



CIPro News

2008 April Issue

The President's Message

by Victor Ho - President '07-8

The Move

Thanks to the collective effort of our club mentors, executives and assistants, we have successfully moved into our new meeting location at Agincourt Community Recreation Center about 6 months ago. Your executive team has decided to relocate here because this location is convenient with easy access to storage room and has plenty of parking spots. In addition, we also felt that this is a popular arena, which could generate a lot of walk-in guests with different ethnic backgrounds..

Among other promotional and recruitment initiatives, we were able to attract many potential members since our move. I'm glad to report that we have already added 7 enthusiastic & committed members to our club during the past 9 months.

The Team

I'm proud to be your President for 2007-8. This is my second term as the President for the Club and I know the job would be "A piece of Cake" for me. This is because I have the tremendous support of a cohesive group of highly dedicated executives and committed members. Heidi Sin, our V.P. – Education, for example, provides excellent introduction of the Toastmasters Program to our new members. She guides them to set their educational goals and works very hard to ensure that they participate in our weekly meetings. Francis Chu, our Treasurer, has managed finance for the Club and provided clear and concise monthly financial reports to the executives. Ernest Fu, our Secretary, has significantly improved the appearance and functions of our new website. I also want to express my ap-

preciation and gratitude to all other executives and assistants, but I am running out of space here...

The Election

You came to CIPro because you want to improve your public speaking skills! You came to CIPro because you know we care! You came to CIPro because you want to be part of a winning team! Well, you may have mastered a variety of useful tips and skills in effective communication, but have you also acquired the most sought after leadership skills from your Toastmaster activities?

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Upcoming Events:

- May 7 — Club Election
- Jun 25 — Year End Party
- Jul 1 to Aug 31 Summer Schedule

Congratulations ... we made it "International"!

by Heidi Sin - VP Education

Congratulations to Winnie Lui and Tweety Yuen, Winners of the Speech Evaluation and International Speech Contests. They represented our Club at the Area Contests in March. We are proud of you, ladies!!

Special congratulations to our Area Contest Winner, Tweety. She won first place at the Area Contests and here's a glimpse at the winner's speech.



A glimpse: One day, my daughter told me how everything went wrong for her. She failed her English and her boyfriend just dumped her for her best friend. As a mother, I knew how to cheer her up; "Let me make a delicious cake for you." At that moment, I bugged her and she attempted to smile. When I

... (continue on pg 2)



My Garden

by Stephanie Blake

When given the choice of a treadmill or a garden I will always choose a garden. My exercise clothes are old pants, shoes, and a straw hat. Sometimes I use gardening gloves. My workout- machines are a shovel, a rake, a wheel- barrow, a watering can and a hose.

Let me share with you some of the benefits of gardening. It is an ideal form of exercise providing three important types of physical activity: Strength, Endurance And Flexibility.

Just 30 minutes in the garden and we have burned 300 to 600 calories. Hauling soil or patio stones is a workout. When I dig with my trusty little shovel, and plant and weed I am able to control my weight. Gardening is being used as a therapeutic modality for a wide range of people with cognitive and physical disabilities. The National Women's Health Centre suggests gardening to help cut the risk of osteoporosis. Lifting two water cans is a



weight bearing exercise.. The psychological benefits of being outdoors and working in the sunshine are also clear. Studies have shown that just looking at trees and plants will: reduce stress, lower blood pressure and relieve muscle tension plus the Vitamin D that we need.

When we plan our garden we are exercising our minds therefore helping to prevent Alzheimer's disease. We study landscaping books, magazines and plant catalogues. We design the garden....Do we want perennials? Or annuals? Or both?...Do we want some vegetables? Or all flowers?

With this tranquility & serenity we can sit and read or just day-dream. Our soul is also rewarded seeing the beauty of the plants, enjoying the birds, the butterflies & the bees. We have given them all a home.

In my garden we have English violets, pansies and rosy petunias. We have the Chinese National flower, the peonies blooming in pinks and white and deep red. The beautiful

peonies perfume the yard in early June. Blue iris and yellow daisies stand proudly beside the green hostas and the mix. Raspberries are due in July.

In order to have a beautiful garden, you must do research. We look for plants that thrive in our climate. ..We share & trade with family & neighbors.

Now the orange poppies and glorious red roses are looking for admirers. Soon the Rose of Sharon will shower us with colors. Later the Hydrangeas will bloom into the autumn. Planters of red geraniums and trailing ivy are waiting to greet you while deep blue Morning Glories cover the fence.

