



The Premier Club in the West
Singapore

Premier Link

Club President's Message

I am exhilarated to announce that we have achieved our DCP goal of "10 out of 10" this year! We are conferred the **President Distinguished Club** and the **1st Toastmasters Club in Singapore** to do so this term! I wish to express my sincere thanks to the dedicated Members and the Executive Committee for this achievement.

What is our club's ingredient of success? They are the 3 Fs

Fun
Friendship
Family

This could also be the secret of your success in life !

FUN

Have fun, enjoy and be passionate in what you are doing. You can find that the journey to success is a joyful one. It means that by having fun, we nurture the creative spirit in all of us so that we can move out of our comfort zone and start **DOING THE IM-**

POSSIBLE.

FRIENDSHIP

Friendship is about how we can make our club, our family and the community a better place to operate and live in. It is on the basis of friendship that we encourage one another to **BRING OUT THE VERY BEST** in ourselves.

FAMILY

Surround yourself with people whom you can count on in good time as well bad. This is true especially in our CCK TM Club, we can count on faithful, helpful, dedicated members as well as the previous Executive Committee in times of need. Successful Club Breeds Successful Members, Successful Members Create Successful Clubs!

Wishing everyone a **SUCCESSFUL JOURNEY IN LIFE .. LIVE BEYOND YOUR DREAMS !**



Club President
Stephen Tan, CTM



President

Stephen Tan, CTM
9591 0189

Editor

C. Raja Kumar, ATM-B
9734 5072

Advisor

Poh Kim Siong, DTM
9664 4248

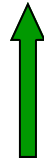
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OUR GAME PLAN

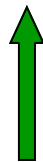
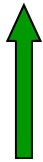
DESIRED RESULT FOR CHUA CHU KANG TOASTMASTERS CLUB

We want to be recognized as one the world's most admired Toastmasters Club



OUR MISSION

The mission of a Toastmasters club is to promote a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth



LEADERSHIP

QUALITY CHAPTER MEETINGS AND EDUCATIONAL PROGRAMMES

FRIENDLY ENVIRONMENT

“If we are **strong**, our strength will speak for itself. If we are **weak**, words will be of no help”

... John F. Kennedy



Our Score Card for 2000/2001

MEASURES	GOAL	ACTUAL	ACHIEVED
CTMs	2	2	✓
Additional CTMs	2	2	✓
ATMs	1	1	✓
Additional ATMs	1	1	✓
CL, AL or DTM	1	1	✓
Additional CL, AL or DTM	1	1	✓
New Members	4	4	✓
Additional New Members	4	10	☆
Club Officers Trained	8	14	☆
Submitted on Time & Officer List	2	3	☆

Our Goals for 2001/2002

“Don’t measure yourself by what you have accomplished, but by what you should have accomplished with you ability” ... John Wooden

MEASURES	GOAL	ACTUAL*	ACHIEVED
CTMs	2	2	✓
Additional CTMs	2	2	✓
ATMs	1	1	✓
Additional ATMs	1	1	✓
CL, AL or DTM	1	1	✓
Additional CL, AL or DTM	1	1	✓
New Members	4	4	✓
Additional New Members	4	16	☆
Club Officers Trained	8	9	☆
Submitted on Time & Officer List	2	2	✓

* As of March 31, 2002

☆: Exceeded Goal ✓: Met Goal ✕: Did not Meet Goal

OUR WORK PLAN FOR 2001/2002

ACTIVITIES	JUL	AUG	SEP	OCT	NOV	DEC
CLUB OFFICER TRAINING	14					TBD
INSTALLATION CEREMONY			1			
HUMOUROUS SPEECH CONTEST			11			
MEMBERSHIP DUES			30			
NEWSLETTER			30			31
SEMI-ANNUAL CONVENTION					16-18	
SPEECH CRAFT WORKSHOP				EVERY THURSDAY		

ACTIVITIES	JAN	FEB	MAR	APR	MAY	JUN
CLUB SPEECH CONTEST	10					
AREA SPEECH CONTEST			14			
CLUB EXCHANGE PROGRAMME			30			
NEWSLETTER			31			30
MEMBERSHIP DUES			31			
DIVISION SPEECH CONTEST				6		
SPEECH CRAFT WORKSHOP				EVERY THURSDAY		
ANNUAL CONVENTION					24-26	



“Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it” ... Lou Holtz

RESOLUTIONS & HOPES FOR 2002

The year 2002 has arrived. How time flies. Here are some of our members resolutions and hopes for the year 2002.

