



China Capital Toastmasters Club

Newsletter
Quarter1, 2011

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Message from the President

What are you expecting to get from CCTMC?

We all know, it's public speaking and leadership skills, But what else?



We have Members from different countries around the world, different places within China, just by listening to their speech, we can share the thought of various cultural background, and we travel the world with toastmasters by following their words. Different occupations and life experience, listen to toastmasters' speeches, we imagine and experience a whole world of others; it gives us the ability to look at any situations from a different point of view. And then we will have the power inside us to face such difficulties.

Sometimes, we may wonder why some members are continuously make progress? You will find out, he/she is actively taking the roles and delivering speeches. You may learn the skills of “study”, after all, Toastmasters Club is a place teach you how to fish, but not giving you fish, put in Chinese in this way, the different between “授之以渔” and “授之以鱼”. After a whole day work, no mater how exhausted you are, Toastmasters Club is also a place offers your comfort and laughter, a place of friendship.

What are you expecting to get form CCTMC? You may hold totally different opinions of the question; because it's also a place allow different thoughts, we in support of diversity. But I firmly believe in one thing, CCTMC may lead us to explore the past and the future and what we achieve inwardly will change outer reality.

Cathy Li

About CCTMC

China Capital Toastmasters Club is one of the oldest and most revered Toastmasters clubs in Beijing. We meet every Thursday between 7pm and 9pm in the Zhaolong Hotel training room. Out motto is: Speaking, learning, leading.

Please visit www.cctmc.org for more details, or write to tm@cctmc.org.

About Toastmasters International

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

New Members Welcome!

Alex Sun

Hi, This is Alex. I am a student from Beijing University of Chemical Technology. Now I am in my senior year, but I have to work for my master's degree for another 3 years.

I am a pure boy from Zhejiang and I am allergic to alcohol. Maybe next time when you celebrate, I will drink bottles of Cola as my company. Aha, I can play a little Hulusi, hope to share that with you. Very glad to be a member of CCTMC, since several times ago, I was inevitably attracted by this mutually supportive atmosphere of promotion, and I can sense warm hands caressing my soul.

Besides that, I also work for the organization and maintenance of a new club in my university called CTMC under the guidance of CCTMC and its experienced members. Hope more and more people now this fantastic club!



Daniel Rath



My name is Daniel and I'm from Sydney, Australia, where I have worked for many years developing strategic policies for a state government. I came to Beijing to do something different and I now find myself working at a kindergarten with small children - very different!

I've been a member of several Toastmasters clubs over the last 10 years in Sydney and originally joined because I am often called upon to do speeches at work and for weddings, so I wanted to improve my performance. In particular, overcoming the butterflies in the stomach! My hobbies include rugby union, permaculture, playing the stockmarket and photography.

New Members Welcome!

Ann Lee

Hi!!!!

My name is Ann and I was graduated two years ago from BISTU, majored in Human Resource Management.

I enjoyed my college life but four years are definitely too long for college. Now I'm working for BH Camps and specifically doing BH Camp Counselors recruitment and training. It was nice to know CCTMC and finally become a member of it. It really helped me when I was delivering our training.

There're too much things to do and I always wish there were 25 hours a day! Hiking, traveling, movie, piano and food are my top five favorites. Hope I could be your friend, talk to you later.



Frederick Hale

I came to Beijing in 2009 as a professor at Tsinghua University. I teach mainly English literature, but for a long time I have also been involved in other subjects, including history, religious studies, and psychology.

Teaching is part of my calling, and I care deeply about my students, but much of my time also goes to writing books and articles in various subjects. I have lived in Norway, Sweden, the UK, South Africa, the USA, and Germany. Some of my interests are music, humor, international travel, and physical fitness.

It is always a joy to speak with other people, especially across cultural lines. I can speak and/or read several European languages but unfortunately very little of any Asian or African language.

New Members Welcome!

Waves Zhang

My name is Waves, you can call me "为我死", Wave, 喂, .etc, as long as for your convenience.

I come from Tangshan, a beautiful city of Hebei province, and an environmental unfriendly city as a heavy industry base of Hebei province.

Right now I am working in Alcatel Lucent, a telecommunication company focusing on the wireless communication products and solutions, which is the son of the original Alcatel and Lucent.

In my spare time, I do have a bunch of hobbies like playing badminton, soccer, yelling in KTV and 侃大山 with friends.

In terms of the the characteristic, everyone will tell me that I am so slender in the first sight. Probably due to my thick skin, the fat can not find enough room to grow.

Up to now in our club, there is someone looks like Mr. Bean, someone looks like Brack Obama; now plus me, who looks like an vampire that is thin enough but not beautiful.

The reason that I want to join Toastmasters is that I want to be a Toast Monster, to learn more and to make more friends. Moreover, in CCTMC, we can achieve our goals more efficiently and effectively. Just like Nathan mentioned, do more speeches and be a man!

Last buy not least, I am so glad to be a CCTMCer ultimately, just like an orphan who had found the long separating family, a dying traveler in the desert who had found the oasis and a tadpole who had found relational frog through a long way.

You and me, frog and tadpole, we are family!



Events

CCTMC Spring Outing



CCTMC, every Thursday!



Louis Taiji Play

VS



Luca Kongfu Play



Frieda's sushi



Kathleen's fish(hairtail)



Luca's pasta

Events

CCTMC Promo Video Shooting



Being an “actor” is not easy~
We remade it again and again~
However, it’s so happy to shoot
CCTMC Promo Video !