We have flowers to decorate our table and to bring to friends. When the cold winds blow and we no longer have the bright flowers, we can bring out our paints and try to reproduce the flowers of summer on canvas... Maybe try a Van Gogh sunflower!!!

So don't look for me at the gym....always look for me in my garden! ♠

If you can recognize all the flowers mentioned in Stephanie's article, she will give you a bouquet from her garden.

Congratulations ...

(cont'd) ...started to prepare the ingredients, I asked, "Sweetheart, how about a piece of cake?" She replied, "Sure. Mon, you know how I love cakes." So I said, "Alright, please drink some of this cooking oil first." My daughter was shocked and responded, "What? No way!" Then I asked, "How about a couple of raw eggs?" She responded. "Are you kidding?" So I continued "How about a little flour?" "No, Mom, I'll be sick!" she replied. Then I slowly said, "All of these things are uncooked and taste bad, but if you put them together, they make a delicious cake!" Toastmasters, you really have to be there to enjoy the rest of this great speech. Tweety will represent the Area at the Division Contests. Go, Tweety, Go!! We're right behind you! ♠



TMs on Vacation

by Cecily Cheung

Let me stretch my limbs. Oh! So comfortable. After 2400 stressful working hours, I have to take a break and re-energize myself. Where should I go? Summer in Toronto is too short and so beautiful, I'm not leaving it for anywhere. When the long and cold winter came, ah! I took off to the Caribbean. Peter and I went parasailing in the Cayman Islands. We had full view of the blue ocean up in the sky. Simply breathtaking! Then, we took another trip to Greece. What whitish seaside sceneries in Mykonos. It's famous for seafood too! It's just so relaxing! I love to spend quality time in my life. My next trip--- haven't decided yet! ♠



A Toastmaster's Journey

by Phil Zhang

I completed my 10th speech this January. It seems nothing unusual, but the story I wanted to tell is: from knowing about Toastmasters to my 10th speech, this journey took me 4 years in 4 different cities, spread over Canada and China.

1st Experience in Vancouver

The first TM club I visited is in Vancouver in 2004. As a professional accountant, I was required to take a public speaking course. After searching "public speaking" on the Internet, I discovered Toastmasters and found a club very close to home. It was free for guests Why not? Give it a try!

It was the Richmond Club and it felt like a family. Most members were neighbors. They knew each other very well and often organize BBQ parties. There was a mama TM who brought her delicious homemade cookies every time.

Journey started ..Guangzhou

In 2005, I was relocated to Guangzhou -famous for delicious food - I became a TM of the Galaxy Club and gave my first ice-breaking speech. The Guangzhou Club was a young club with only 20 members. We got a lot of supports from the Hong Kong TM Clubs. I was very impressed with the

support from the HK club. During the weekends, some HK TM members visited Guangzhou and provided trainings to our club officers. After the meetings, we all went out happily trying all kinds of delicious Guangzhou food.



More than a TM .. Shanghai

At the end of 2005, I moved to Shanghai again for business developments. This is the most active city in China and is known as the "economic capital". Most members are from international enterprises. I did learn different cultures and knowledge from this TM club. However, it was a short stay and I just managed to finished my second speech.

Fast Growing in Beijing

In 2006, I eventually went back to my hometown Beijing.

There I joined the Beijing #.1 club and finished 5 speeches.

This club is the first TM club in Beijing. Every month we got about 5-6 new members and then we had to split the club every 1/2 year. Over the past two years, more than 10 new clubs were established.

At the end of 2006, I found my love in Beijing and invited her, Joy, to join our TM club. From that time TM meeting is not just only public speaking time, it's also my dating time!

First Milestone in Toronto

In 2007, Joy and I moved to Toronto. After settling down, we were eager to join the CIPro club which is the most professional TM club I have visited. I did benefitted a lot from our members' evaluation and feedbacks. I am very happy to complete my CTM program in CIPro and would like to pursue the TM leadership career soon.

The Next Stop

Apart from improving my communications & leadership skills during my TM journey, I also made lots of good friends. I tried various delicious foods, learned different cultures and enjoyed my family time too. My next step is really a new start rather than a stop. ♠



If you can recognize all the cities mentioned in Phil's article, he will give you 4 road maps!

The President's message to you ...

(cont'd)Now I want to share with you a secret to fast track your leadership skills. We will have our club election in May and this is the opportunity to double up your investment in CIPro. Get involved with the club affairs and be part of the winning team. Be a club officer! Be a Leader! There is no better way to grow... ♠

The Executives' Remarks



From our Vice President of Education - Heidi Sin

Let me share my experience with you!