LIM SIEW MEE, CL

"I would like to move out of my comfort zone and venture into entrepreneurship. I would also like to spend some time in community work."

STEPHEN TAN, CTM

"Be the best that we can be ! Live Our Dreams."

SIMON KONG, CTM

"I wish when our club reaches 10 year old, we would have ten ATMs and all members are CTMs."

NG KWEE CHOO, CTM

I would like to help my club to become one of the world's most admired Toastmasters Club. I would also like to pursue my further studies to fulfill my life long ambition.

POH KIM SIONG, DTM

"Continue with great health, great happening in the club & great improvement on the economy in 2002"

A Toastmaster's Promise

As a member of Toastmasters International and my Club, I promise...

- To attend club meetings regularly.
- To prepare all my speeches to the best of my ability, basing them on projects in the Communication and Leadership Program or the Advanced Communication and Leadership Program manuals.
- To prepare for and fulfill meeting assignments.
- To provide fellow members with helpful, constructive evaluations.
- To help the Club maintain the positive, friendly environment necessary for all members to learn
- To serve my club as an officer when called upon to do so.
- To treat my fellow club members and our guests with respect and courtesy.
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers.
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs.
- To maintain honest and highly ethical standards during the conduct of all Toastmasters activities.

Our Club Speech Contest

Our club International Speech and Table Topics Contest was held on January 10, 2002. 6 & 8 members participated in the International Speech and Table Topics contests respectively.



Our Club President, Stephen Tan, CTM (standing) welcoming members and guests



Our Appointment Holders for the Speech Contest
(L-R) Stephen Tan, Shenton Sng, Sarah Lim, Sally Loh, Pua Kia Chiew, Steven Ee and Simon Kong



INTERNATIONAL SPEECH CONTEST

(L-R) C. Raja Kumar, 1st Runner Up, Lim Siew Mee, 2nd Runner Up & Thomas Lee, Champion, Club President, Stephen Tan, CTM & Area B5 Governor, Pua Kia Chew, CL

TABLE TOPICS CONTEST

(L-R) Club President, Stephen Tan, CTM, Thomas Lee, Champion, Shenton Sng, 1st Runner Up, C. Raja Kumar, 2nd Runner Up & Area B5 Governor, Pua Kia Chew, CL



Our Area Speech Contest

Our Area B5 International Speech and Table Topics Contest was held on March 14, 2002. 3 & 8 members participated in the International Speech and Table Topics contests respectively. Simon Kong, CTM, our club VPE was given the honour to organize the Area B5 Speech contest.

Comments from our Area B5 Governor, Pua Kia Chew, CL on our Area Speech Contest

I like to thank Simon and your team for an excellent job in organizing and conducting the Area B5 International Speech Contest and Table Topics Contest. Speech Contests by their nature are serious if not solemn and stressful events especially for the Contestants. But you are able to conduct it with much fun and laughter. This enabled all those present to enjoy the Contests and made their presence last evening a worthwhile one. One night of event does not come about by chance. It takes several months of your planning and co-ordination to get it done. Many thanks once again

More than 40 participants attended the Area B5 contest



Area B5 International Speech Contest
Champion, Thomas Lee (centre)



Area B5 Table Topics Contest

(L-R) Lim Yan Lan, 2nd Runner Up, Thomas Lee, First Runner Up, Jukka Majanen, Champion

Club Exchange Programme with Gavel Club of St Teresa, Kuching

"It was a fun-filled afternoon...."30th March 2002!"

We had a delegation of 32 members from St.Teresa Convent Gavel Club, Kuching visited us at the Chua Chu Kang(CCK) Community Club. To grace this official event, we were privileged to have the presence of our CCK Community Club Management Committee Executive members. There were an exchange of gifts between Chua Chu Kang Toastmasters Club and St. Teresa Convent Gavel Club. An EAT-ALL-YOU-CAN reception was specially arranged by Miss Tan who is the manager from Chua Chu Kang Community Club. At the end of the event, there was still plenty of food left, probably enough for another team of delegates.

