

Summer Edition

VSC Issue  
**07**  
May • June



# Vienna Speakers Corner

Enjoy the Summer.

Photo © Yiping Lim(Flickr)



**Toastmasters Conferences**



**Ice Breaker**



**Club Business**



**Achievements**



# Vienna Speakers Corner

Become the Speaker And Leader You Want to Be.

VSC Issue

07

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## WANT TO CONTRIBUTE?

Simply write an email to  
[info@viennaspeakers.at](mailto:info@viennaspeakers.at)

## WORD OF THE DAY

- change
- nature
- proactive
- brainchild
- paraplegic

## GUESTS MAY 11th

Shawn Everett  
Moritz Fromwald  
Gabriele Mayer

## GUESTS MAY 25th

Moritz Fromwald

## GUESTS JUNE 22th

Jacqueline Csokai  
Katharina Milosovicova

## WEB

**Vienna Speakers Club**  
[www.viennaspeakers.at](http://www.viennaspeakers.at)

**Toastmasters Austria**  
[www.toastmasters.at](http://www.toastmasters.at)

**Toastmasters International**  
[www.toastmasters.org](http://www.toastmasters.org)

**Speakers Bureau Austria**  
[www.speakersbureau.at](http://www.speakersbureau.at)

## WE MEET

2nd + 4th Tuesday every month  
starting at 6:45 pm until 10pm

Hotel Mercure Biedermeier  
Landstraßer Hauptstraße 28  
1030 Vienna

Phone: +43 664 20 80 233  
Mail: [info@viennaspeakers.at](mailto:info@viennaspeakers.at)  
Web: [www.viennaspeakers.at](http://www.viennaspeakers.at)

## Word from the Editor

Dear Toastmasters,  
Dear Friends of Toastmasters,

it's summer again, which means out with the old and in with the new. A new and committed Executive Team will lead us into the next Toastmasters season, building on the strong foundation of our young and healthy club (page 9).

I'm looking very much forward to reading next year's newsletter, which will be created by Rolf, our new VP of Public Relations.

This year was an incredible journey.

Thanks to all of you. You all have participated in our dynamic club life. You have given entertaining speeches and insightful evaluations that inspired me to create the newsletter the way it is.

You also contributed a lot to the newsletter. Thank you for sending photos, writing great articles and personal reviews about conferences. You helped creating a newsletter that is very personal, touching and interesting to read.

So I've had a look through all the newsletter editions of this season and put together a short list of the most interesting headlines:

**Suit yourself.**

**Say Cheese!**

**Meet Dagobert**

**Live from Hong Kong**

**A Trip to Bratislava.**

**Ready, set, go!**

**Busi-ness Eng-lish**

**Easy as 1-2-3**

**It's smile time.**

**And the DTM goes to...**

**Get Together**

**Club Life**

Have fun looking through old issues of the newsletter which have fantastic articles written by our members.

This newsletter is also packed with articles and reviews about past conferences, personal experiences, stories, achievements and a poem.

I also want to thank Andrea for being an inspiring and energizing president by motivating members and guests alike.

It was a fun ride and I'm sure next season will be even better.  
Enjoy the summer!

Best regards,  
Jakob Denk

# SPEECH

## Ice Breaker

**By Christoph Martin.** Toastmasters had a lasting impact on the way I prepare, design and deliver every presentation. How Toastmasters helped me break the ice and improved my speaking and leadership skills.

“Does the audience notice that I am nervous? Do I speak clearly enough? I hope they agree with my opinions.” These and other thoughts went through my mind when I was giving a final presentation in one of my classes back in 2009.

This presentation was horrible, as I was too afraid of saying something wrong and not able to concentrate on the content. However, thanks to this presentation, I noticed that I had to develop my presentation skills.

Consequently, I searched for clubs and seminars that focused on improving this type of skill. Eventually, I hit upon Toastmasters International through an entry on Steve Pavlina’s homepage, for which I immediately applied. Since then, the fertile ground that this club provided helped me a lot in various areas.

First and foremost, it really helped me to become more relaxed and focused during my presentation at the

university. By being able to practice giving presentations in front of the Toastmasters community, I quickly understood I have to focus on the content and the way of conducting myself in front of an audience.

