

The Oasis Post

Volume VIII – April 2006

Newsletter of Oasis Toastmasters Club



Letter from the Editorial Group

Dear Members,

We are so glad to have three excellent articles written by our Flora, Emily and Miu Ling in this current issue. These three articles have one common theme – “A chance always goes to someone who has prepared well for it. It holds true even in public speaking or in a marathon”.

It is always a challenge for us to make the first move out of our comfort zone, meet people from different professions, learn new skills you have dreamed for, dig out our internal potentials and set a higher standard for our self-fulfillment. In Miu Ling’s article, you would appreciate her courage and determination in stepping out and exploring the fine arts of public speaking. Many of you may have already watched and listened to Miu Ling’s presentations at the Oasis regular meetings. You may agree with us that Miu Ling has got the potentials of becoming a good public speaker. She is now progressing well towards her goals.

In September 2005, the Oasis Toastmasters Club conducted a workshop on Public Speaking Skills that was open to the public in general. Many of the participants commended the efforts and time contributed by the Oasis Executive Team for the workshop. Through the workshop, the participants were able to grasp the basic skills of making a good speech. Emily attended the workshop and then decided to join the Oasis as a regular member. It is our pleasure to have Emily written a wonderful article that recaptures her joy and personal experience in the workshop. The workshop has prepared Emily and others like Miu Ling, Tony Chan and Marie to advance further in their public speaking skills.

After reading Flora’s vivid description of the recent Standard Chartered Marathon, we were deeply in touch by the Oasis’ team spirit, not only for the runners and cheering group but for the Oasis Members too. Through that kind of outdoor activity, we learnt the techniques together, trained up our physique, supported and encouraged each other during the race. When all the 16 runners reached the finishing lines on that morning, they truly mirrored the real meaning of the above motto.

2006 is indeed a harvest year for us all. Our Member, Dickson Chan, won the Championship in the Area H1 International Speech Contest. Our two elegant ladies, Teresa Lee, IPP, and Flora Wai, PP, gave very good impression to the judges and won the First Runner-up and Second Runner-up respectively in the Area H1 International Speech Contest. Our graceful and articulate lady, Ivy Chung, VP(Education), won the First Runner-up in the Area H1 Table Topics Contest. A chance always goes to someone who has prepared well for it. Our congratulations to them all!! Well done!

The Oasis Post Editorial Group
19 April 2006

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President

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Oasis Post Editorial Group

Raymond Luk
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Oasis Meeting

Every 2nd & 4th Monday, from 7 pm to 9pm, Rm 1105 HK Scout Centre, Austin Road, Kowloon.

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What an adventure!

Hello, my lovely Toastmasters,

I would like to share with you the sensational feelings I had when I delivered my first speech at the Oasis Toastmasters in January 2006. It was in that occasion when I found myself totally indulged in sharing something buried deep inside my heart for years with so many keen listeners and supporters. Your long-awaiting eyes and attentive ears warmed up my heart to a great extent!

Sometimes, I might be at a loss when I had to make the first step out of my comfort zone. I was like a cat living comfortably inside a house. This cat was friendly, cute and could be a good chatterbox too. She enjoyed her “leisurely” walk from one corner of the house to another corner in the old days. It was so comfortable and secure. At times, she was timid and preferred so much to rest inside the house. In January this year, she found that friends out there could be so supportive and cheerful. She then decided to make her bold move to venture into something she had not tried before – Public Speaking!



Leung Miu Ling
31 March 2006

It is hard to believe

It is hard to believe that there are professionals who have devoted much of their time and energy to foster the public interest in English Public Speaking. They are so sincere and encouraging that people like me have got the motivation and strong desire in improving their skills in that particular area.

On 27 September 2005, 60 candidates out of 200 attended the English Public Speaking Workshop conducted by the Oasis Toastmasters Club. I was one of the lucky candidates selected for the workshop and also at a good discount. I found that the training programme was well structured and impressive and the Organizing Committee was composed of a group of experienced and talented professionals with hearts to listen and passion to pass around their mission on English Public Speaking.

It is hard to believe that the workshop lasted for 8 evenings and the synergy sparkled quickly even in the first evening with sincere and warm welcome speeches given by the Master of Ceremony of the meeting, the Distinguished Toastmasters and the District Governor. The rundown of the programme was smoothly conducted and controlled in a timely manner. It is hard to believe that the participants could fully utilize the 5 to 7 minutes delivering their speeches. If they exceeded the time limit, they could certainly be 'Dinged Out' in a polite manner. The Timer, Ah Counter and Grammarian did wonderful jobs by overseeing all speeches and setting standards to test the capabilities of the speech participants.

