



# Vienna Toastpost

Vienna Toastmasters Club 551, [www.toastmasters.at](http://www.toastmasters.at)

Edition No. 23/Meeting on October 2<sup>nd</sup>, 2007

## Word from the editor

Dear Toastmasters,  
Dear Friends of Toastmasters,

At least since I joined Toastmasters, we have never had so many people attending the meeting (21 members and 5 guests!!!). So it was really crowded and from my point of view: „I like that a lot“. You get to speak to so many other members, and it was fine to sit again all together at one table, having the Toast presented from a long-missed member: Joe Knehs.

We learned about partnership, Tosca and Maria even managed to combine two projects by presenting an award to herself and accepting it. And not to forget the very interesting and well prepared table topics session from Annette about change. As this is also valid for partnership it's a topic we all have to deal with!!!

As a little preview for the future: There are already many guests prepared to become members in the next meetings. And we all are looking forward to that!!!



We also had two new members inducted: Wolfgang Loeber and Royce To, who did very well in practicing for their marriage with the words „I do“ several times. So once again a warm welcome to our club!

Looking forward to seeing you at Zagreb or the next meeting!

Best regards, Andrea Hierman

## Important note from our Video Master Monika

**PLEASE BRING YOUR DVDs TO THE NEXT MEETING.** Monika has to prepare them at home, in order to record the speeches and she is soon running out of DVDs! Thank you very much, your help is very much appreciated! TM Monika

## Toastmasters & WWW

[Homepage Vienna Toastmasters](#)

[Toastblog](#)

[Toastmaster International](#)

[Registration Area Conference Zagreb](#)

[District Fall Conference Vienna](#)

If you have any questions, ideas, suggestions for improvement, we would love to hear from you. Please find below the names of the executive committee (period 2007/2008).

<a href="#">Niko Viramo</a>	(President)
<a href="#">Megan Castek</a>	(VP Education)
<a href="#">Martha Auer</a>	(VP Membership)
<a href="#">Walter Grassl</a>	(VP Public Relation)
<a href="#">Christian Halter-Koch</a>	(Treasurer)
<a href="#">Andrea Lapitza</a>	(Secretary)
<a href="#">Ivan Berlakovich</a>	(Sergeant at Arms)
<a href="#">Andrea Hierman</a>	(Newsletter Editor)

## We meet

1<sup>st</sup> + 3<sup>rd</sup> Tuesday  
every month

Hotel Mercure Biedermeier,  
room „Ziererstube“  
1030 Landstr. Hauptstr. 28,  
Tel: +43 1716710

from 7-10 pm (incl. 1 hour dinner break)

All guests are welcome to join us and experience, what's Toastmaster's all about!

Just show up at the next meeting, or mail to

[toastofvienna@yahoo.com!](mailto:toastofvienna@yahoo.com)





## Club business

### Conferences

**October 13<sup>th</sup>, 2007:**  
Area Contest (Zagreb)

**November 3<sup>rd</sup>, 2007:**  
Division Contest (Pardubice)

**Nov. 23<sup>rd</sup> – 25<sup>th</sup>, 2007:**

District 59 Fall Conference in Vienna - Sign up:  
[www.conference.district59.org](http://www.conference.district59.org)

If you would like to volunteer for tour guide, registration desk or tour guide, please send a mail to [guenther.aschenbrenner@alconlabs.com](mailto:guenther.aschenbrenner@alconlabs.com).

### Area Conference in Zagreb

Please mark your calendars and [register](#) for our Area Conference. The highlights of this meeting will be:

- Humorous Speech Contest
- Table Topic Contest
- Workshops on communication and leadership
- Socializing and networking of Toastmasters from 4 different clubs of 3 different countries



When?

Saturday, October 13th, 2007, 14 – 18 hrs followed by dinner and award ceremony

Where?