After a presentation at the university in November last year, I noticed that I was able to concentrate and convey my key points, which was confirmed by the positive feedback I obtained after the presentations. Although I had and still have a long way to go in becoming a seasoned public speaker, I was very glad to be taking the first steps in become one.

Second, I also attribute my proactive behavior in classes to Toastmasters International, particularly the Table Topic sessions.

The high degree of uncertainty to which I was exposed in these sessions allowed me to make myself more familiar to ambiguity, which represents one major point in class

discussions. Third, after a couple of Toastmasters’ sessions, I also improved the way I handle challenging situations at the workplace. By working at the student office, I had to cope with a lot of complaints from students, some of whom were at times very upfront in announcing their complaints. However, because I could use the same skill set that I applied to presentation, I was able to cope with these complaints much more effectively.

Looking back on the presentation given in 2009 and noticing the invaluable presentation skills that I obtained through plenty of Toastmasters International sessions, it is now time for me to give something back to this club. For this reason, I am looking forward to taking over responsibility for organizing club meetings, so that they will continue to be as successful as they have been up to now.

-- Christoph Martin



# Area Conference

By **Travis Pittman**. I had the pleasure of visiting this year's Area D1 Conference. The conference was originally to be held in Budapest, however there was a last minute change to Vienna.

Although the venue change was last minute, this was not reflected in the organisation and flow of the day's activities... The conference organiser Christian Beaver excelled in putting together an exciting programme backed up by an efficient Contest and Judging team.

There was a good audience in attendance... close to 40 people if I remember correctly. Gretchen Meddaugh from the Budapest club was the keynote speaker who was a pleasure to listen to, as it was a brilliant speech to kickstart the day with good vibes and energy. Her points about Toastmasters being a 'Public Listening Club' rather than just being a 'Public Speaking Club' was extremely well presented - especially given the fact that one of the contests of the day was the Evaluation contest. Competing in the Evaluation was a new experience for me and one I'm very glad I did... Irmgard gave a fantastic target speech about Communities (she was very brave to volunteer to have 7 people give her feedback on her speech). I

felt the standard of the evaluations was extremely high... which is why I was surprised to have been awarded 2nd place behind Irish John from Club 551.

Another Budapest member, Hans Peterson led an exciting and interactive Workshop called 'How to best use your voice'. Hans-Peterson is a professional voiceover actor (you can tell instantly when you hear his deep clear voice, that it's made for radio!). I think everyone enjoyed the session as much as I did, especially that we not only learnt about what a professional voiceover actor does... but also got to stand up and do all kinds of stretching and moving of our head, neck and tongues!

The International Speech Contest was very enjoyable - all speeches were varied and also of high quality. Imre's speech about W. Mitchell's philosophy of "It's Not What Happens to You, It's What You Do About It" was very emotional and inspiring and took out 1st place in the contest. Daniel from

the Ernst & Young club in Budapest came a commendable 2nd place talking about what he'd do with one million dollars.

In the last session of the day, Imre (Club 551) held an extremely interesting workshop on 'Success and Happiness' talking about his 1st hand experience of listening to one of Victor Frankl's extraordinary speeches. I'll be honest, being from Australia, I had never heard of Victor Frankl before, so it was especially interesting to learn a bit more about this amazing man and the lessons he taught during his extraordinary life.

Overall, I found the Area Conference to be a great experience and one I would recommend to others who have never been before. Yes it was a Saturday (and the sun was half shining), but the self-development through competing and participating, as well as networking during the sessions with fellow Toastmasters from different parts of Europe was all worth it I say...

-- Travis Pittman

# Division Conference

**By Irmgard Kravogel.** It was somehow exciting to climb the stairs to the conference room of the Hilton Plaza Hotel. My first Division Conference of Toastmasters. What is it going to be like? Which kind of people am I going to meet?

Quite contrary to my usual habits I arrived very early. The conference room was full of rows of chairs but empty of people except for 3 persons in business suits and costumes getting prepared for their presentation. „This is different“, I thought „Not the usual casual ambiance but businesslike efficiency“. Still, the greeting was warm and friendly.

