



District 67 Newsletter

Since August 10, 2007

Master Yourself, Help Others!

成就自我，造就他人！

**12/十二月號**

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中華民國演講協會

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Toastmasters International  
website(總會網站)  
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Article submission & Letters to  
the Editor (投稿&讀者來函):  
[luna\\_chiang@yahoo.com.tw](mailto:luna_chiang@yahoo.com.tw)

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中華民國演講協會電子報

# TOASTMASTERS TIMES

<http://blog.yam.com/DistrictPR>

December 31, 2007

九十六年十二月號

NO.5



## Special Report >> 特別報導

### The 50<sup>th</sup> Anniversary of Taiwan Toastmasters

中華民國演講協會在台五十週年慶

> Bennie Bough > Y.H Chen > Erick Sun > Ras Huang & Marina Chou

42 Years!

The 2nd Place



(L to R) Jorie Wu & George Yen

【演講會家庭競賽】得主出爐！

(左到右)吳咨杏與顏瑛宗

44 Years!

Champion



(L to R) Su Lo, Su Yuan, & Janice Su

【演講會家庭競賽】得主出爐！

(左到右)蘇樂、蘇元與蘇家新

Recently, I had an annual evaluation with my team members in my company. I had each of them evaluated herself first, then I talked to them one by one. I had a long talk with one girl who has worked with me for more than 3 years. Her performance is lagging behind other colleagues. I know her work situation quite well; she hadn't made any obvious progress in her work in the past year when our business was expanding steadily. The point is that she lost her passion and ambitions for PR work, which also reflected on her personal life and the way she treated people and faced challenges. However, another team member who has worked with me for just 6 months, has made a huge progress in work within a short time. When I compare them, I surprisingly found how amazing it is when we have a passionate heart no matter how long we have been doing something. Of course, the colleague who has the passion got her promotion!

Taiwan Toastmasters is 50 years old this year! It is something significant for every Toastmaster in Taiwan. Therefore, I initiated a celebration campaign, which includes two ideas, to celebrate the 50th anniversary. One is holding the Toastmasters Family Contest and the other is collecting creative ideas to celebrate this important year. I have received some feedbacks and creative ideas since its kick-off. Congratulations to the Champion family, formed by George Yen, Jorie Wu, Wendy Wu, Keli Yen and Ying Ying Yen, who holds a 46-year membership in Toastmasters!

The purpose of this campaign is to ignite the passion of our members with the hope of creating more interactions among nationwide members when celebrating this very important year. I am thankful that some of our senior members immediately signed up for this contest while some members dropped me their creative ideas in the District PR Blog. I see the passion among our members regardless of whether they are junior or senior members. They all demonstrate the true Toastmasters spirit, a spirit with passionate a heart and positive thinking. And I believe they are crucial for being Toastmasters! In this edition, to salute to those passionate Toastmasters who devoted themselves to the establishment of Taiwan Toastmasters, we have invited Dr. Bennie Bough, Y.H Chen, Erick Sun, Marina Chou and Ras Huang to share with us their magic moments with Taiwan Toastmasters at its outset.

Dear members, what do you expect your life or Toastmasters journey to be? Fifty years after, will you still be passionate for Toastmasters?



照片摘錄製網站

又到了一年一度年終成績考核的時候了！我要求我的團隊成員先對自己作考核，然後我再一一找他們討論每一個人的表現。我和其中一個已經跟我共事超過三年的團隊成員深談，原因是因為他的表現明顯落後其他成員。我很清楚他的狀況，在過去一年當中，在我們的業務量遽增的同時，

他S有做出具體的貢獻。因為我知道他漸漸失去對公關工作的熱情，顯得意態闌珊，這同樣反映在他的生活態度上，還有接受挑戰的意願上。相較之下，另一位只跟我共事短短半年時間的成員，卻在短期間內有明顯的進步。當我仔細思量，在同樣的工作環境、服務相同的客戶狀況之下，我意外的發現當一個人有熱情的時候，不管時間長短，他總是可以突破困境，並接受挑戰。

中華民國演講協會已屆五十週年了！對每一位演講會員而言，這是一個別具意義的日子。所以，我發起一個慶祝活動，包括舉辦演講家庭競賽，看看哪一家人最愛當演講會友，另一個則是廣徵創意王，提出如何有創意的方式慶祝五十週年慶。很高興，活動開跑到現在，我收到一些會友的回部A恭喜前總會會長顏瑛宗一家人勇奪本次演講會競賽家庭冠軍！