Zagreb, Croatia

Our fellow Toastmasters from Zagreb will host the meeting and they have prepared very enthusiastically this conference. They offer to show us their beautiful city by a city tour or by participating in a running event (<http://zagreb-marathon.com>) on Sunday morning. The venue ([Hotel Central](#)) of the conference is located directly next to the main railway station and the dinner place (owned by the parents of a Toastmaster) Hotel Central is offering reasonable prices ([Link for price information](#)), (1 EUR = 7,3 Kunar) and is the most practical place to stay ([make your reservation](#)).

If you prefer to stay in a more luxury place: [REGENT ESPLANADE](#); or [ARCOTEL ALLEGRA](#) or if you prefer the less expensive alternative: [Youth Hostel](#)

How to get to Zagreb?

Besides car and flight there is a very good direct train connection (without changing trains).

Wien Südbahnhof - Zagreb Glavni Kolod	05.57 – 12.28
Zagreb Glavni Kolod - Wien Südbahnhof	13.35 – 20.02

Conference Fees: (registration until October 8th, 2007)

Full Conference Package	per person EUR	40,00
Conference only package	per person EUR	20,00
Dinner only package	per person EUR	20,00

Take this opportunity to spend a nice Toastmaster weekend at very reasonable costs and discover a beautiful city with well known hospitality.

**REGISTER NOW! See you all in Zagreb!**

Guenther Aschenbrenner  
Area Governor, Area D1



## OUR VISION

Vienna Toastmasters exists to empower its 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 a courage to be successful leaders.

**It is our vision to become the leading Toastmasters club in Europe!**

Our **CORE VALUES** are integrity, dedication to excellence, service to the member, and respect for the individual.

## Our mission

The Mission of the Vienna Toastmasters Club is to provide a friendly, positive and creative atmosphere; where 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.

# MISSION POSSIBLE

## Distinguished club program

### Goals to achieve

Following are the goals we should strive to achieve during the year.

goal #	status	who has achieved
2 CCs	0	
2 more CCs	0	
1 ACB, ACS or ACG	0	
one more ACB, ACS or ACG	0	
1 CL, ALB, ALS or DTM	☑	Renate Dorner (CL)
one more CL, ALB, ALS or DTM	0	
4 new members	☑	Wolfgang Löber, Royce To, Anita Himmelsberger, Alexander Rueprecht
4 more new members	3	Deborah Coward, Bettina Kirnbauer, Anna Steinhardt
4 officers trained twice a year	0	
Membership dues renewal report and club officer list submitted on time	☑	
At least 20 members OR and net growth of at least 5 new members	☑	



Distinguished Club Program and Club Success Plan

### Recognition

- 5 goals achieved: **Distinguished Club**
- 7 goals achieved: **Select Distinguished Club**
- 9 goals achieved: **President's Distinguished Club**

CC *Competent Communicator*  
 ACB, ACS, ACG *Advanced Communicator Bronze, Silver or Gold*  
 CL *Competent Leader*  
 ALB, ALS *Advanced Leader Bronze or Silver*  
 DTM *Distinguished Toastmaster*



## Participants of this meeting



**Günther**  
*Aschenbrenner*

Please send your foto to the e-mail-address at the bottom of this page.

Thank you!

**Martha**  
*Auer*



**Ivan**  
*Berlakovich*



**Megan**  
*Castek*



**Renate**  
*Dorner*



**Christian**  
*Halter-Koch*



**Annette**  
*Hexelschneider*



**Andrea**  
*Hierman*

Please send your foto to the e-mail-address at the bottom of this page.

Thank you!

**Joe**  
*Knehs*



**Alois**  
*Kroiss*



**Elisabeth**  
*Kummer*



**Andrea**  
*Lapitza*



**Wolfgang**  
*Löber*



**Monika**  
*Nagel*



**Rolf**  
*Rehe*



**Alexander**  
*Rueprecht*



**Heidi**  
*Scheidl*

Please send your foto to the e-mail-address at the bottom of this page.

Thank you!

**Johannes**  
*Sommer*



**Royce**  
*To*



**Niko**  
*Viramo*

Please send your foto to the e-mail-address at the bottom of this page.

Thank you!

