

PAN PACIFIC TOASTMASTERS NEWSLETTER

Volume 2, Issue 1, Jan 2011

In this Issue

Opening Remark.....	1
Hall of Fame.....	1
Club News Capture.....	2
Article	
How to Prepare a Speech.....	3
The Fun of Learning Tai-Chi Chuan.....	4
Open Platform	
A Message from Japan.....	6
Welcome & Club Info.....	7

Opening Remark

Dear Readers,

Our club is composed of people from different countries and various backgrounds. Here is your chance to develop your communication and leadership skills with an international audience. We have members who are beginners and some are seasoned members. Together we are a pool of treasure. We believe 90% success is by just attending the meetings. After every meeting we feel our lives have been enriched and we can share the new acquired knowledge with family and friends. In our informative and entertaining newsletter you will find inspiring stories and accomplishments of our members and lots more. Please join us and find out how you can benefit from Pan Pacific Toastmasters' touch.

~ Sushma Rajput, Div F Area Governor

Hall of Fame

- ❖ **Emil Stempel** won **first place in the Area F4 Tall Tale Speech Contest**, which was held on Sept 18th, 2010!
- ❖ **Koting Lo** was a **runner-up in the Area F4 Speech Evaluation Contest**, which was held on Sept 18th, 2010!
- ❖ Special thank you goes to **Shirley Tseng** for her dedication and all that she does for our club behind the scenes (from collecting membership dues, to setting up our club meeting place, to preparing weekly reminders) to keep our club running! You are the best!

CONGRATS TO ALL!

Club News Capture

❖ Sept 18th, 2010

The Area F4 Speech Evaluation and Tall Tales and Speech Evaluation Contests were held at the Kaiser Permanente Medical Center. Emil represented our club and won first place in the Tall Tales Contest, while Koting represented our club and became a runner-up for the Speech Evaluation Contest. Way to go to the two contestants! We are proud of your achievements and you serve as examples for us fellow members to follow!



❖ Oct 31st, 2010

A special Halloween meeting was hosted at I-Tuan's home. In this meeting, club members were treated with ice breaker speeches given by Emil and our new member, Elena. Beverly also shared an informative talk about UCI. Besides the speeches, guests further enjoyed the meeting with tasty treats from I-Tuan and homemade Halloween cupcakes and chocolate lollipops from VaNessa and Paul. The Halloween fun was concluded with VaNessa's last minute spooky Halloween Table Topics questions.



❖ Jan 2nd, 2011

Happy 2011! The year started off with an entertaining speech from Paul on how to plant a tree and an informative speech by Hon-Lien on Montessori schools and their stimulating and creative teaching method. I-Tuan also made us start thinking about healthy living in the Table Topics session. The meeting helped us to look forward to 2011 with resolutions of improving ourselves and appreciating nature in every way we can.



Congratulations To Our Newly Wed!

❖ Congratulations to Jenny and Andy! They just got back from their wedding and honeymoon this month and here's a snapshot of the beautiful bride and the handsome groom. What a joyful way to start 2011! We are so happy for you and congratulations again!



How to Prepare a Speech

You have committed yourself to give a speech and you don't know what topic you will speak on. Does it sound familiar? Many of us are in this predicament whenever we volunteer to prepare a speech for the next meeting. No matter what, you still need to figure out the topic for your speech, right?

Topic Selection

Select the topic that is dear to you, that you feel passionately about. Perhaps it is your hobby or some intriguing possibilities at work. Perhaps as a parent you wish to voice your concern about the younger generation or you wish to describe your recent experiences, etc. If you feel passionately about the topic then your passion will show through in your speech and you'll connect better with the audience. Since the time immemorial people have always liked good stories, so remember to weave your speech into a good story and the audience will reward you with a heartfelt applause, deep gratitude and appreciation.

After you select the topic you need to establish in which mode you wish to deliver your speech.

Speech Modes

Whenever you're working on your speech, please make sure that your speech follows one of the four types of speeches:

(a) Informational -- A variety of stories, descriptions and procedures; personal adventures, etc.

(b) Inspirational -- Managers' talks to the reporting employees; commencement addresses; stories with morals; war heroic stories; funeral orations like the Lincoln's Gettysburg Address; speeches rallying troops to battle by commanders; US president's Inaugural; State of the Union Addresses, and of course, all sorts of political speeches.

(c) Call for Action -- Requests for money or some other help, often by politicians; discussions involving certain policies like energy, foreign aid, health care, a change in

personnel, or a change in management style, etc.

(d) Entertainment -- Comedic pieces, tall tales, "roasting" someone, etc. with the clear intent to make the audience laugh.

These four types of speeches the audience can easily follow and understand them.

Try not to cross match various kind of speeches. If you compose a typical informational speech with the clear intent to inform and then add to it at the end an appeal for action, you may confuse the audience. Avoid such pitfalls.

Now you are almost ready to deliver your speech. There are a few minor points to go over.

