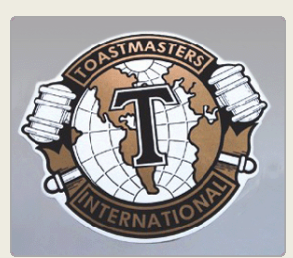


TAR COLLEGE TOASTMASTERS CLUB

TOASTMASTERS ARE REALLY COOL!



Exhilarating Moment in TAR College:

Installation Ceremony of TARC Toastmasters Club on 28 May 2011 with TAR College Principal and Vice Principals and Heads of Schools, Division W Governor Vincent Hor, and fellow Toastmasters from TARC and many other clubs.

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THE EDITOR'S SAY

Another great month has passed by and TARC Toastmasters has traversed many milestones as a baby club. The first major event of the month is TARC TMC's Installation Ceremony on 28 May 2011 when the present Executive Committee team pledged their oath.

Next would be Speechcraft, a public speaking workshop jointly organized by TARC TMC and Speakers' Dream TMC. Its first session on how to overcome fear and debunking myths of public speaking ran on 25 June 2011, and techniques on enriching your speech was taught on 2 July 2011.

We have made many improvements to the content of our newsletter as well. Woohoo!

Speaking of major events and milestones our club achieved, these would not come into reality if not for proper planning.

I have read an article from the January 2011 issue of Toastmasters magazine about 'Creating Your Bucket List' – to achieve dreams, it

is important to have goals and work towards achieving it. For this, you should ask yourself these simple questions:

1. Where do I want to go?
2. What do I want to achieve?
3. Who do I want to become?

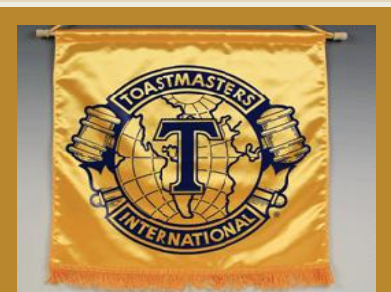
Pen down your goals and plan towards achieving them. Simple goals like I must score well in my studies, to visit Hong Kong next month or to finish up my Competent Communication manual once I join Toastmasters!

You then plan on how you want to achieve that goal, and start working towards it. Review your progress from time to time, and visualize how it is like when a goal is completed.

When you have achieved a goal, remember to celebrate!

Remember, a person usually never regrets when a risk they took have failed, but will regret more if they never try to take risks.

Steven Yong, CC
Editor



TARC Toastmasters Club
Area W2, Kuala Lumpur
Club No: 1759651

PRESIDENT'S MESSAGE



**Eric Low, TM
President**

**TARC
Toastmasters
Club**

After running our first meeting on the 24 November 2010, we have finally chartered on 11 April 2011, and install our enthusiastic executive committee members on 28 May 2011. Three historic dates marking a great beginning for our club.

Our Installation Ceremony received a grand reception from our school principal, Dr. Tan Chik Heok and the various board members. Our Principal has very high hopes to realize the college's dreams to set up a public speaking club after **sixteen long years**.

We also received immense support from distinguished Toastmasters from various clubs, eager to celebrate our club's birth.

It was indeed a rewarding moment when we witnessed our own Toastmaster members displaying honed speaking and organizational skills in the Ceremony. Since then, we have been improving from good to

great!

Our ultimate success was clearly seen when our Vice President of Education, CC Vincent Chow and I attended a Q&A session with Datuk Seri Dr Chua Soi Lek and the MCA party members. Vincent was pleasantly surprised when Tan Sri Dr. Fong Chan Onn recognized him as a Toastmaster!

We were also extremely delighted when four of our own Toastmasters won the recent CIMA Global Business Challenge's Malaysian finals at TAR College, when they won 1st runner-up placing and TM Steven Yong bagged the 'Best Presenter Award'.

Much has been said and much has been done. Only time can prove how much more we can soar as a baby club.

Therefore, I encourage you all out there to join TARC Toastmasters as your first stepping stone to personal achievement.