Our club has definitely lived up to its core values: **being a friendly, family and fun-filled club.** There was so much laughter and applause during the whole event. We had activities organized by our Game-Master, Raja Kumar ATM-B. One of his activities turned the conference room into a chaotic scene, with members dashing around the room for signatures. When our club advisor, Poh Kim Siong DTM, presented his motivational talk, he turned the room into a "garbage-filled" place. Fortunately, our guests were very kind to clear up the "garbage" on the floor at the end of the day. With the help of Kim Siong, Augustine Lee DTM, who is our First International Director for District 51, was invited to this event. He presented a talk on club membership and an award to our Club President, Stephen Tan CTM, for our club success in being the first club in Singapore to achieve the prestigious President Distinguished Club award.



Members from the Gavel Club & Chua Chu Kang

It was an eye-opening experience for us to witness the type of quality students that this gavel club has produced. The students who presented their speeches or took up the challenge in the Table Topics session, spoke with beautiful English. One of their speakers, who presented her P2 (speak with sincerity), spoke on a very interesting topic: Is lying necessary in our society? She turned out to be the best manual speaker at this event.

This event would not have been possible without the support of our members. Special thanks go out to Kim Siong, Raja, Kwee Choo, Ruey Shyong, Margaret, Yan Sze, Chak Wah, Stephen and Simon. And not to forget Shoban, who took part in the Table Topics, Sally, who presented her P1, Sarah and Hui Fang for being with us too.

Club Exchange Programme with Gavel Club of St Teresa, Kuching



Exchanging Gifts
(L-R) Principal of St Teresa Convent, Christopher Tan, ATM-B & Mr. Leow Leong Poh, PBM, Chairman of our CCMC



Ice—Breaker
Members from both clubs participating in an ice-breaker called "Getting to Know You"



Opening Address
Principal of St Teresa Convent, Christopher Tan, ATM-B



Table Topics Master
Master Kong XieHeng

Club Exchange Programme with Gavel Club of St Teresa, Kuching



Workshop on "Reaching Out"

Poh Kim Siong, DTM shared on his experience on building successful clubs



Friend of Chua Chu Kang TMC

Our Club President, Stephen Tan, CTM presenting a "Friendship" certificate to Gavel Club President



Workshop on "Reaching Out"

Participants giving the thumbs up for the workshop



Champagne (Non-Alcoholic) Popping

Both Club Presidents in Action



THE TOAST

3Fs - Fun, Friendly & Friendship

We have achieved President's Distinguished Club Status!

We have achieved our Distinguished Club Programme (DCP) goal of "10 out of 10" this year! We are conferred the **President Distinguished Club** and the **1st Toastmasters Club in Singapore** to do so this term! This feat is achieved through the dedicated Members and the Executive Committee. Below are pictures of some of our members who have helped to achieve this phenomenon.

Our CTM Achievers



Margaret Chia, CTM



Rui Xiong, CTM



Kwee Choo, CTM
Club Treasurer



Zenn Wong, CTM



New Members



Club President, Stephen Tan, CTM
(left) receiving DCP recognition from
our International Director Augustine
Lee, DTM



Our 2 VPEs who are the cham-
pions of our educational goals
(L-R) Simon Kong, CTM &
Zenn, CTM

Our C/L & ATM Achievers



Lim Siew Mee, CL



Poh Kim Siong, DTM



Shenton Sng, ATM-S

Appointment Holders for the Chapter Meeting

There are several key appointment holders for the chapter meeting. One of the success factors for a fruitful chapter meeting is how well the appointment holders play their part. The following are the key appointment holders for the chapter meeting: Sergeant-At-Arms, Table Topics Master, "Ah" Counter, Toastmaster of the Day, Timer, Language Evaluator and General Evaluator. In this issue of the newsletter, we will outline the roles and responsibilities of the Table Topics Master.

THE ROLE OF TABLE TOPICS MASTER

The **role of the Table Topics Master** is to conduct the table topic session. This session has two key objectives:

- To develop the speaker to think on his/her feet and present ideas without preparation.
- To develop the speaker to communicate with skills and conviction his/her true feelings on a subject.