More than 6 months already in being the vice president of the CIPro Club. Is this role difficult to commit to? Is this position exciting or rewarding? During the past 6 months, I have found the job challenging: filling up the rosters, looking for exciting meeting themes, organizing special events, developing the club's success plan.....However, I have also experienced a lot of personal and professional growth. My goals for the rest of my term are to provide and maintain the positive learning environment for our members, keep meetings interesting and fun, and provide an atmosphere for exploring passions and building friendships. ♠ ... (continue on pg 4)

Toastmasters CIPRO Club

*Agincourt Recreation Ctr., 31 Glen Watford Dr., (Midland & Sheppard, NE corner), Scarborough, Ontario M1S 2B7
Every Wednesday—7:15pm to 9:15 pm*

Welcome New Members!

**Joy Wang, Phil Zhang, Sabrina Cheng, Stephen Miao,
Jennifer Lee, Arthur Hung and Frank Liu.**

New Members' Corner



I was born in Hong Kong and I moved to Canada with my family. I went to University of Waterloo to study Computer Engineering. Currently, I work as an application developer in Bank of Montreal. The reasons I joined Cipro Toastmaster Club are that I would like to improve my communication skills and have a lot of fun on Wed nights.—**Jennifer Lee**

Hello, I am Arthur and I joined Cipro because I found it a wonderful

opportunity to become an excellent communicator. To develop one's current speaking abilities to a new level, to meet a wonderful new group in a fun and friendly environment, it's great! - **Arthur Hung**



My name is Frank, I came to Canada in 2003 and went to Brock University. In 2005, I got a Master in Accountancy and was recruited by Deloitte & Touche which is one of the "Big Four" accounting firms in the world. I like sports such as "swimming, table tennis", Music such as "guitar, flute, harmonica". I joined Cipro to improve my public speaking skills. I am sure I will make much progress with everybody's help! - **Frank Liu**



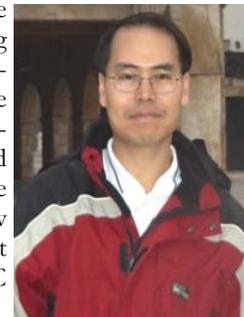
Hi, this is Stephen. As a new member, I participated in almost all meetings. It is always a great time. I can practise my English and communicate with others in a very comfortable environment.

Everyone is kind and helpful - they offer me advices on pronunciations, overcoming stresses etc., I am progressing and improving slowly ... but surely.- **Stephen Miao**

The Executives' Remarks ...

(cont'd) ... **From our Treasurer - Francis Chu**
My best experience in 2007

2007 was a very rewarding year. I managed to achieve several important goals that year. One of the best memories of course was having completed CC- Competent Communicator in May. When I first joined the club, I found there were a lot of seasoned speakers; I didn't dream I could complete the ten speeches. Over time with the encouragement from fellow members, finally I finished an important milestone by completing all the CC manual's speeches. ♠



From our VP of Public Relations - Polyanna Fok.
Without teamwork, this is not possible!

The past year has been very busy and eventful for me. May be a little bit too eventful! First, it was my daughter's wedding, then the annual campaign at work and somehow things developed into buying a house. Just when I thought I could settle in the new house and start feeling my way to the new home of CIPRO, I heard the sad news of my father's terminal illness. Without hesitation, we all flew to HK to be next to him for his last two weeks. All this time, Glenn Huang, my CIPRO Club assistant, had been very diligently updating our website, collecting articles for this newsletter and gathering comments for the draft issue. He had never complained even a little bit but rather kept asking if there is anything more he could help with. I owe him a lot and Glenn, thank you so much for such great team support.. But, again, it's not just Glenn & I, this newsletter is a result of everyone's team work. Toastmasters is where you can practise leadership and teamwork. A leader needs to be able to communicate well. As Toastmasters, we have already master that art. Our next level is to know how to lead and how to be the good teammate.. So, I urge you all to pick up the challenge, become an executive of the club and discover your own leadership style. ♠

Results of a survey shows that people's biggest fear is: # 1, Public speaking and # 2 is Death. That means that at a funeral home, most people would rather be in the casket than giving the eulogy ... [Jerry Seinfeld]
Have a fear for public speaking?
Let Toastmasters help you out !
<http://toastmasterscipro.tripod.com>



The mission

of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn fosters self confidence and personal growth.