I met Morag Mathieson and Benjamin Brühl, both Executive Committee members of District 59, who had arrived from Berlin. Morag - who was awarded District Outstanding Toastmaster of the Year 2008/2009 - was going to facilitate the Speech Contest Judge Training I had decided to attend.

We talked about skills and challenges, about do's and don'ts of being a contest judge. Then we were offered the opportunity to watch a few entertaining speeches of former contests in order to apply the things we had learned. Well, that was

challenging! Quite a few criterias to judge. Points to apply. Decisions to take.

Comparing performances without being biased, no matter if we prefer one subject to another. Judging speech development, effectiveness, delivery and language and much more. My conclusion: More demanding that it seems to be. Chapeau to all judges!

From Barbara Hörger, Conference Chair and Division D Governor I learned about the members that belong to Division D. There are Clubs in Bavaria (Nuremberg), Austria, Hungary and The Czech Republic (Praha, Pardubice Hradec Kralove and Olomouc). There are more clubs presently striving at becoming official members: Bratislava, Zagreb and a club in Romania! They all sent representatives to this Conference! You could hear many different languages during the coffee breaks - quite an international gathering! And since a prophet has no honor in

his own country, there were far less attendants from Vienna than from other parts of Europe. We had the pleasure of attending two workshops (about success and marketing) and listening to many excellent speeches and evaluations.

I particularly relished the enthusiasm of the contestants and the audience of our East European friends. They show so much zest, drive and willingness to evolve - something I occasionally miss a little at our clubs.

Barbara was delighted about the new German Language Club in Vienna and warmly welcomed the forming of the „Wiener Toastmasters Rhetorik Klub“. This is going to add value to future German contests of our District, she said.

And indeed, while last year's conference presented one German speech only there were 6 speakers and 5 evaluators who competed against each other in German language this



Photo © Jakob Denk

## Divison Conference (continued)

time! Although they all were excellent in their own way it was the 6th speaker who touched me most: A man in his eighties of British origin talked about his experiences as a young soldier in Germany right before World War II. He was trained as a translator then and had not spoken German for a very long time. Therefore, he took part in the contest to find out if he still was able to give a speech in German. And yes, he definitely was! Although he exceeded

the speaking time allotted to him the audience was moved. And showed respect by applauding for a very long time....

Even though I missed the post conference dinner and the socializing since I had to go home, I was fully satisfied and really enjoyed this event. And I will definitely attend future Division Conferences - be it in Vienna or further away. This is an excellent

opportunity to be inspired, to learn, to explore. You get to meet new like minded people and feel the glue and spirit of the large Toastmasters family which makes you feel at home no matter what.

And last but not least - as we all know: You need an ambiance of trust and security in order to learn and expand your boundaries!

-- Irmgard Kravogel



**Photo:** Niko Viramo receives the DTM-Award at the District Conference in The Hague

# Springtime at the Beach

By Andrea Hierman.

At the District 59 Spring Conference in The Hague (June 4-6 2010) our first DTM, Niko Viramo was officially honoured. But that was not the only person honoured. We also won the price for the best newsletter in District 59 (Continental Europe), which is quite an achievement.

I want to thank Jakob for all the work and creativity he put into the newsletter. In my opinion this price was well-earned as the newsletter was done very well in regard to layout as well as the interesting content and the various articles from other members.

The most challenging part as a Newsletter editor – and maybe Jakob will agree on that - is not to design the layout, I think it is even more difficult to motivate people to write articles. And as we did all see during the last year, Jakob did a fine job!

Jakob, in the name of all of us, congratulation to this achievement!

Best regards,  
Andrea Hierman





## *Seeds of Change*

Scattered throughout our Salmon Nation,  
and across our planet, are the seeds of change.

Buried underground,  
awaiting Spring's quickening,  
curled up seedlings of change,  
ready to pop their seed coats, unfurl,  
push above ground, reach for the sun,  
harness the wind, generate energy  
to homes and businesses, everywhere.

„We are the change we wish to see in the world.  
We are it. If not us, who?

Crack your seedpot.  
Scatter your promise  
Nurture your soil.  
Protect your waters.  
Stretch your branches far and wide.  
Grow! Grow!! Grow!!!