Soar with us and practice speaking and leadership skills at your own pace with support from our own fellow members.

At TARC, Toastmasters can really shine, excel and achieve greatness!

Toastmasters' Tips:

Practice 21 Times!

This is an inspiring technique shared by DTM K. Loghandran from Speakers' Dream TMC.

A fearful speaker is the one who is unprepared. By rehearsing your speech at least 21 times (or as many times when you think you are ready), you then get into the jive of presenting your speech to your audience, with very little effort in memorizing your speech!

Stage Time! Stage Time! Stage Time!

Nothing is better for a speaker than experience. By regularly practicing to give speeches, you become more comfortable presenting on stage, and it's a great way to overcome stage fright.

By practicing, you, and even your friends will see the dramatic improvements in the way you present.





TARC TOASTMASTERS' INSTALLATION CEREMONY 2011

"...And now let us welcome our President, TM Eric Low to give his Presidential Speech!"

This is how I as the Sergeant-at-Arms of the club, welcomed Eric to the podium.

In my way of describing his presidential speech, it was wholesome of awesome. He never fails to appreciate and convey thanks to our VIPs who attended our Installation Ceremony, and wished us luck as the first Executive Committee team for the term 2011/2012.

Just like our President, I too did not join TARC Toastmasters for the sake of improving the way I speak and present. I have a greater purpose that I believe, all of us too should be aware about.

Toastmasters is a wonderful place to make new friends and meet new people who are also goal-oriented just like us. Organizations in general are also great places to meet people, but I would personally say that the friendlier and supportive atmosphere of Toastmasters facilitates it even more.

I have met many people through Toastmasters, including those I might not have otherwise had the chance to meet had I buried my face into college

books for years.

One of the reasons I feel Toastmasters make it easier to meet people is because there is a strong emphasis on mutual support around you. It's too bad that this attitude is not ingrained in all our relationships, because Toastmasters help us to make a lot of new friends, not in Facebook but in real life.

I can't speak for all the clubs when I said this, but I have found Toastmasters to be a place that tries its best to make people feel welcomed and glad that they join a club that cares a lot for its own members.

Networking and contacts are important for an individual to be successful. No one here is born to be doctors or billionaires. It all comes when we learn the skills and knowledge necessary to achieve our dreams.

Of course, if you can't be a Datuk in real life, it's much easier to become one in Toastmasters... by doing speeches and leadership roles, and work your way towards the highest rank as "Distinguished Toastmaster!"

Written by,
TM Sarawannakkumaran ("The Funny Man")



(From clockwise):

TAR College Principal, Dr. Tan expressing his gratitude and best wishes to TARC Toastmasters Club; Division W Governor, DTM Vincent Hor officiating the Installation Ceremony; Toastmasters' members reciting the Toastmasters' Promise; TM Jonathan Lim giving his speech "No Entertainment, No Life"; TM Tan Zu Liang with his speech "Move It!"; and our special VVIP guests are entertained by the speakers.



Victorious!

TARC Toastmasters members (from left, bottom photo): TM Daryl Lim, CC Steven Yong, TM Chun Sam and TM Yoong Wai formed together their team called 'Team Horizon' and participated in CIMA Global Business Challenge 2011.



Congratulations to our Toastmasters members for representing TAR College to compete in CIMA Global Business Challenge 2011 and winning **1st runner up** position!

An even bigger congratulation goes to **Steven Yong, TM** for winning the **Best Presenter Award!**

The competition was held in TAR College, DKE Lecture Hall. Team Horizon competed against teams from Help University College, Universiti Malaya and Universiti Kebangsaan Malaysia.

In this competition, Team Horizon presented their business strategy to the judges who are directors and managers from a wide variety of businesses.

Prior to the competition, Team Horizon members were rigorously trained by our club mentor, ACG ALB Ng Lay Choo.

SPEECHCRAFT: PUBLIC SPEAKING WORKSHOP BY SPEAKERS' DREAM TOASTMASTERS' CLUB



Smiling is Just as Important as Speaking!

