least nine members in attendance. More than four of our club officers were trained in this LACE event, so that qualified our club for one more point toward the Distinguished Club Program! All attendants got the privilege to participate in various workshops that focused on developing leadership and communication skills. It is unbelievable that this amazingly valuable experience only cost twelve bucks (materials and lunch included)! See what twelve dollars can do for you by signing up for the next LACE workshops!



### ❖ March. 7th, 2010

A special day with two inspirational speeches by VaNessa and Ross. VaNessa delivered a speech on "Go Beyond No". The speech encouraged us not to be turned down upon hearing "No" from others, not to be trapped by our own negative thoughts and fear, but to reach beyond what we thought were not possible. Ross delivered a speech on "Join Runmasters" and described how ordinary people can accomplish extraordinary things with peer support and encouragements, such as those received in a running club or a Toastmasters club. He also brought many of his medals from marathons to inspire us to challenge ourselves to goals that might seem at first a mission not so possible.



### ❖ March 13th, 2010

The Founder's District Area F3 & F4 Contests were held this March. Two of our club members, Selvi and VaNessa, participated in this event. Selvi won first place in the International Speech Contest in Area F3. Vanessa won first place in the Table Topics Contest in Area F4. Congratulations to both for bringing back gold medals!



## ❖ April 24th, 2010

The Founder's District 2010 Spring Conference was held this April. In attendance were Toastmaster members from all over Southern CA. The keynote speaker was Darren LaCroix, a DTM and the 2001 World Champion of Public Speaking. International and Table Topics Speech Contests were also held during the conference. The contestants were some of the best speakers in Southern CA who had merged to the top through rigorous competitions at area and division levels. Audiences had privilege to watch these outstanding speakers delivering their speeches at this conference.



## English Intonation

"Would you please give me a bowl?" I asked a waitress at a restaurant in Shanghai. The waitress listened attentively, but strangely enough she came back with a book for me. That made me laugh my guts out as I kidded myself about how bad my English pronunciation was.

"Marble Arches, please." I told a clerk at the ticket booth in a London subway station. The clerk did not understand where I wanted to go until he repeated the "Marble Arches" with a very high pitch on the word "Arches", and I nodded my head.

"Is your name Mary?" when I tried to recall a friend's name in a recent Christmas Party at Newport Beach. "I am a widow," she answered with an unpleasant face as everybody looked at us. I was embarrassed. She might have taken my question as "are you married?" This is a private question that I was not intended to ask. Should I have stressed the word "Mary" with a higher tone then maybe she would get my question?

Regardless of where you were born, even more true for a foreigner, your English will carry a special accent that is uniquely yours.

The previous examples show how important it is to speak clearly. We should do our best to correct our accent, which includes pronunciation, intonation and stressing the right syllable of a word to achieve better enunciation.

Speaking clearly is one of the goals of Toastmasters. Here in our club, we have opportunities to practice speaking clearly and at a right pace with correct pitch and tone, such that everyone will be able to understand the message. Besides delivering speeches, many other opportunities exist in Toastmasters for one to practice speaking clearly, such as when one is carrying the meeting duty as the Toastmaster of the day or as the general evaluator. By paying proper care to the intonation in the conversation, we avoid being misunderstood by listeners, and we are able to deliver our messages clearly.



~ Bill Chang

## The Lady of Did Not Do

About twenty years ago, I had seen her gentle presence many times in Irvine Chinese School. But it was not until the fall of 1988 when I had a closer encounter with Wen Sing.

During the time when Deng Ping was the principal of Irvine Chinese School, the Irvine Unified School District faced a severe budget cut. The music programs in grades K to 12 experienced tough challenges. Ping called upon the teachers, parents and students to work on a fund raising drive to support music programs in the Irvine Unified School District.

Wen Sing and I volunteered in the planning team. The money we raised was meager, yet the influence was profound. With wide involvement in the community, we harvested awareness and appreciation in the continuation of music education. During this fund raising drive, I finally got the privilege to befriend with Wen Sing.