*by Stacy Anne Murphy 2008*

# News

## Club Business



## Executive Change

By **Andrea Hierman**. The New Executive Team was officially and consentaneously elected on June 22, 2010. Congratulation to the new members of the Executive team and all the best for the next season!

### Executive Committee 2010-2011

<b>Martha Auer</b>	President
<b>Christoph Martin</b>	VP Education
<b>Thomas Puntus</b>	VP Membership
<b>Rolf Rehe</b>	VP Public Relations
<b>Andrea Lapitza</b>	Treasurer
<b>Renata Dorner</b>	Secretary
<b>Harry Christ</b>	Sergeant at Arms

### Release of the Executive Team 2009/2010

It was reported that finances of Vienna Speakers Club have been audited by Christian Halter-Koch and Irmgard Kravogel. As they confirmed that everything is in order, it was voted consentaneously to release the executive team 2009-2010 per June 30th, 2010.



Photo © Jakob Denk

## Club Goals

**By Andrea Hierman.** This year was an excellent year for the Vienna Speakers Club. First of all we achieved the highest level in the DCP-Program (Distinguished Club Program). And this is the success of all our members, who were enthusiastic and focused on achieving their own goals.

- ✓ 1. Two Competent Communicators
- 2. Two more Competent Communicators
- ✓ 3. One Advanced Communicator Bronze, Silver or Gold
- ✓ 4. One more Advanced Communicator Bronze, Silver or Gold
- ✓ 5. One Competent Leader, Advanced Leader Bronze, Silver or Distinguished Toastmaster
- ✓ 6. One more Competent Leader, Advanced Leader Bronze, Silver or Distinguished Toastmaster
- ✓ 7. Four new members
- ✓ 8. Four more new members
- ✓ 9. Minimum of four club officers trained during each of two training periods
- ✓ 10. One semiannual membership report and one club officer list submitted on time

Total Goals Achieved: **9 of 10**

**President's Distinguished Club**

## Competent Communicator

*recognition is given to*

# You

*for exceptional achievements in the*

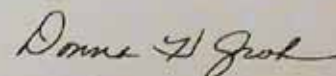
*Toastmasters International Communication Program*

*October 31, 2006*



*President*

Photo © Gadget Virtuoso, Flickr.com \*



*Executive Director*

## Achievements

**By Andrea Hierman.** All Club members supported our club with their individual achievements, to reach the club's goal in the DCP-Program: President's Distinguished Club. They were giving energizing speeches and participated in meeting roles. Additionally we achieved goals like 10 new members, attendance of officers training and submitting of fees to Toastmasters International on time.

### **Competent Communicator**

Thomas Puntus  
Harald Mattenberger  
Irmgard Kravogel

### **Advanced Communicator Bronze**

Renata Dorner  
Rolf Rehe

### **Advanced Communicator Silver**

Niko Viramo

### **Advanced Communicator Gold**

Niko Viramo

### **Competent Leader**

Jakob Denk  
Andrea Hierman

### **Advanced Leader Silver**

Niko Viramo

### **Distinguished Toastmaster**

Niko Viramo

\* <http://www.flickr.com/photos/krazykritter/288025715/>

## Club Life

This section features a few interesting tidbits and reviews of past meetings. Read about challenging Table Topic questions and ask yourself: What would I say?

### “Lyrics”

Table Topic Session by Irmgard Kravogel

What songs mean to us:

- Born to be wild
- In my secret life
- I’m singing in the rain
- I feel good
- All you need is love
- If I had a hammer
- The times they are a-changin’
- New York, New York
- These boots are made for walking
- Let it be
- Diamonds are a girl’s best friends
- With a little help from my friends
- There are three million bicycles in Beijing

### “Toastmasters”

Table Topic Session by Martha Auer

Questions centered around Toastmasters club life:

- What is your favorite role in Toastmasters?
- How is it to be a president?
- First impressions as a guest?
- Is there too much discipline in Toastmasters?
- A role you have not tried yet?