DTM K. Loghandran from Speakers' Dream Toastmasters Club teaching useful public speaking techniques to Speechcraft participants.

Our biggest appreciation to our mentoring club, **Speakers Dream Toastmasters' Club** for organizing a wonderful public speaking workshop called '**Speechcraft!**'

The workshop was held in M004 Tutorial Room on 25th June and 2nd July 2011. There were 16 participants including TARC Toastmasters and non-Toastmasters members, wanting to learn good tips on controlling nervousness and gearing up for public speaking.

The trainers from Speakers' Dream – K. Loghandran, Ong Siew Chien, Ng Lay Choo, Chow Mun Yuen, Koh Teck Lee, Mok Soo Pon, Darcy Steinhardt (all from Speakers' Dream TMC) & past Division W Governor Vincent Hor shared their experiences as public speakers and coached workshop participants on how to give a speech.

A VISIT TO SMK CONFUCIUS' GAVEL TOASTMASTERS MEETING



An enriching experience:

Our member, TM Sarawanakkumaran presenting his CC No. 3 speech as a test speaker. On his right (bottom photo) is Cheong Kuok Sum from TTDI Toastmasters' Club.

It was certainly an eye-opening moment as TM Sarawanakkumaran was invited to **SMK Confucian's Gavel Toastmasters' Meeting** on Saturday, 14 May 2011 as he volunteered to be a test speaker in front of very young Toastmasters' members who are 17 years old and lesser.

His speech was evaluated by ALB Kuok Sum, who is also the club mentor for SMK Confucian. Accompanying both of them was CC Eu Choi San from Premier Advanced TMC.

Gavel Toastmasters Clubs are open to all secondary school students aged 18 years and below, and give them the opportunity to practice public speaking as part of their co-curricular activities.

Recently, the Ministry of Education (MOE) has given a warm approval to District 51 Toastmasters to spread the chartering of clubs to schools all over Malaysia. More and more teachers are receptive to bring the benefits of public speaking to their schools.

The Ministry strongly supported that to change the rigid exam-oriented school syllabus and expose students to speaking, listening, teamwork & mentoring.

TOASTMASTERS' HUMOROUS CONTEST & SPEECH EVALUATION CONTEST



Fellow Toastmasters! Are you ready for the long-awaited **Humorous Contest and Speech Evaluation Contests?**

Toastmasters from clubs all over Malaysia will be competing to become the funniest speaker ever! The best evaluator to give the wisest feedback will also grab home with a coveted award!

The dates for Area W's Contests dates are as follows (TARC is in Area W2) :-

- Area W1** – 5th September 2011
- Area W2** – 12th September 2011
- Area W3** – 18th August 2011
- Area W4** – 10th September 2011
- Area W5** – 20th August 2011

BEING A TOASTMASTER

By Ming-See Michele Chang, TM



Michele Chang, TM received a commemorative trophy from Speakers' Dream president, Lawrence Hoo, ACS for her CC No. 1 Icebreaker speech – "ABC ~ American Born Chinese"

My journey as a Toastmaster began in July 2010.

It all started when my friend, Vincent Chow (our Vice President of Education in TARC TMC) invited me to attend a Toastmasters meeting at his home club – Speakers' Dream Toastmasters Club. Then, there I was, sitting at the meeting for 2 hours.

2 hours may seem long if it was like a lecture, but to me, it wasn't like that at all. It was a fun and enjoyable session where I get to see people giving their speeches and members poking fun at each other, not forgetting some feedback from other members who evaluated their speeches.

In that short 2 hours session, members shared their personal experiences which closely relate to mine, learned new words and made note of grammatical mistakes made throughout the meeting. I was drop-down impressed! On my third visit to the Toastmasters' meeting, I had finally made up my mind to be part of this huge learning family.

Fast forward one year, and here I am, still a Toastmaster, and will always be one forever. It was definitely quite a ride even just after one year.