Speech Delivery

The third and last item you need to be concerned is how you will deliver your speech and how you will stage it. Please remember that "you're the message", which means your voice, your gestures, your non-verbal cues and finally your message all contribute to your communication.

Surprisingly, the nonverbal portion of your speech counts for about 57% of your message. Therefore, pay attention to how

you dress and what gestures and mannerisms you use while speaking. Before making a formal presentation, read your speech aloud and pick up some unnaturally sounding phrases or some awkward expressions.

Edit for simplicity. In general, the trick to mastering a speech craft is to be merciless while editing. My advice is to keep editing until you feel happy with the product and then edit some more.

Finally, if you can have a friendly ear of your loved one who is willing to listen to you practicing your speech – then by all means take advantage of the opportunity. Rehearsal is always helpful. Whether your loved one will care for you more afterwards I cannot guarantee, but it's worth the trial.

Remember, public speaking is a skill. The more you practice it the better you get. I wish all of you happy speaking.



~ Emil Stempel

The Fun of Learning Tai-Chi Chuan

Madam Toastmaster, fellow Toastmasters and honored guests. How many of you heard about Tai-Chi Chuan? Please raise your hand. I see a few hands. Thank you.

Tai-Chi is one of the martial arts that started about 3,000 years ago and which

nowadays we practice it for health and self defense.

According to the legend, a master of Tai-Chi walks like the wind, fights like thunder, and his face looks like a kid. However, I did not meet any master like this yet. All I know is

that after the Tai-Chi practice I drink like a fish, eat like a horse and sleep like a log.

In order to join the Tai-Chi exercise with a group, I have to get up at 5:30 in the morning. One of the members always shows up with his dog. Once I asked him, "Does your dog wake you up or you wake up the dog?" He replied, "I wake the dog up." "So you are the rooster?" I asked. "Yes, I am the Woo-Woo in the morning," he then replied. As for me, it is the 1070 News Radio Station that wakes me up in the morning. The announcer always says something like, "There is a sig-alert on 405 northbound. There is a ladder on the right lane". It sounds very familiar as I had traveled each day on 405 for 15 years. The traffic grid lock in Los Angeles is so ridiculous. I heard a story that a husband picked his wife and a newborn baby from a hospital, and when he arrived home, his baby was already one month old.

When the gentle wind brushes the surface of the blue water in the lake, the first golden sun ray appears over the horizon, geese start moving away from the edge of the lake. It is now 7 O'clock, and the music of the Tai-Chi practice starts.

Several masters already stand straight up at the front line. The rookies stand behind them and the semi-masters stand any place they like to. This arrangement is for the benefit of the beginners who can copy the motions of masters when they make turns. However, I get lost all the time because it is too busy to pick up the foot, hand and body motions at the same time. One of the actions that I like the best is when the hands paddle around to just fit the music beats. The music sounds like the sea wave crests at its peak as it hits the shore.

While I was learning the motions, the coach told me my wrists were too stiff. They needed to be relaxed. I told this to my wife at home and she showed me that the hands should be like raising monkey claws. She took a Tai-Chi lesson long time ago and she had never practiced before, but she thought she could be my teacher too!

As geese come back to the lake shore, our exercise is also about to end, which is about two hours. We congratulate each other for the dedication and a good workout. And now it is time to drink water like a fish.

Tai-Chi is a really good exercise. It not only increases your balance, it also forces your mind to remember one motion after another. It keeps our physical body and mind as healthy as they can be.

My coach once said that we should keep our upper bodies as flexible as a tree leaf waving in the wind and our feet as firm as a tree root that grasps the ground, but when in a fight, a combination of seven motions could be flashed out in a second.

I regret that I did not join the group early. But I now commit to joining them everyday just like others have done for twenty years. I also encourage all of you to give it a try. Tai-Chi is fun as well as good to your health to learn.



~ Bill Chang

A Message from Japan

Nov. 2010

Dear Fellow Toastmasters,

It is with some sadness that I must inform you that I will be leaving from USA and going back to Japan soon, so I won't attend the meetings here from this month. I have had an extraordinary journey with Pan Pacific Toastmasters. I would like to thank you for being patient with me and giving me lots of support and guidance with consideration. After going back to Japan, I will be pursuing a new career at a development company. Most importantly, I will join the Toastmasters meeting there! Hope the future brings only good luck for us.

Thanks & Regards,

~Go

Welcome to Our Club!

The club is excited to have

Elena Powell

as our new club members joining us this season!

Club Information

Main
Contact

Shirley Tseng
(714)832-5373
ShirleyTseng@earthlink.net

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
VaNessa Vollmer

Secretary
Beverly Moss-Jones

VP of Education
Emil Stempel

VP of Public Relations
Chao Fan

**Club
Officers**

Treasurer
Shirley Tseng

VP of Membership
Bill Chang

Sergeant at Arms
Ross Johnson

The information in this newsletter is for the sole use of Toastmasters members for Toastmasters business only. It is not to be used for solicitation and distribution of non-Toastmasters materials or information.