**Maria**  
*Zwanikken*

If there is no photo above your name, please send it to me: [andrea.hierman@alconlabs.com](mailto:andrea.hierman@alconlabs.com).

## Guests:

**Deborah** Coward

**Bettina** Kirnbauer

**Rhea** Krcmárová

**Harald** Mattenberger

**Martina** Mikulka





## Meeting details

### Functions

*TM of the evening:* Günther  
*Table Topic Master:* Annette  
*General Evaluator:* Christian H.  
*Timer:* Andrea L. and Ivan  
*Grammarians:* Rolf  
*Ah-Counter:* Andrea H.  
*Video Master:* Monika  
*Ballot Counter:* Liz  
*Joke Master:* Christian H.  
*Evaluator:* Monika  
 Andrea L.  
 Martha

### Word of the day

Sorry we forgot this time about the word of the day!

### Table Topics

Changes

### Prepared Speeches



Title	Project/Manual	Name	evaluated by
Icebreaker	C1	<b>Wolfgang L.</b>	Monika
A fact finding report: Partnership	A5	<b>Renate</b>	Andrea L.
Award for contributions to humanity	A6	<b>Maria</b>	Martha

## And the awards go to ...

Best Speaker: **Renate**  
 Best Table Topic Speaker: **Rolf**  
 Best Evaluator: **Martha**





## Evaluation checklist

*I found and still find it always extremely hard to give evaluations. And that's what I love about Toastmasters. You sit at the bar or at the dinner, you talk about these things, and immediately a more experienced Toastmaster steps in, and gives you excellent hints, how to improve yourself.*

*Alois did this for me a few weeks ago, when I told him about my „fear“ to evaluate, and in the next second I had a evaluators checkliste in my hands, which I find extremely helpful. Therefore I will publish it (with Alois' permittance), and I am sure some of you will find it also helpful:*

### General Remarks

### Hints for Improvement

#### What? Speech Content

1. Was the **opening** an attention grabber?
2. **Speech structure** (well organised?) opening, body, conclusion distinct?
3. Was the **purpose of the speech** clear? informative , persuasive
4. Did the speech differ from title and opening?
5. Did the speech relate to the lesson in the manual?
6. Where the **points made**: clear, understandable, interesting, relevant, logical, sequential, conclusive
7. Any **anecdotes** to prove the point?
8. Did **conclusion** summarise end emphasise the speaker's intent?
9. Did the speaker accomplish his/her **purpose**?
10. Did the speaker convince and motivate you?
11. Was the **ending** strong?

#### How? Speech Delivery

1. **Poise/posture**  
relaxed, strained
2. **Body language**  
vivid, proper gestures, frequency
3. **Eye contact**  
well distributed, hardly any
4. **Voice**  
strong - soft, clear - hard to understand, vocal variety
5. **Delivery**  
sincere, enthusiastic, emotional, relaxed, presentation, word pictures, vocabulary, notes

#### Emphasize the speakers strenghts

1. You are obviously very strong in ...
2. What I liked best was ...

#### 1. Speech content

It is easier for the listeners to follow a well structured speech with a clear opening-body-conclusion

The distinction between being just informative and persuasive should be very clear (if you want to persuade your audience, you will have to motivate them to do something, to think in a certain way etc.

This can be reached by using emotion. An information on the other hand can be provided without any emotion: today is Monday.

If you make a point, make it clear and understandable to everyone, otherwise don't do it.

Anecdotes are always helpful in proofing a point

In the conclusion make a strong statement the audience will keep it in mind

#### 2. Speech delivery

Try to be more relaxed (do not forget, we all have been beginners, this is a friendly atmosphere, nothing to lose you only could get a bit of additional experience)

A bit more of body language could be helpful to underline the importance of what you have said

Try to distribute the eye contact more around the audience (even those sitting on the other corner deserve your attention)

More vocal variety could be helpful to keep the audience alive (don't let them fall asleep)



## This & that

### Reigen Reloaded

It's always the same story about „boy meets girl“ and „girl meets boy“, only that the characters of the play meet each other first in the **parallel universe** of the endless widths of the digital dating world.