I have met so many new friends, and I must add that they are all very motivating people. One thing to mention about Toastmasters is that all of us are a bunch of hungry souls waiting to be motivated. We crave to improve ourselves by admitting our

own weaknesses and overcoming "topophobia" (the fear of stage fright). In Toastmasters, we are given ample opportunities to speak up; where else can you find a meeting where everyone is given a chance to speak?

I was even 'rewarded' to become Toastmaster of the Day during TARC-TMC's Installation Ceremony. I was never an emcee in my life, so you can imagine how nerve-wrecking that was for me, and I had some doubts on playing that role.

Well, thanks to the encouragements from my own club members, I've managed to pull through that role, and the biggest achievement was that I even received some praises from guests.

It definitely gave me a boost in my confidence; at least I knew that I did alright. After a year, this is still just a beginning of a great journey and I believe that I will improve even more in the future as a Toastmaster, and achieve more with my fellow club members too.

There is a quote from William Shakespeare that I would like to share:-

**"Be not afraid of greatness.
Some are born great,
Some achieve greatness,
And some have greatness thrust upon them."**

So if you think you are not good enough in public speaking or you lack the skills to be a leader of your own, are you ready to take up that challenge and be greater than what you are now?

Who knows? Toastmasters might just be your road to greatness!



I just love to make everyone else around me laugh!

MELT THE ICE OR JUST BREAK IT?

By Ng Lay Choo, ACG, ALB

*Experience is the best teacher.
Mistakes are your greatest lessons.*

Some said public speaking is more frightening than death itself. What does that mean? Some prefer to die in a coffin rather than communicating with the audience!

The irony is, they are all in your mind, because the more you are on the stage, the more frequent you practice speaking, the less frightening it becomes. Your 'butterflies' that you have unconsciously created in your tummy just disappears over time. As the saying goes 'Experience is the best teacher. Mistakes are your greatest lessons.'

As new members in the Toastmaster's journey, you have the chance to overcome the 'fear'. Start by introducing yourself. As an ex-avid 'clubber' I have witnessed numerous ice breaker (but still not enough) speeches that were sometimes colorful, awe-inspiring and mediocre. But in the journey of Toastmasters, we will give you the deserving standing ovation (regardless of anyone's opinion). This is the only avenue where we encourage you to take the bull by the horns (which should be more frightful than the stage!).

This is my two pence worth of sharing if you are new and do not know what to say about yourself. Start off with asking yourself the following:

(a) What is in your name? (Parents painstakingly choose our name that normally carries some meaning and like in any name it tells a story. My name Lay Choo that stands for beautiful

pearl (well formally before its meaning has changed now) and what is yours?

(b) If you have some interesting incident to share during your studies why not share them in this avenue. The light or not so light moment shall encourage you to speak more confidently. My inspiring story during my school days was at primary 3 where my English teacher encouraged me to speak and read extensively. I never looked back since, as English has opened my horizon!

(c) How would you like to be remembered? If you recall as new member you have sworn to attend meeting regularly. So make full use of this forum to share YOU and nothing but you. It gives you the chance to shine!

Remember, above all, take on the stage with zest and start drooling oops, I mean sharing. Breaking or melting the ice? It is entirely your choice and what better way to do it than in toastmasters where we can make mistake, have fun and continue to be better. So if you have not started your project speech 1 on ice breaker, ask yourself WHY?



Icebreaker – The first maiden speech in which one day you will look back and say to yourself "Wow, I have improved this much!"

DARREN LACROIX'S TOUCHDOWN IN MALAYSIA

By Vincent Chow, CC



Darren LaCroix, professional speaking coach from America

The 2001 World Champion of Public Speaking, Darren admits he was born "without a funny bone in his body".

However, he possessed the desire to learn and willingness to fail, necessary to achieve his dream.

Today, he shares very essential topics on public speaking and he is a great comedian too. You can surf his website "darrenlacroix.com".

Tip No. 2 – "Ladies & gentlemen, good morning..."

A common and boring starting to every speech. It's not your fault; our schools taught us to speak this way since young! Start off with a powerful and memorable statement like a story, or a quote.

Set up an opening for what your audience wants to think, feel or imagine.