So many times we recognize someone who has done something extraordinary. On the contrary, Wen Sing had won my respect and admiration for what she did not do.

She did not dominate a conversation. When several friends met, a heated discussion was never lacked. Wen Sing did not impose her opinions on others. She listened attentively, with an occasional nod or a subtle smile. She had the courtesy to let the others talk to their hearts' content. She possessed the wisdom of golden silence.

She did not wear trendy clothing or fancy jewelry. She knew well that life was too short for cumbersome outfits. She was the one who demanded little attention.

Simplicity and humbleness was her style. Confidence was her fashion.

She did not like to receive more than to give. Any time a friend needed help, he or she could always count on Wen Sing. She was generous in sharing money, effort and spiritual support without any hesitation. She radiated warmth and comfort to her friends. She was a wealthy giver.

She did not bluff about her beautiful children, even though they were exceptionally outstanding. They were just her quiet pride and comfort. She cherished all children and realized that they are the hope for future. That's why she poured her heart into education. Wen Sing had a broad vision.

She had not put herself in the first place at home, in school or any place else. That winter, someone saw her in Costco. Wen Sing had a cartful of food and household goods just days before her China trip. She made sure to tend to her husband's every need before her own. She was the most devoted wife.

Wen Sing is now survived by her husband, who maintained their family tradition to their children. She is survived by her children, who continue to share warm memories of their beloved mother with us. What a blessing and precious experience I had with Wen Sing! She was and will always be my dear friend, and teacher. I am forever so grateful to know such a unique lady of Did Not Do.



~ I-Tuan Wang

## Palak Paneer Recipe

Here is a nutritious, satisfying and well balanced delicious dish brought to you by  
~Sushma Rajput

Cooking Time: 20 minutes

### INGREDIENTS

Spinach (600 grams), Paneer cubes (200 grams), Onion (1 medium), Tomatoes (2 to 3 medium), Green Chilies (2 to 3), Ginger (1/2 inch), Garlic (2 to 3 cloves), Salt (to taste)

### METHOD

- Heat a tablespoon of oil in a wide skillet.
- Add ginger, garlic, green chilies and onions in the skillet. Fry until onions are translucent.
- Next, add washed and cut spinach. Add salt to taste.
- Sauté until spinach leaves are wilted. Add tomatoes.
- Turn off the heat. Wait few minutes to cool. Blend in a blender.
- Put the blended mixture back in the skillet. Cook with a cover on, using low flame for about 5 to 10 minutes.
- Just before turning off the heat, add paneer cubes. Mix and let simmer for 2 or 3 minutes before turning off the heat. (Optional: Paneer cubes can be lightly sautéed in one teaspoon of oil/butter till they are golden brown beforehand.)

**Enjoy this dish hot with Naan, bread or Basmati rice.**

## Welcome to Our Club!

The club is excited to have  
**Bill Chang, Vincent Uy, Idamae Rolle, and Jennifer Harding**  
as our new club members joining us this spring season!

## Club Information

Main  
Contact

**Shirley Tseng**  
(714)832-5373  
[ShirleyTseng@earthlink.net](mailto:ShirleyTseng@earthlink.net)

[WWW.PanPacificTM.org](http://WWW.PanPacificTM.org)

**We Love to have New Members. Please Come Join Us!**

Pan Pacific Toastmasters is a Toastmasters International Club Located in Irvine, CA (Club F-9314, Area F-4)  
The Club Meets Every Other Sunday at 10am at Irvine Ranch Water District

**President**  
**Selvi Amirrthalingam**

**Secretary**  
**Beverly Moss-Jones**

**VP of Education**  
**VaNessa Vollmer**

**VP of Public Relations**  
**Chao Fan**

**Club  
Officers**

**Treasurer**  
**Shirley Tseng**

**VP of Membership**  
**Canna Katutani**

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