本次活動的主旨是希望點燃會友的熱情，並藉此創造全國會友之間的互動，以慶祝這個重要的日子。我很感激一些資深會友的踴躍參與，還有一些會友努力的在協會公關部落格上面留言，提出許多創意的點子。我看到不管資淺或資深會友們的熱情，他們展現真正的演講協會會員的精神，一掙鰓◆P正面思考的能量。而我相信這正是身為演講會會員最重要的精神！

本期演講協會時報，為了向那些熱忱的演講會友，他們致力催生中華民國演講協會的成立致敬，我們邀請到中華民國演講協會的創始人Dr. Bennie Bough、陳泳華、孫慈悌、周美華以及黃啓芳，與我們分享他們與演講會相遇的美好時刻！

親愛的會友，你期待一個怎麼樣的演講會之旅？五十年以後，對於演講會，你還是一樣“熱情如火”嗎？

Best wishes and great success to all those who gathered for our year-end celebrations! To celebrate this festive season, there were lots of Christmas parties around District 67. I felt privileged and honored to be able to witness many of them, such as those held by Divisions C, E, F2 and F4, as well as a 5-club joint party (BID, TCG, ALE Elite, Innovative, and Excellence). They were all excellent; each program was like a masterpiece. I was especially delighted to meet lots of new members, and I was impressed and touched by their enthusiasm. Marvelous!

Aside from joining the parties, this month I was invited to visit many clubs, such as ACTS TMC, FJU TMC, Taiwan Futures TMC, Legend Advanced TMC, TCG TMC, BID TMC. Their performance has been marvelous beyond description! Under the guidance of A3 Governor Iris Yeh and two coaches (Abercrombie Yang and Amanada Hou), Taiwan Futures TMC became a healthy club, and is on its way to becoming a Distinguished Club. Thanks to the guidance of F2 Governor Angel Houg and Guon-Zun Wu (Coaches), Huatan Bilingual TMC has already increased its membership from 8 members to 19 members, and this could be yet another Distinguished Club. Superb!

Thank you for being shining examples of what this organization is all about : " Shaping Ourselves.. Shaping Our World!" " Master Yourself, Help Others!" Thank you for all that you have done for our District 67. You have all worked hard over the last six months as leaders of our District. A good leadership team must continue to implement a solid plan, in addition to remembering that "working smart is better than working hard." Please do remember that our District's mission is to focus on recruiting new members, establishing new clubs, and achieving CCs and ACs. 2008 will be upon us, and we will have another six months to reach our goals. Much can be accomplished in six months, if we follow our club's Distinguished Club Plan (DCP).

In a few days, January 5, 2008 will be the 50th anniversary of Taipei TMC. It is a blessing for me that this is happening while serving as your District Governor for the 2007-2008 term, and I encourage you to join with us to celebrate it together. Think of when you first joined your Toastmasters Club. How did you get information about it? Who introduced you to Toastmasters? Probably thanks to some volunteers who used both good communication and Leadership skills, you realized that you too could benefit from our organization. By witnessing the celebration of this 50th anniversary, we simultaneously celebrate a history that has lasted 50 years for District 67.

"Master Yourself, Help Others!" That's the way I think about our Toastmasters organization. 49 years ago, without the founder of Taipei TMC, Bennie Bough, and all the volunteers who helped make it happen, we could not have created our whole District. It's like the spark, which was ignited by them to create a flame, and then the growth began, then and there. We are very proud to say that there are now more than 120 clubs in Taiwan. Isn't that Simply Amazing? Helping others is part of the process of mastering ourselves. Be the master of yourself, then give to others...you are what your resolve to be, right? 2008 promises to be a great year. Happy New Year!

" Master Yourself, Help Others!"