Tip No. 3 – My speech title "3 Lessons of... Boredom"

Never reveal to your audience the content to your speech through your title. Remember, it's all about connecting with your listeners – your title is the starting point of impression. Instead of 'The Three Lessons I Learnt', change it to 'How I Fail and Went Back up Again'. That's a better twist to your title, leaving your audience curious and question what you want to say.

Tip No. 4 – Immersing Your Listeners into the Story

Tap into the audience's world and transfer them to your story. Your story should be personal, authentic and also gives an aspiration.

It doesn't matter what you say, it matters what your audience sees when you say it. I loved to teach these mnemonics – VAKS. Use visual, auditory, kinetic and smell descriptions. It matters THAT you are PICTURING!

Tip No. 5 – Avoid Narrating Your Story

Use dialogue instead of monologue. You become your own character, and not narrating what the character is doing. Act it out! Also, avoid points 1, 2, 3. Your job is to take your audience along with your story.

Also, don't plan out your gestures. Being expressive is much different than memorizing your robotic gestures.

Tip No. 6 – Four Questions You Should Ask Yourself before Giving a Speech

1. What is my intent?
2. Am I present?
3. Will I have fun?
4. How will I give my presentation if I knew this is my last one ever?

On Tuesday, 24th May 2011, Darren LaCroix led a long but fruitful public speaking workshop session in Italy before boarding a quick flight to Malaysia. Very eager fans of Darren LaCroix, mostly Toastmasters themselves including a few of us from TARC TMC, patiently waited as Darren made it in time for his next workshop "**Own the Stage**" at the Bankers' Club in Amoda Building, Kuala Lumpur.

He went in without any obvious signs of fatigue, and everyone in the hall stood up applauding even before he started speaking!

Darren started off by telling us that to be a champion of anything; you have to think the way champions think, and to create the habits that will carry you to the top.

Tip No. 1 – Connecting with your Audience

Have you realized that your audience judges you in the first 30 seconds when you speak? Most speakers fell into the trap for not connecting their speech to the audience – they loved talking about themselves but never interact with the audience, their most important listeners!

It is crucial to connect before we can educate or entertain. Telling good, original stories is a great example, because you know what the audience wants – they love stories.

Saying 'You' instead of 'ME' establishes that connection!

**TAR College
Toastmasters Club
(2nd & 4th Saturdays)**

M001 Tutorial Room
(School of Technology)
TAR College
Time: 9AM to 11AM



TARC – Toastmasters Are Really Cool!

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**PUBLIC SPEAKING
QUOTES:**

There are always 3 speeches: - The one you practiced, the one you gave, and the one you wish you gave.
~Dale Carnegie

Be sincere, be brief, be seated.
~Franklin Roosevelt

**DISTINGUISHED CLUB PROGRAM REPORT 2011/2012
TARC Toastmasters Club (No. 1759651)**

District: 51 Division: W Area: 2

**Membership Base: 20
Membership to Date: 24**

	Goal	Actual	Achieved
[1] CC	2	0	
[2] Additional CCs	2	0	
[3] AC	1	0	
[4] Additional ACs	1	0	
[5] CC, AL or DTM	1	0	
[6] Additional CCs, ALs or DTMs	1	0	
[7] New Members	4	2	
[8] Additional New Members	4	0	
[9] Officers Trained (both required)			
June-August	4	0	
And December - February	4	0	
[10] Submitted on Time (both required)			
October or April Renewal	1	0	
and Officer List	1	0	
Total Goals Achieved to Date			0



President's Distinguished Club

Achievable for
TARC Toastmasters
as a baby club
in our charter year?

Possible!

Meeting Dates (2011 & 2012):

Jul – 16 & 30 (21st, Division W's TLI @ TARC)
Aug – No meetings due to exams
Sept – 17 & 24
Oct – 8 & 22
Nov – 12 & 26
Dec – 24
Jan 2012 – 14 & 28

Important!

Meeting dates will be subjected to change due to examinations and other unforeseen circumstances. Always check our Facebook page and Blog for new updates on meeting dates.