It is hard to believe the workshop reached a climax in the second evening when few participants had signed up for delivering their first speech and then many participants followed suit. They were so determined to make their first move in the Toastmasters journeys. The second meeting was structured into two parts: first by the participants' speeches and then a training session conducted by the seasoned Toastmasters. The training materials on the screen were so concise, useful and stimulating for us all. The participants were motivated to a very high level. I found that the class was full of laughter, joy and satisfaction. Nobody was in fear as to public speaking.

It is hard to believe that the participants were from different walks of life. Some of them were students, executives, professionals and retirees. They mixed so well with each other, pooled together their creative ideas for different speeches and, more importantly, worked as a team in presentation. It is hard to believe that the participants built up a strong sense of identity and even motivated each other to learn public speaking in this 'Big Family'.

After the workshop, there was a Graduation Ceremony on 7 January 2006. Within the short period of 3 months, it is hard to believe that the participants were so delighted to return and enjoy their own presentations, and give their ultimate respects to the Toastmasters culture and setup. With great encouragement, it is hard to believe that many participants including myself are still staying around to join the Club's regular meetings wherein the family bondage strongly sustains.

It is hard to believe that those organizing the workshop and regular meetings are actually volunteers. In addition, the human qualities of their passion, mission and friendship have kept this 'Olympic Fire of Toastmasters' burning radiantly with everlasting flame that lights up the whole world.

It is hard to believe that the Toastmasters International has made it!



Emily Tung
31 March 2006

Standard Chartered Marathon

– First Achievement in the Year of the Dog

How do you usually spend your Sunday mornings? Sleep in until noon? Go for dim sum with your family?

It was a very special Sunday morning on February 12, 2006. Almost 40,000 runners participated in one of the major running events in Hong Kong - the Standard Chartered Marathon.

16 brave souls from the Oasis Toastmasters Club (“Oasis”) joined the Standard Chartered Marathon. Some of them were first timers; others were experienced Marathon runners. They

joined the marathon because of various reasons – to train up their body and mind, to break their own best records, etc. However, they all had a common goal – to have great fun and to accomplish their first personal achievement in the Year of the Dog! Tell you a secret - our President, KF Tam, was a full Marathon runner 20 years ago in Macau!

In order to be physically and mentally prepared for the race, our devil coach, Dickson Chan, led our members through regular running practices. The first practice was kicked off in October 2005, where the practice frequency, running distance and difficulty were gradually uplifted as the big day was approaching. The practices did not only prepare our members for the race, but we also had great fun and great food after the trainings!



Marathon teammates



Marathon starts now. Everyone gets ready!!

Runners from the Oasis achieved very good results – all of them could finish the race within the time limits. Some even broke their personal best records! To show the support to the Oasis runners, our cheering team, led by our Immediate Past President Theresa Lee, cheered us up and took pictures for us at the finishing line. Although most of us were exhausted after the race, we were so happy that all of us were able to finish the race! We had our celebration in a Chinese restaurant nearby. It was one of the most delicious morning teas – because it had the taste of

success and achievement! Some members have already planned to participate the half and full Marathon next year! I wish that many of you would join the Oasis Race Team in 2007!



Picture together before the journey



Running on the road



Great Breakfast after the Marathon

With the consent of the runners, below are the results of our Oasis members:

Member	Race	Time
Alex Chea	Half Marathon (21km)	1 hr 59 min 56 sec
Carmen Wong	10 km	1 hr 16 min 18 sec
Flora Wai	10 km	1 hr 13 min 54 sec
YY Ho	10 km	1 hr 12 min 18 sec
Stanley Wan	10 km	1 hr 09 min 51 sec
Steve Yu	10 km	1 hr 07 min 36 sec
Edmond Li	10 km	1 hr 06 min 41 sec
Arion Lam	10 km	1 hr 05 min 37 sec
KF Tam	10 km	1 hr 01 min 17 sec
Pan Wong	10 km	1 hr 01 min 11 sec
Windaus Choy	10 km	1 hr 01 min 10 sec
Dickson Chan	10 km	53 min 36 sec

*Flora Wai, Past President
31 March 2006*