首先以無比祝福的心情，在此多節慶的季節裡，祝福大家年節愉快！這些日子來，本人無比榮幸，有機會與各位好朋友共同參與多場年終聖誕盛會，計有C、E、F2&F4 部及 5個分會聯合聖誕聚會等，感受到大夥的熱情及青春洋溢般的歡娛，最重要的是認識到更多新朋友。

除了聖誕聚會外，本月份我亦分別拜訪不同的分會，例如：華普新分會、輔大、台証、傳說進階、北市府、BID等分會，讓我會晤到甚多優秀新血輪，進而感受到許多無私無我的奉獻。我很高興得知台証在其A3總監葉秀蘭的帶領、楊銑煜(前A3總監)及胡淑惠(A部總監)兩位救援教練輔導之下，已日漸茁壯，朝向傑出分會目標邁進。花壇分會在其 F2總監燕玲及恭讓(救援教練)的帶領之下，亦由 8個會員成長到目前已 19個會員，更不可思議的是，在其 F2 & F4聖誕晚會上，更達到單會最高出席率(共30位會友參加)。

各位在不同崗位上，卻是如此盡責盡職，此種精神令人欽佩，亦深深反應著**成就自我，造就他人**的精髓！謝謝大家這六個月來的奉獻，進而帶領所有會員，推展追求**總會的使命**：更多的新會員，更多的分會，更多中級，高級溝通員等。

2008已然到來，也正告訴我們僅剩六個月的衝刺...祇要落實傑出分會計畫目標，亦不難達成總會使命。

這星期六，1月5日將是台北分會五十週年慶的日子，本人深感榮幸此盛會，恰巧發生在本人任期內，有感責任重大，念茲在茲，更殷切盼望更多人的參與。也謝謝第一個台北分會的薪火相傳，中華民國國際演講協會才能逐漸茁壯成長。藉以慶祝的時分亦同慶祝本協會 50週年生日，感念我們周遭身邊的每位貴人！

成就自我，造就他人！更是本協會精神最佳的寫照。試想，倘若沒有創辦人Bennie Bough及這些熱情奉獻的前輩，哪來本協會的存在。此小小的火苗，卻點燃大家心中無比的熱情與無限的希望，而五十週年慶的最佳禮物，那就是本協會到目前為止已突破歷史的新高，已超過 121個分會，(除了 4個已創立，另 8個分會均已送件至世界總會審核，藉此也特別感謝推廣副總會長林義雄的辛勞)。所以，我相信2008年鐵定會更好，藉此良辰美景，順頌大家新年快樂！



## 1. Could you please share with us how you built up the 1st Toastmasters club in Taiwan? What made you to build such a club, and how did you make it?

In 1953, I joined a Toastmasters Club in San Diego, California. Being in the Navy, I was transferred to Taipei with the Joint Military Assistance Advisory Group. In order to continue the benefits of the Toastmasters training, a club had to be organized. On September 23<sup>rd</sup>, an interest meeting was held. The first regular meeting was held on September 30<sup>th</sup>. At that time, temporary officers were elected to serve until an election for charter officers could be held. Because approval was required to use the Toastmaster name, it was decided to adopt the name "Speaker's Dinner Club."

On receiving approval from Toastmasters International, at the October 7<sup>th</sup> meeting, the permanent name "Taipei Toastmasters Club" was adopted. On October 21<sup>st</sup>, the Constitution and By-laws were adopted and charter officers elected. Being elected the Charter President was an honor for me. On January 6, 1958, the Taipei Toastmasters celebrated the charter presentation and installation of charter officers at a banquet.

## 2. What keep you joining the Toastmasters for years? Are there any secrets/ incentives that attract you?

My initial desire to join Toastmasters was to become a better communicator and leader that were essential to promotion in the military. It worked. I started as an enlisted man and retired as a naval officer. After I retired from the military, it also helped me in my civilian career and community involvement.

I have continued in Toastmasters because of the many leadership opportunities with the organization. Again, I have been very successful starting as a Club President and becoming International President in 1992.

My purpose in life is to mentor and help many individuals with their communication and leadership skills. Toastmasters International gives me that opportunity.

## 3. Being the founder of Taiwan's Toastmasters clubs, could you please tell us how you feel about Taiwan's Toastmasters members? Is there anyone that impresses you the most?

Taipei Toastmasters Club is celebrating 50 years of outstanding service to its members and its community! WOW! In those years, the leaders and members have contributed greatly to Toastmasters International's mission: "to make effective oral communications a world wide reality." The Taipei Toastmasters Club has been a shining model for all individuals who have gone through the Toastmasters program, the community, and the Toastmasters International organization.