THE RESPONSIBILITIES

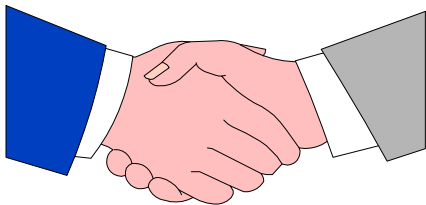
- Prepare 8 to 10 topics. Topics chosen should be stimulating and general in nature, such that members and guests would be able to understand and speak on.
 - State the objectives of the Table Topics session.
 - Explain the timing sequence for the table topic session.
 - Inform the audience of the Best Table Topic Speaker award and that members will vote at the end of the session.
 - Introduce the topic. You may call on members to speak or you may wait for volunteers.
-
- Welcome the speaker with a firm handshake. After he/she has spoken, shake hands again.
 - At the end of the session, ask the timers for the time that each participant took to speak.
 - Ask the audience to vote. Pass the voting slip to the Sergeant-At-Arms.
 - Thank the audience for their participation and call upon the Toastmaster of the Day.

Tips for Gestures in Speaking

When you include body language in your speeches, you are increasing the effectiveness of your speech. By learning how to use gestures, facial expressions, and other body movements to illustrate and emphasize parts of your speech, you are showing the audience what you mean, as well as telling them. The most expressive part of body language is the use of your hands and arms to illustrate your words. Sometimes these are the only visual expressions the whole audience can see. Below are some tips on the use of gestures during speaking:

TIP #1

Size, weight, shape, direction, location. These call for hand gestures, such as shaping of the hands or pointing. "He went that way!" you may exclaim, as you dramatically point out the direction.



TIP #4

TIP #2

Importance or urgency. Show your audience how important your point is. Hit your fist into your palm, or on the lectern to accent your point.

TIP #3

Comparison & contrast. Move both your hands at the same time show similarities or move them in opposition to show differences.

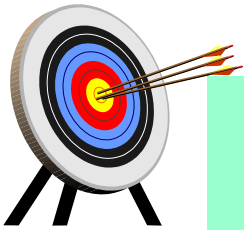


Each gesture should be large enough to be seen by everyone in the audience. But don't make them so exaggerated that they distract attention from your speech. As a general rule, a gesture can be considered good if it helps the audience understand your message, bad if it draws attention only to itself. Even though you have used body language all your life, you will need to practice using gestures and movements when speaking before an audience. If you have access to videotape equipment, you should use it in your rehearsal to help you polish the presentation. Otherwise, practice before your friend and ask for comments on your use of body language.

Learning about Leadership

In our last newsletter issue (Oct—Dec '01) we mentioned that a good service leader is one who is effective in **SIX MAJOR** areas or dimensions. In this article, we will examine one (Vision & Values) of the six dimensions.

VISION AND VALUES



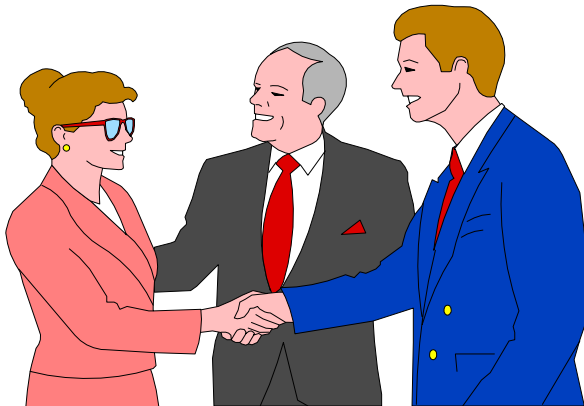
Has a vision for the team. A clearly defined vision is necessary for your team to be successful. What do you want to accomplish? How will the team contribute?

Specifically, a leader...



Keeps abreast of current events. Leaders are knowledgeable about current events in their field of interest and in the world. Do you regularly read newspapers and trade magazines to keep up with the latest developments? Do you keep in contact with other leaders in your field of interest, seeking their viewpoints and input?

Spots problems. Good leaders are proactive, not reactive. Do you predict possible problems you and your team may encounter? Can you plan how to overcome them?