The Division B contest is coming

April 23, 2:00 PM, in Beijing Motorola Campus, Wang Jing (Room 0110)

It's our Great Honor that all the winners are from our club, they are:

International Speech: **Yann and Max Zhou**

Table Topic Speech: **Olivier Ruelle and Nathan Zhang**

Mandarin speech showcase: **Louis Liu and Aaron Zhang**



Xia Men

Toastmasters Value

The aim of Toastmasters is to help its members become better public speakers and leaders. But what practical value do the skills learned at Toastmasters have in the lives of its members. We asked long-time CCTMC member **Sally Li** for her views.

How long have you been a member?

4 years

What is your job? Does Toastmasters influence in your career?

I am a professional soft-skill trainer now. CCTMC certainly influenced me in my career change. It's the members and the joy and inspiration i got from the club gave me the guts and confidence in making the big decision.

How has Toastmasters helped you in your professional life?

It all started when some of the toastmasters members mistakenly and naturally thought my profession was a TRAINER when i told them i was a TRADER (i was in import and export before) and they think i can make a good trainer. Then i began to think again about what i really enjoy doing, why not be a trainer?! And I did make it happen.

How has Toastmasters helped you in your personal life?

Toastmasters gave me many true friends whom i can share my life with. Going to club meetings and seeing them make me happy! I also brought my husband to the Toastmasters family. Our hearts got closer because of the one more thing that we both enjoy and love, that is Toastmasters!

What do you most get out of being a Toastmasters member?

Confidence!

Do you remember your icebreaker? How have you improved since then?

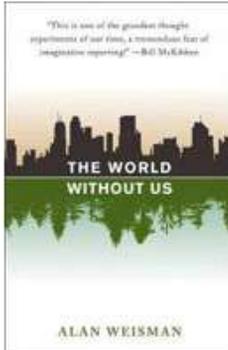
The title of my icebreaker is My Childhood Memory. Now I have become more confident and natural on the stage. When i just started on my toastmasters journey i was more nervous before getting on the stage, now i feel excited to do that.

Others you're interested in

I would like to tell the fellow toastmasters members who haven't felt much change after joining: Keep Going to the Meetings! change will happen sooner or later!



Books Recommended



The World Without Us

Author: Alan Weisman

List Price: \$24.95

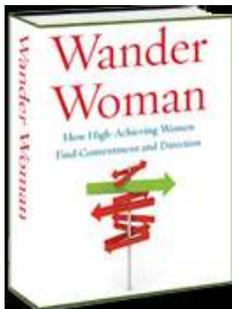
Pages: 336

Publisher: Thomas Dunne Books

Brief: This is a book based on a fascinating premise and written with knowledge, intrigue and skill.

<http://www.getabstract.com/zh/summary/14294/wander-woman.html><http://www.amazon.cn/The-World-Without-Us-Alan-Weisman/dp/0312427905>

Recommended by: Olivier Ruelle



Wander Woman

How High-Achieving Women Find Contentment and Direction

by Marcia Reynolds

Berrett-Koehler, 2010

ISBN: 9781605093512

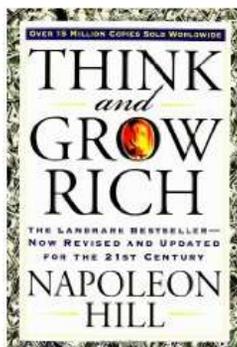
Pages: 192

Category: [Career & Self-Development](#)

<http://www.getabstract.com/zh/summary/14294/wander-woman.html>

<http://wanderwomanbook.com/>

Recommended by: Sally Li



Think and Grow Rich

by Napoleon Hill, Arthur Pell

Publisher: Tarcher

ISBN: 1585424331

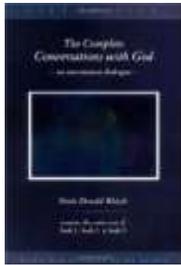
Pages: 320

Category: [Success & Self-Development](#)

http://www.amazon.cn/Think-and-Grow-Rich-The-Landmark-Bestseller-Now-Revised-and-Updated-for-the-21st-Century-Napoleon-Hill/dp/1585424331/ref=sr_1_3?ie=UTF8&qid=1302008763&sr=8-3

Recommended by: Louis Liu

Books Recommended



The Complete Conversations with God

by Neale Donald Walsch

Publisher: Putnam Adult

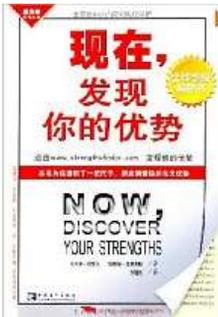
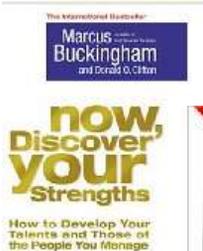
ISBN: 0399153292

Pages: 752

Category: [Belief & Religion & Humanity](#)

http://www.amazon.cn/s?_encoding=UTF8&search-alias=books&field-keywords=The%20Complete%20Conversations%20with%20God

Recommended by: Abby Liu



Now, Discover Your Strengths: How to Develop Your Talents and Those of the People You Manage

by Marcus Buckingham

Publisher: Simon & Schuster Ltd

ISBN: 0399153292

Pages: 272

Category: [Self development](#)

http://www.amazon.cn/s?_encoding=UTF8&search-alias=books&field-keywords=The%20Complete%20Conversations%20with%20God#/ref=nb_sb_ss_i_0_26?_mk_zh_CN=%E4%BA%9A%E9%A9%AC%E9%80%8A%E7%BD%91%E7%AB%99&url=search-alias%3Dstripbooks&field-keywords=now+discover+your+strength&prefix=now+discover+your+strength&rh=n%3A658390051%2Ck%3Anow+discover+your+strength

Recommended by: Elaine Luo