## Meetings

### May 11th

Martha Auer  
Megan Castek  
Teresa Chrapowicka  
Jakob Denk  
Elina Hakobyan  
Christian Halter-Koch  
Andrea Hierman  
Alois Kroiss  
Hans Langer  
Sabine Langer  
Andrea Lapitza  
Ursula Lutzky  
Harald Mattenberger  
Monika Nagel  
Travis Pittman  
Thomas Puntus

### May 25th

Martha Auer  
Megan Castek  
Teresa Chrapowicka  
Jakob Denk  
Elina Hakobyan  
Christian Halter-Koch  
Andrea Hierman  
Alois Kroiss  
Hans Langer  
Sabine Langer  
Andrea Lapitza  
Ursula Lutzky  
Harald Mattenberger  
Monika Nagel  
Travis Pittman  
Thomas Puntus

### June 8th

Martha Auer  
Teresa Chrapowicka  
Jakob Denk  
Moritz Fromwald  
Elina Hakobyan  
Andrea Hierman  
Irmgard Kravogel  
Hans Langer  
Andrea Lapitza  
Ursula Lutzky  
Christoph Martin  
Harald Mattenberger  
Thomas Puntus  
Rolf Rehe  
Laurenz Trawnicek

### June 22th

Martha Auer  
Megan Castek  
Teresa Chrapowicka  
Renata Dorner  
Moritz Fromwald  
Andrea Hierman  
Irmgard Kravogel  
Hans Langer  
Andrea Lapitza  
Ursula Lutzky  
Harald Mattenberger  
Thomas Puntus  
Rolf Rehe



# Meeting

May 11th

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## Functions

<b>Andrea Lapitza</b>	Toastmaster of the Evening
<b>Christian Halter-Koch</b>	Joke or Thought of the Day
<b>Jakob Denk</b>	Table Topics Master
<b>Elina Hakobyan</b>	General Evaluator
<b>Martha Auer</b>	Grammarian
<b>Andrea Hierman</b>	Timer
<b>Monika Nagel</b>	Ah Counter
<b>Hans Langer</b>	Ballot Counter
<b>Megan Castek</b>	Video Master
<b>Monika Nagel</b>	Evaluators
<b>Martha Auer</b>	
<b>Alois Kroiss</b>	
<b>Christian Halter-Koch</b>	

## Table Topics

<b>Jakob Denk</b>	Weird Places to Work, Live and Play
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## Prepared Speeches

<b>Ursula Lutzky</b> First Speaker	<b>A Day in the Life of Ursula Lutzky</b> CC #1, Ice Breaker
<b>Teresa Chrapowicka</b> Second Speaker	<b>A Dream</b> CC #1, Ice Breaker
<b>Thomas Puntus</b> Third Speaker	<b>Trust Your Doctor</b> CC #9, Persuade With Power
<b>Harald Mattenberger</b> Fourth Speaker	<b>Dire Straits</b> CC #10, Inspire Your Audience

## Awards

<b>Harald Mattenberger</b>	Best Speaker
<b>Christian Halter-Koch</b>	Best Table Topics Speaker
<b>Christian Halter-Koch</b>	Best Evaluator





# Meeting

May 25th

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## Functions

<b>Jakob Denk</b>	Toastmaster of the Evening
<b>Irmgard Kravogel</b>	Table Topics Master
<b>Christian Halter-Koch</b>	General Evaluator
<b>Andrea Hierman</b>	Grammarian
<b>Teresa Chrapowicka</b>	Timer
<b>Hans Langer</b>	Ah Counter
<b>Andrea Hierman</b>	Ballot Counter
<b>Thomas Puntus</b>	Video Master
<b>Ursula Lutzky</b>	Evaluators
<b>Thomas Puntus</b>	
<b>Harald Mattenberger</b>	

## Table Topics

<b>Irmgard Kravogel</b>	Lyrics
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## Prepared Speeches

<b>Sabine Langer</b> First Speaker	<b>Highway of Life</b> CC #1, Ice Breaker
<b>Teresa Chrapowicka</b> Second Speaker	<b>Get Rid of Them</b> CC #2, Organize Your Speech
<b>Travis Pittman</b> Third Speaker	<b>Are You Persevering or Are You Enduring?</b> CC #5, Your Body Speaks