## 1. 請分享您當初如何創立台灣第一個國際演講分會的經驗？您為何創立此分會以及您如何作到的？

我於1953年在美國加州的聖地牙哥加入了一個分會，成為國際演講會的會員。由於當時在美國海軍服役，隨後被派往台北的美軍顧問團工作。為了能持續獲得演講會訓練的好處，我覺得需要組織一個新的分會。在當年九月廿三日召開了一次籌備會議，九月三十日舉行了第一次正式會議。當時我們選舉一批暫時的幹部服務會員，直到創會的幹部們被正式選出為止。由於分會需要一個正式的名稱才能被核准，我們當時決定採用「講者晚餐演講會」的名稱。

我們在收到國際演講總會的核准後，於十月七日的會議上決定採用「台北英語演講會」作為永久的會名。在十月廿一日的會議中，我們選出了創會的幹部並議決了此會的法規與章程。我對能被選為創會會長深感榮幸。1958年元月六日我們以晚宴慶祝創會與幹部就職。

## 2. 什麼原因使得您參與國際演講會多年？有任何秘密或誘因吸引您嗎？

我起初參加演講會是期盼能成為一個好的溝通者與領導者，而這對軍中的升遷來說極為重要。我的確由於參加演講會而達到了目的！我投身軍旅，一開始僅是士兵，但最後我以海軍軍官的身份退伍。我自軍中退伍後，演講會的訓練幫助我開展了民間的事業及投入社會服務！

我持續參與國際演講會是因為這個組織提供了許多領導的機會。我開始只是一個分會的會長，但最後我在1992年成為了國際演講協會世界總會的會長。我人生的願望是去輔導與協助許多人增進他們的溝通與領導技巧。國際演講協會提供了這些機會使我能有所貢獻。

## 3. 中華民國演講協會在2008年正式邁入五十週年，您對台灣的演講會會員有何祝福與期許？

我對中華民國演講協會的祝福是持續你們對國際演講會訓練內容的興奮與熱忱，並持續發揚國際演講總會創辦人史邁德立博士的願景，就是：「我們共同努力，彼此互勉，並將我們所學到的技能應用在幫助其他人的身上。」演講會的會員們可藉由幫助其他人變成更好的溝通者與領導者而成為引導的先驅。

# Ice Break vs. Coffee Break

## 初試啼聲與咖啡時光

周美華, 黃啟芳/台北國際演講協會

Ras Huang & Marina Chou, Taipei Toastmasters Club

The Toastmasters development is a proven success in this country. Toastmasters have been very active in Taiwan and the organization has evolved in many different ways in the last 50 years. A tiny seed planted by the Toastmasters International Past President, Dr. Bennie Bough, who gave birth to Taipei Toastmasters Club in 1958, has grown to become a huge tree. Now Taipei Toastmasters Club is going to host its 50th anniversary ceremony on January 5, 2008.

As members of the oldest club in Taiwan, we would like to share our experience on how Taipei Toastmasters Club has been able to keep its strength in the last half-century with all the Toastmasters in District 67.

Being Toastmasters, new members are always asked to deliver the first public speech, the ice breaker, to introduce themselves to the club members as the beginning of their Toastmasters journey. However, "Ice breaker" is a term that was interpreted quite differently by the authors. Twenty years ago, after reading an article by Mr. Stanley Liu about the Toastmasters Club in the internal magazine of Chunghwa Telecom Co. Ltd., we attended one of the regular meetings of Taipei Toastmasters Club at the Guildhall of NTU Alumni Association. When Ras glanced at the term "Ice breaker" shown on the "Bulletin" of that evening, Ras said to Marina, "Wa, not coffee, they will even provide ice cream during their intermission break." This is a very famous joke Ras made twenty years ago. (The printed meeting agenda of Taipei Toastmasters Club has been called a "Bulletin" for years.)

Honestly speaking, there was indeed a big ice between that meeting and us that night. We did not know what those people were "playing" session by session during that meeting. The language (English, of course) they were speaking is also odd to us. There were many terms we could not understand and we didn't have any idea what was going on. We felt that we had probably come to a wrong place, especially when we were listening to the speech given by the charming lady, Linda Chiu. The English she spoke was so fluent and beautiful. We thought we were not supposed to belong to this group of people.

Ras had just started his Ph. D. program at Tatung University then. He thought English would play a very important role in his career in the future, so he decided to join a club like this to improve his English, despite the big piece of ice that stood between him and Toastmasters twenty years ago.