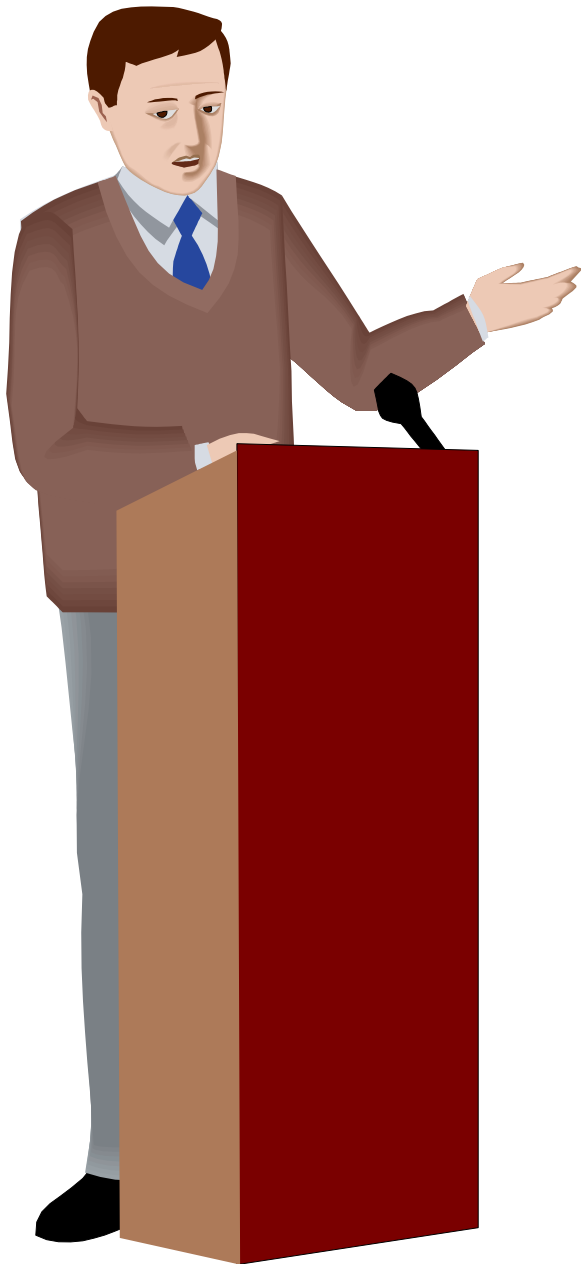


Is knowledgeable about the work to be done. Facts and figures are often the raw material of effective decisions. Are you well-informed?

Is decisive. Leaders afraid of being wrong usually act conservatively and don't accomplish as much as those willing to take a risk. Can you make decisions quickly? Are you willing to accept the risks involved in decision making?

Practices values. People expect leaders to be role models for the values critical to the team's success. Do you practice the values you promote?

Speaking Tips: Introducing a Speaker



Nearly everyone will be called upon at some time to introduce a speaker. Every speaker deserves a thoughtful and helpful introduction. The best introductions are two-way: You introduce the speaker to the audience, and the audience to the speaker, establishing a common bond between them.

An introduction is a mini-speech, less than a minute, which contains all the elements of a full speech. It has an opening, which grabs the audience's attention and makes them aware of the importance of the upcoming subject. It has a body, explaining :

- Why this subject?
- Why this speaker?
- Why this audience?

It has a conclusion, which in this case is the lead-in to your actual presentation of the speaker. Your introduction should tell the audience about the expertise of the speaker and give relevant background information. You should set the mood of the audience for this particular speech, an especially challenging task if there is a marked change from the mood of the preceding talk.

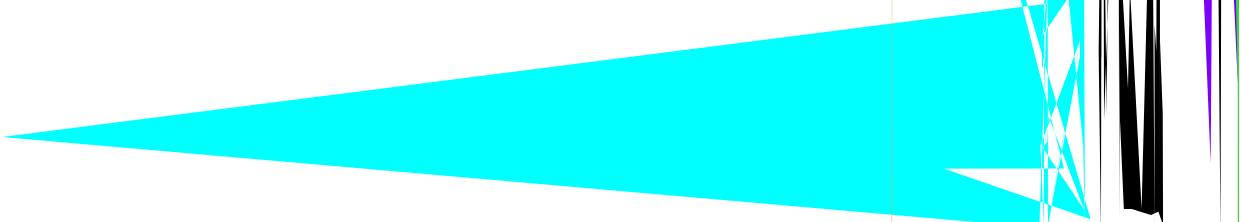
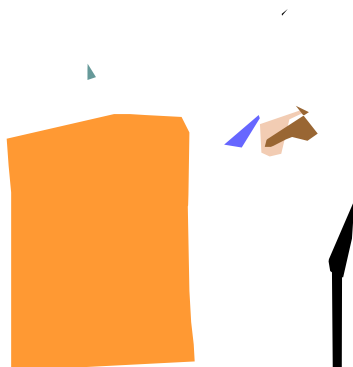
While covering these points, be careful not to give the speaker's speech. Allusions to the topic will arouse interest without taking away from the speaker's impact. Build expectation and end your introduction when interest peaks. Say what needs to be said, watch the speaker approach, step back and lead the applause, welcome the speaker, wait for acknowledgement from the speaker, then sit down.

