

Speakers Corner

NEWSLETTER OF VIENNA SPEAKERS CLUB 01174718



VSC represented at BeSt: Andrea Lichtenecker (nee Lapitza), President Martha Auer, and Harald Mattenberger (left to right).

From BeSt to membership

The BeSt 2011 – fair for job, studies and education – served as platform for the three Vienna Toastmasters Clubs with the goal of spreading the message of Toastmasters to an audience looking for personal improvement.

How did we go about it? Each club had one full day for its individual promotion. A flyer providing facts on all three clubs, a press kit and our newsletter were the basic elements about Vienna Toastmasters. Our small booth was located in the section of adult education; we did sell the idea of Toastmasters not only to visitors, but also to exhibiting organizations.

Despite all the printed information the crucial point was to talk to people. By speaking about personal experiences at Toastmasters and answering questions one can you kindle interest.

President's Column

**MARTHA AUER,
TM**



Usually Toastmasters are so enthusiastic that they tell family, friends and colleagues about this possibility to grow in a supportive environment.

It is quite a new experience to sell Toastmasters at a fair and we will see in a few months time, how the seeds planted are going to prosper and develop into membership.

In the course of preparation, I was thoroughly searching the toastmasters.org website, and realized what a tremendous source of information this is. Please use it also as your information tool, if you have any question concerning a Toastmasters topic.

MARCH 2011



Our Club Meetings:

Second and fourth Tuesday at 7 p.m. (sharp) at Hotel Biedermeier, Landstraße-Hauptstraße 28, 1030 Vienna, Telephone 716-710.
Dinner (optional) 8 pm to 9 pm.

Executive Committee

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TM Clubs in Vienna:

Vienna Toastmasters Club: Meets every first and third Tuesday, 7 pm. at Hotel Biedermeier.
www.viennatoastmasters.at

Wiener Toastmasters Rhetorik Klub (in German): Meets every first and third Wednesday, 7 pm, at Wipplinger Gasse 13



Newsletter Editor: Rolf F. Rehe
(rehe@rehedesign.com) with correspondents in Singapore, Lyon, Bangalore/India, Tolyo, and Kaisermühlen.

For more information about our club: info@viennaspeakers.at

Praise or criticism – the mixture counts

One of the goals of Toastmasters is to provide members with meaningful evaluations and suggestions for improvement. At the same time, reinforcement is an important aspect.

But how much criticism and how much reinforcement is appropriate? The answer is, 'it depends'.

Often speech evaluations focus on praise. That strokes the speaker's ego, but doesn't provide much help for improvement. Honest – and kind – constructive criticism is what speakers need and warrant.

Novice members usually benefit from a greater portion of praise

Editor's Column

**ROLF F. REHE,
ACS**



– until they are more experienced. Long-time members expect more constructive criticism and should receive it.

It is a delicate balance and requires sensitive judgement. Both positive and critical appraisal are desirable.

N.B. Remember this is your Newsletter. It needs your contributions, that is, articles, photos, or ideas. Special thanks to Megan Castek and Moritz Fromwald for their articles.



It is almost a normal occurrence that we may welcome guests at our regular meetings. Many of them later join our club. Above, members and guests enjoy the March meeting.



The Vienna Toastmaster Clubs are part of the Toastmasters International network, which has over 10,500 clubs and more than 200,000 members in countries all over the globe. Toastmasters Clubs exist to empower their members to achieve full potential, both professionally and personally. We strive for continuous improvement in our communication and leadership skills, thereby empowering our members to embrace dynamic changes and giving them the courage to be successful leaders.

For the Record:

Our meeting of March 8, 2011:

Toastmaster:

Christian Halter-Koch

Table Topics Master:

Martha Auer

General Evaluator:

Hans Langer

Best Table Topics Speaker:

Megan Castek

Best Speaker:

Megan Castek

Best Evaluator:

Moritz Fromwald

Phrase of the evening:

"ommission" (noun):

Something that has been left out or excluded



Welcome aboard!

It was a pleasure to welcome these guests at recent meetings:
Stephanie Adamon
Marina Meier
Sophia Iluchina

We hope to see you soon again at our meetings – and maybe even welcome you as a new member!

Important dates

Spring Conference Saturday, April 9, in Budapest.
(More info to come.)



Visit our sister club, Vienna Toastmasters on the first and third Tuesday each month.

My first contest as rookie Toastmaster

Bratislava is not too far from Vienna, so why not find out about other Toastmasters. The invitation to the II. informal CEE Speech contest arrived. It did not take me long to decide to join.