## Awards

<b>Travis Pittman</b>	Best Speaker
<b>Ursula Lutzky</b>	Best Table Topics Speaker
<b>Harald Mattenberger</b>	Best Evaluator





# Meeting

June 8th

## Functions

<b>Thomas Puntus</b>	Toastmaster of the Evening
<b>Teresa Chrapowicka</b>	Joke or Thought of the Day
<b>Harald Mattenberger</b>	Table Topics Master
<b>Martha Auer</b>	General Evaluator
<b>Ursula Lutzky</b>	Grammarian
<b>Moritz Fromwald</b>	Timer
<b>Jakob Denk</b>	Ah Counter
<b>Andrea Lapitza</b>	Evaluators

## Table Topics

<b>Harald Mattenberger</b>	Travelling Around the World
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## Prepared Speeches

<b>Christoph Martin</b> First Speaker	<b>iBrand</b> CC #3, Get to the Point
<b>Rolf Rehe</b> Second Speaker	<b>Beginning Your Speech</b> Better Speaking Series

## Awards

<b>Elina Hakobian</b>	Best Table Topics Speaker
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# Meeting

June 22th

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## Functions

<b>Harald Mattenberger</b>	Toastmaster of the Evening
<b>Martha Auer</b>	Joke or Thought of the Day
<b>Martha Auer</b>	Table Topics Master
<b>Andrea Lapitza</b>	General Evaluator
<b>Beatrix Suppan-Raab</b>	Grammarian
<b>Irmgard Kravogel</b>	Timer
<b>Moritz Fromwald</b>	Ah Counter
<b>Teresa Chrapowicka</b>	Ballot Counter
<b>Renata Dorner</b>	Video Master
<b>Renata Hierman</b>	
<b>Martha Auer</b>	Evaluators
<b>Christoph Martin</b>	
<b>Rolf Rehe</b>	
<b>Andrea Hierman</b>	
<b>Martha Auer</b>	

## Prepared Speeches

<b>Hans Langer</b> First Speaker	<b>Who is that guy?</b> CC #1, Ice Breaker
<b>Ursula Lutzky</b> Second Speaker	<b>Well, well...</b> CC #2, Organize Your Speech
<b>Irmgard Kravogel</b> Third Speaker	<b>Making a Difference</b> CC #10, Inspire Your Audience
<b>Thomas Puntus</b> Fourth Speaker	<b>Enjoy</b> CC #10, Inspire Your Audience
<b>Beatrix Suppan-Raab</b> Fifth Speaker	<b>Should we invest more in paraplegic rehabilitation?</b> AM, Public Relations #3

## Awards

<b>Irmgard Kravogel</b> <b>Thomas Puntus</b>	Best Speaker
<b>Megan Castek</b>	Best Table Topics Speaker
<b>Megan Castek</b>	Best Evaluator



## Toastmasters

**Toastmasters International.** The Austrian 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 is an organization which provides endless opportunities for personal growth and development in leadership and communication. When you become a member of a Toastmasters Club, you are joining an international organization with a world-class reputation in developing leaders and speakers from all walks of life.

### Our Vision

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. It is the vision of Toastmasters in Austria to make Vienna the leading Toastmasters City in Europe!

### Our Mission

The Mission of Toastmasters Clubs in Austria is to provide a friendly, positive and creative atmosphere where our members actively participate to improve their thinking, listening, speaking and leadership skills.

Effective, well organized, productive meetings are conducted in a lively, fun-filled manner. Members are challenged to achieve and surpass their personal goals through constructive evaluation and feedback promoting improved self-esteem, confidence and personal growth. Guests and new members from the community are always welcome.

### EXECUTIVE COMMITTEE

<b>Andrea Hierman</b> andrea.hierman@alconlabs.com	President
<b>Martha Auer</b> zwickledt@hotmail.com	VP Education
<b>Megan Castek</b> megan@castek.at	VP Membership
<b>Jakob Denk</b> j.denk@gmx.at	VP Public Relations
<b>Andrea Lapitza</b> andrea.lapitza@chello.at	Treasurer
<b>Harald Mattenberger</b> mattenbergerhm@yahoo.com	Secretary
<b>Harry Christ</b> harry@christoslav.com	Sergeant at Arms