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Pre

Upcoming

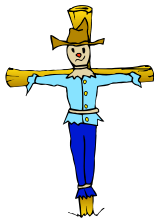


Tell a Friend About Toastmasters

The Wonderful Wizard of Oz is a classic American tale brought to life by Lyman Frank Baum. Every character in the story reveal to us a part of ourselves. The Scarecrow portrayed our universal quest for wisdom. He was convinced that he could not think “I don’t know anything. You see I am stuffed. So I have no brains at all.” he said. As he traveled the yellow brick road with Dorothy, Toto, the Tin Woodman and the Lion to the Emerald City. The Scarecrow used every opportunity to learn to use his brains. He practiced and applied his brains to every challenge. Eventually we were thrilled with his display of great ingenuity in problem solving to help his friends overcome all the obstacles and difficulties in their adventure along the yellow brick road and beyond.



The Wizard of Oz lives in the Emerald City. The Scarecrow wanted the Wizard to give him brains. “Can you give me some brains?” asked the Scarecrow. “You don’t need them,” said the Wizard. “You are learning something everyday. A baby has brains, but it doesn’t do much. Experience is the only thing that brings knowledge. The longer you are on earth, the more experience you are sure to get.” When you and I walk down the yellow brick road of Toastmasters training, we too must be mindful that Toastmasters is an adventure in self-discovery. We learn our strengths and weaknesses. We discover many things about ourselves. We have evaluators to tell us more. We too must be mindful that we have to walk the yellow brick road. The training process and the active participation we experienced is that which takes us beyond. The unceasing practice is the essence that transforms us into a different person. We acquire effective thinking habits. We acquire effective speaking habits. We become a new person with a new abilities. We become practitioners in the art of public speaking. We become leaders.



The Toastmasters Programme equips you with the knowledge of leadership and communication. The objective is beyond providing you with academic knowledge. The objective is to help you become a speaker and a leader. The objective is to help you become the person you want to be. In order that you can live the life you dreamed of Toastmasters International District 51.

So tell a friend about Toastmasters!!

Chua Chu Kang Community Club—Toastmasters

The Premier Club in the West

At Toastmasters, members learn by speaking to groups and working with others in a supportive environment. A typical Toastmasters club is made up of 25 to 40 members who meet at least once a month. Each meeting gives everyone an opportunity to practice:

CONDUCTING MEETINGS

Meetings usually begin with a short business session which helps members learn basic meeting procedures

GIVING IMPROMPTU SPEECHES

Members present one to two minute impromptu speeches on assigned topics

PRESENTING PREPARED SPEECHES

Three or more members present speeches based on projects from the Toastmasters International Communication and Leadership Program manuals. Projects cover such topics as speech organization, voice, language, gestures and persuasion.

OFFERING CONSTRUCTIVE EVALUATION

Every prepared speech speaker is assigned an evaluator who points speech strengths and offers suggestions for improvement.



Toastmasters - For better listening, thinking and speaking skills.

We meet on every 2nd Thursday of the month at Chua Chu Kang C.C.
Year 2001: 12 July, 15 Aug, 13 Sept, 11 Oct, 8 Nov, 13 Dec
Year 2002: 10 Jan, 14 Feb, 14 Mar, 11 Apr, 9 May, 13 Jun

Visit Our Website!!
www.geocities.com/ccktmc

OUR EXECUTIVE COMMITTEE FOR 2001/2002

President

Stephen Tan, CTM
9591 0189

Vice President (Education)

Zenn Wong
9528 4691

Simon Kong, CTM
769 5504

Vice President

(Membership)

Margaret Chia, CTM
9520 6021

Vice President

(Public Relations)

Shoban Kanax
9719 0246

Secretary

Freddy Yiow
9332 6209

Treasurer

Ng Kwee Choo, CTM
9475 1941

Sergeant-At-Arms

Lim Jing Han
769 6367

Immediate Past President

Lim Siew Mee, CL
769 5504

Club Advisor

Poh Kim Siong, DTM
9200 3487

Charter President

Shenton Sng, ATM-S
9630 1854

Master Trainer

C. Raja Kumar, ATM-B
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