過去50年以來，國際演講協會在台灣相當活躍並發展快速，而且是非常的多元化。國際演講協會在台灣驗證了其成功的發展，而這棵大樹已經從1958年國際前總會會長Bennie Bough博士手上所撥下的微小種子中，逐漸成長茁壯。在2008年1月5日即將舉行的50周年慶之前，身為台灣歷史最悠久的國際演講會會員的我們，想要邀請全67區的演講會會員們一同見證，台北國際演講會如何在過去半世紀中保持其優勢。

身為演講會的會員，當我們要成為協會的新血時，首先我們必須打破與協會成員的隔閡，並且發表第一次的公開演講(國際演講會學習生涯中的初試啼聲)。然而，對作者而言，"Ice break"是個相當特別的名詞。20年以前，在中華電信內部刊物中看到，由Mr. Stanley Liu所寫的國際演講會簡介文章後，我們開始參加位於台大校友會館的台北國際演講會的例行會議。當啟芳不經意的看到那晚議程表(Bulletin)上" Ice break"的特殊字眼時，啟芳跟美華說"哇，不只是咖啡，他們甚至在中場休息時，還會提供冰淇淋呢"，這是啟芳在20年前所鬧的一個非常有名的笑話。

老實地說，那晚在會議與我們之間的確有很大的隔閡。我們一點也不清楚這些人在"玩"什麼節目，他們所使用的語言(英文)對我們而言是相當古怪的。有很多的用詞，我們無法理解也不清楚。之後，我們感覺好像走錯地方，特別是當我們聽到一位迷人小姐Linda Chiu所發表的演說之後。她的英文演講是如此的流利且用字漂亮。我們認為我們應該不屬於這個團體。

然而，啟芳當時正開始攻讀其在大同大學的博士學位，他認為英文在其未來生涯中將扮演非常重要的角色，所以他必須要參加這類型的團體以學習英文，即使這隔閡對他在20年前而言，是相當的大且難以克服。



## 15 in times of 50

### 十五、五十時

**Erick Sun, Council Governor (1998~1999)**

孫慈悌/ 前理事長

It has been more than 15 years since I joined the TM in 1992. I was introduced to it by a dynamo lady called Ms. Sherry Li. Those who are acquainted with her know that it is very difficult to say No to her. She is a persistent lady. She invited me to join Grand Toastmasters Club for almost two years before I finally said that I would take a look and see what happens. I did. And I was hooked. And I decided to go forward. She was the EVP of the club and we regularly had less than 12-13 people attended club meetings. I remember that in every meeting each member had to do 2-3 jobs in order to get by. It was pitiful. But we survived. Next year she became the president of the Grand TMC and I served as EVP for her. Together we rebuilt the club. I participated in the contest and won. And I was determined to learn and grow. The rest is history!!

I served as president of the Grand TMC club in 1994-5 and moved on to serve as Area Governor, LTGM, LTGE and then Council Governor in 1998. During this time I was lucky to be associated with many outstanding leaders of Taiwan TM community. They supported me, they taught me and nurtured me and I am forever grateful to their help. It is absolutely essential for a junior like me to learn from the elders like Thomas Huang, Howard Chang, YH Chen and the late Jerry Ma who served as Governors before me. Comparing to them I did very little to contribute to the success of this wonderful organization. They are all my heroes. D67 did not exist at that time. There were no divisions, just areas. We were not even 67P yet. I made a trip in April 1999 to the TI World Headquarters in California and talked to the officers there. And in May 1999 I went to Washington DC and met with Dr. Bennie Bough, the founder of TPE TMC in 1958 and the TI president in 1992-3. He is such a kind and Knowledgeable man. I asked for his advices and support to help us in the pursuit of a full status of District. He promised to help and his advices were precious. The next year when Harry Fong served as Governor, he "made it happen". We became 67P. Later when Jorie Wu succeeded him we became D67 and Bennie Bough came to Taiwan and helped us celebrate this historical moment of becoming a full district. He is certainly one of the most admirable and respectable TM members I know. Bennie has a big impact on me. And I love him for it.

