



Advanced CBD Toastmasters Bi-Annual Newsletter

Club 2203358 – Area 4 – Waratah Division – District 70 – December 2020

LOCATION

Sydney Mechanics' School of Arts
280 Pitt Street, Sydney NSW 2000

We meet every 2nd & 4th Monday
of each month from 6:30-9:00pm

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CLUB MISSION

We provide a supportive and positive learning experience which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

CONTACT US

Tracy Weerasinha
Vice-President of Membership
advcbdtoastmasters@gmail.com

For more information, visit
our website
advancedcbd.toastmastersclubs.org

COMMITTEE MEMBERS

President Vincent Wong
VP Education Andy Tan
VP Membership Tracy Weerasinha
VP Public Relations Veniece Tse
Secretary Jennifer Yang
Treasurer Anne Sabdao
Sergeant-at-arms Nikhil Sreedhar

LEARNING FROM TOASTMASTERS



A WORD FROM THE PRESIDENT

2020 has been an extraordinary year filled with unprecedented events. We started the year off with devastating bushfires, then came extreme rainfall and flooding, and to top it off, a global COVID-19 pandemic with a complete economic lockdown.

From the lockdown, we were forced to adapt. Most of us were working from home and meetings became an online phenomenon. Toastmasters was no exception. Instead of simply cancelling meetings, the ACBD executive committee worked tirelessly, figuring out the logistics of holding online meetings to continue supporting our members, providing an alternative platform to further their growth and development. This taught me the importance of a strong leadership team, the importance of commitment from members and the importance of flexibility.

As president, it was clear that without the dedication and commitment from our club officers and all of our members, ACBD would not have been able to transform and thrive through the pandemic. It is very inspiring that both our existing members, and new members, decided to not let a lockdown stop them from furthering their personal growth.

The importance of strong leadership, commitment and adapting holds true not only in Toastmasters, but in all facets of life. This reinforces how all the skills learnt from Toastmasters – whether as part of the executive committee, undertaking leadership roles or presenting speeches – is directly transferrable to the real world.

I wish to thank you all for your dedication to our club and your perseverance for personal development. I look forward to learning with you and growing together in 2021.

Vincent Wong
ACBD Club President



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FEEDBACK FROM MEMBERS

A member survey was conducted in September 2020. The results indicated that all our members are **VERY SATISFIED** with their experience in the club. Here are some of the comments we've received.

CLUB SATISFACTION

4.3/5



VERY SATISFIED

Friendly, team-work oriented, good mix of structure and fun

Friendly and supportive environment

Organised meetings, great evaluations, great people and atmosphere

I love the energy and how we structure the meeting

Great environment that the people create and the opportunity to speak

I like the inclusiveness and how we strive to improve all our members

ACBD SOCIAL EVENTS

In September, we had our first social event with tennis. Future social event ideas include bottomless brunch / lunch / dinner, tennis, bowling, pool, golf, rock climbing, go-karting, paddle boarding etc. Let the executive committee know if there are any activities that interest you!





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HYBRID MEETING SUCCESS

In July 2020, we held our first ever physical / online Hybrid meeting! With the help of our members bringing all the required technical equipment, we were able to enjoy the best of both worlds.



HUMOROUS SPEECH & TABLE TOPICS CONTESTS

Congratulations to all our contestants who stepped up and competed in our contests, you are all winners! These contests provide a platform for our members to further their speaking skills under a competitive environment, to recognize outstanding member performance and to provide an opportunity for our members and guests to learn by observing our contestants who put their skills learnt from Toastmasters in practice.

Table Topics Contest

- 1st** - Soumen Mondal
(2nd year in a row!)
- 2nd** - Giovanni Facchini
- 3rd** - Veniece Tse

Humorous Speech Contest

- 1st** - Huyen Truong
(Newest competing member!)
- 2nd** - Andy Tan
- 3rd** - Soumen Mondal





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HUMOROUS SPEECH CONTEST REFLECTION

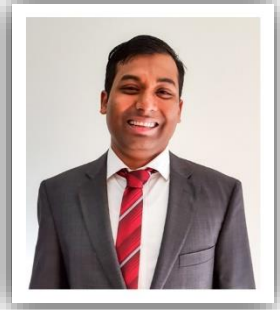
Some words of wisdom from one of our experienced Toastmasters to encourage all members, regardless of the experience level, to give contests a go.

"I participated in the ACBD Humorous Speech Contest. I've always considered myself as a serious person and humour does not come naturally to me. There were three contestants, one of whom was a relatively new member. I came third and the new member became champion. My sincere congratulations to her, she deserved it.

"One side of me was saying, 'come on, you have 10 years of Toastmasters experience, you lost to a relatively new member, how did you lose?' But no matter the result, I gave my 100%. Many experienced toastmasters would hesitate to even participate. No one becomes successful without learning and growing. I joined toastmasters to learn, and as long as I am learning, I will continue to challenge myself, like competing in the Humorous Speech Contest.

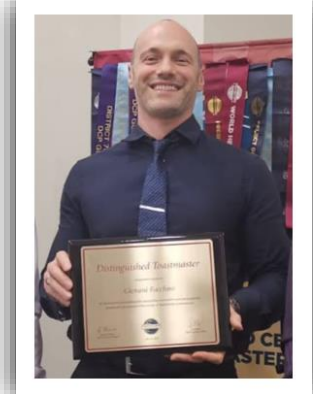
"I would like to challenge all new and experienced toastmasters to think, and ask yourself, 'what will happen if you did not win?' The answer, you will learn, and trust me, I learnt a lot just from participating. If you can break this barrier, then you will also learn exponentially."

Soumen Mondal, DTM



DISTINGUISHED TOASTMASTERS

Congratulations to **Giovani Facchini** and **Soumen Mondal** for achieving the highest award in Toastmasters, the Distinguished Toastmaster Award. This prestigious award signifies years of dedication and devotion in advancing one's communication and leadership skills, as well as service to the Toastmasters community. Well done!



UPCOMING EVENTS

11th January 2021 – Mentoring Educational

25th January 2021 – Evaluation Educational

8th February 2021 – ACBD International Speech and Evaluation Club Contest

22nd February 2021 – In-depth Speech Breakdown & Analysis

25th February 2021 – International Speech and Evaluation Area 4 Contest