The excitement started a week ahead. I had forgotten to prepare a speech. However, it wasn't too hard to find a topic.

Before the contest, I was able to observe the activities required to organize such an event. The most interesting role was taken by the chief judge. The contest was informal, but Ramesh Prasanth made sure formalities of an official contest were adhered to. Filling out the forms triggered my nervousness. What is it that I am trying to say?

The knock of the gravel blew away the clouds in my head. I was relieved, seeing the contest master as a first-timer, too. I wasn't alone being a rookie. The Table Topics contestants had excitement written on their faces and dropped their head after hearing the question.

After a break, Kubo Grznarik got on stage and "tried to be funny",

Guest's Column

MORITZ FROMWALD, TM



the title of his speech. As target speaker for the evaluation contest, he provided a challenging task. The strong and weak points showed the aspects observed in a speech.

For the contest participants drew a number to determine the order. Since I was first, I jumped right into it. Most important was checking for my opening sentence. It gave me confidence for my start and helped to connect with the audience. Jumping off and on the stage and seeing response and laughter from the audience made me feel like floating through my speech.

Contestants of all three events were eager to learn about the results. A lot of happy faces showed the success of the meeting. For the winners or a video summary, visit <http://www.toastmasters.sk/>

Notable phrases in English

hit the bullseye

Definition: to be exactly right or precise

German translation: ins Schwarze treffen, den Nagel auf den Kopf treffen

we are unanimous

we are all in complete agreement

German translation: einstimmig

A king has to learn speech making

One reason people join Toastmasters is to overcome their fear of public speaking; another is learning the techniques of addressing an audience.

It is a challenge that even a king may be confronted with. The Oscar-winning film 'The King's Speech' is a moving tale about a British king who, unfortunately, stammers. Based on a real story it shows how he overcomes his affliction with the strong help of a colorful but dedicated speech coach. Recommended!

Come and join our VSC theater group

Vienna is home of the acclaimed Vienna English Theatre. Why not enjoy a visit to one of their fine plays in the company of other TM friends?

More about the theater and its program can be found at: www.englishtheatre.at/

After we agree on a date for the visit to the theatre (usually it's a Saturday) we meet there and after enjoying the play together, we retreat to one of the restaurants or bars nearby for a post-evaluation of the event.

More information is available from Martha Auer or from Rolf F. Rehe.

Informal Toastmasters CEE Speech Contest



They were all winners! Shown are the brave participants of the Table Topics competition. Why are they smiling? The photo was taken after they all had spoken...The occasion was the CEE Speech Contest held in Bratislava on February 26: Several VSC members participated.



President Martha Auer welcomes guests: Stephanie Adamon, Marina Meier, and Sophia Iluchina (from left to right).



A hearty welcome to Angelika Trochimiak, our newest member.



Megan Castek and props. Next stop Hollywood?

Scenes from our recent meetings

Our regular meeting of March 8 just happened to fall on Faschings Tuesday (Carnival).

But it was also a special day for another reason.

Did you notice all photos on this page feature women? March 8 was Women's Day and the VSC Newsletter salutes all our women members and guests!



Renara Dorner spoke on how to accept an award.

Guest's Column

MEGAN
CASTEK, TM



How I came to join Toastmasters

Eight years ago, I sat at a large conference table at a local college. There were some 25 other people at the table. People I didn't know, well dressed professionals, and I was the next to be introduced as the new communications instructor.

I was extremely nervous and was leaning forward against the table, trying to relax my hands, trying to breathe deeply. When out of the corner of my eye, I noticed something strange happening to my glass of water. The water in my glass was vibrating...rhythmically.

I was perplexed. I was confused. What was going on? Was a series of small earthquakes rocking my water glass? It was worse than that. Much worse!

Remember, I was nervous and leaning against the table's edge... at about chest level. And my heart was beating so hard that it was actually moving the heavy table and causing my water to vibrate with every beat.

Then it was my turn, and I stood up and spoke. I have no idea what I said. But when I finished the others were nodding and smiling normally, which would suggest I didn't say anything too upsetting or bizarre.

After I calmed down, I realized that I needed to practice speaking in front of groups. In front of varied and changing groups of adults who would tell me what they heard and saw and give honest, diplomatic feedback.

Toastmasters was the answer. It was the perfect, safe place to practice, experiment and improve. Joining our club was one of the best personal and professional decisions I've made. At Toastmasters I finally got control of my fear!