5 women and men and their search for love and sex. What happens, when „König von Mallorca“ und „Princess Prada“ all of a sudden stand in front of each other. The one or the other surprise is preassigned.

[www.roter-oktober.at](http://www.roter-oktober.at)



#### Rhea Krcmárová( [www.rhea-art.com](http://www.rhea-art.com))

Born in Prag, moved 1981 with her family from CSSR. 5 years stateless, since 1986 Austrian citizen. Study of Studium of dramatis (not finished), education in classical singing and acting, as well as event and culture management. 2 screenplays for ATV. exil-literatur price writing between cultures 2006. 2007 first concept art project „Schönheit zum Quadrat“ on the occasion of „wiener wortstaetten“. Rhea Krcmárová lives and works in Vienna.

### Partnership Problem Study

A partnership problem study was done from the University of Göttingen in 2005. 5130 men and women between 20 and 69 years were asked anonymously to tell their biggest partnership problems.

There were 10 problems listed:

1. Sex & Erotic	49 %
2. Discussion behaviour	48 %
3. Criticism (how to express negative feelings)	47 %
4. Lack of aliveness and spontaneity in the relationship	44 %
5. Lack of common activities	39 %
6. Lack of tenderness	38 %
7. Lack of willingness to change yourself	37 %
8. Amount of time and energy invested in the partnership	36 %
9. Amount of love	29 %
10. Expectation from each other	29 %

We all want to be Happy! Most of us do not have this because of lack of communication, time and too big expectations!

My recommendation is:

- Do something to feel good and get excited
- See your partner as a plant, (think what a plant needs!!!)
- Handle your partner with care and give him what you can **with joy!**

Do not feel upset now, just sit down and think exactly if you know what you want or you are missing, **go and get creative!** Try to do things different, there are so many ways!

Renate Dorner, CC, CL



## Member of this issue



**Megan Castek**

born in: Buffalo, NY  
birthday: June 9th

### Your middle name?

Elizabeth Huber (when I married, I added my maiden name, Huber, to my middle name)

### A childhood memory?

I distinctly remember making mud pies with poisonous berries in them for a very wild and irritating boy down the street...who I did not like. I don't do that sort of thing anymore. These days, I'd give him a calming lavender tea spiked with valerian root (baldrian) extract.

### The most beautiful thing you can buy for money?

An professional massage!

### A bad habit?

I have a bit of an addiction to chocolate and could become irritable without a regular supply.

### A weakness you should be forgiven for?

For letting dirty dishes pile up in the sink.

### My ideal Sunday breakfast starts with...

American-style banana pancakes with real maple syrup...

### Love is ....

Appreciation, acceptance, patience, tolerance.

### What do you want to learn in future?

How to be even more appreciative, accepting, patient and tolerant.

### How did you come to Toastmasters?

I've known about Toastmasters for a long time and kept meaning to join and just never did. Finally, my parents gave me a one year membership as a gift which I really appreciate.

### Which three things would you take along to a deserted island?

A toothbrush, a pencil and paper. I would assume that chocolate grows on this island.

### What do you always carry in your handbag/wallet?

I like to have a notebook and pen at all times...and of course some chocolate.

### Your favourite holiday destination?

Talum, Mexico is a beautiful place to relax, but Gars am Kamp in the Waldviertel is pretty great too.

### My last sentence should be (when I die)?

Always look for the lesson.

### My career aspiration when I was a child?

As an animal-lover, I wanted to be a veterinarian, but only since it would never have been possible to be a jungle-dwelling jaguar.

### Your hobbies?

Reading, gardening, daydreaming, yoga

### A clever sentence which is not from you?

That's the way the cookie crumbles. (a long-used Huber saying to explain why things are the way they are.)

### IMPORTANT NOTICE:

For those of you who want to celebrate Royce's birthday: There was a „printing mistake“ in the last issue of Toastpost. **Royce's birthday** is on **April 19th**. Although he would not mind 2 birthday presents, I think we should stick to the right date;-)