我參加國際英語演講會已有十五年了。當初是由一位非常熱誠的李向慈小姐所引介，所有熟識她的朋友都知道要拒絕她是很困難的，她是個不輕言放棄的人，她花了兩年的時間邀我加入格蘭特 英語演講會，最後終於說動我，使我決心一探究竟，然後我就上癮了，我決定留下來。當時她是教育副會長，每一次開會出席人數都只有十二、三人，每個與會會員都要同時擔任二至三個角色，情況相當淒慘，可是我們存活下來了。第二年他擔任會長，我則成為她的教育副會長，我們齊心重建了我們的分會。後來我參加比賽獲勝，更加強我成長學習的決心。接下來的發展就已眾所皆知了。

我於一九九四至一九九五年擔任格蘭特分會會長，接著擔任區總監、推廣副總會長、教育副總會長，然後於一九九八年成為總會長。這段期間我很榮幸能與台灣地區國際英語演講會諸位傑出領導人多所接觸，他們支持我、指導我、豐富我的知識，令我永生難忘。生手如我當年，當然需要以黃邦光、張華、陳泳華、及前我一任的總會長已故的馬德亮這樣的前輩為我的榜樣。比起他們我為演講會所做的貢獻真是微不足道，他們都是我心中的典範與楷模。其實67區當年尚未誕生，當時只有區，沒有部，我們連儲備區都尚未被列入。於是我在一九九九年四月親自前往國際演講會位於加州的總部，和總會幹部會談，同年五月我則前往華盛頓特區，去會見Dr. Bennie Bough，他曾於一九五八年創建台北國際英語演講分會，同時也是一九九二至一九九三年國際總會長。他是位親切博學的人，我請他協助我們成為獨立地區，他應允了，同時還給了我許多彌足珍貴的忠告。第二年方瑞原會友繼任我的職務，真的讓我們“美夢成真”了。我們成為67P。隔年吳姿杏會友接任總會長時，我們正式成為67區，Bennie Bough 親自前來台灣與我們一同慶祝這歷史性的一刻。Bennie Bough 當然是我最欣賞、最尊崇的會友，他對我影響深遠，我十分敬愛他。



### 滿足

這是在越南的沙巴，位於越南的西北方。從首都河內(北越)出發，大概要坐12小時的火車。在這裡沒有現代化的瓦斯供應，所以晚餐的火源必須倚靠砍下來的木材升火，僅有的電力也只足夠供應一小盞燈泡。雖然沒有太多物質上享受，但從他們的微笑中我感受到一滿足。

### Satisfaction

This is Sapa, which is located in the north-west of Vietnam. It is a 12-hour train ride from the capital city Hanoi. There is no gas available here, so they cook by building up the fire with wood. The limited electric power can only supply a small light bulb. There are not too many material desires here, but from their smiles, I can sense the people are happy.

# About Evaluation Technology

## 論講評技巧

Many people asked me to offer evaluation workshop after the district contest. After offering my workshop several times, I realized that a 20 minute workshop really is not long enough to do a good job. Because in Toastmasters activities, there are two types of evaluations: the manual evaluation and the contest evaluation. These two are very different animals and it is hard to cover both in such a short time.

I also notice that, in general, the quality of the evaluations in Taiwan is lagging the quality of the speeches. Over the last two years we have seen the quality of the Prepared Speeches improved in the district contests. Yet similar improvements in the evaluation are not evident. In order to help improving this situation, I would like to offer some of my observations for these two types of evaluations.

### 1. Manual evaluation

A speaker doing a manual speech has very clear instructions on what to do. The evaluation criteria are also very definite and clear in the manual. An evaluator should just:

1) Read the manual beforehand and get familiar with the evaluation criteria.

2) Read the script of the speech if it is available. For myself, I prefer not to read the script because my reactions to the written texts and to the real time delivery are different. I prefer to have the real time reaction to the speech as the base for my evaluation.

3) Evaluate the speech based on the criteria recommended on the manual. Each speech on the basic manual has a clear purpose and the criteria for that speech are specially designed for that purpose.

### 2. Contest evaluation

If you diligently perform evaluation from c1 to c10 then you have all the skills you need to do well in the contest because anything that you will run into with the test speaker is covered in these 10 speeches. For example,

1) c2 - organize your speech. You will learn how to comment and make suggestions on the organization of the test speech.



很多人請我在全國大會後舉行個別講評的教育訓練。在我舉辦過幾次之後，我發現要真正做好這種教育訓練，短短20分鐘真的不夠。因為在國際演講協會裡，有兩種個別講評：手冊指定講評及個別講評比賽。這兩個講評是不一樣的，在短時間內很難含括這兩個主題。

我也發現在台灣，一般來說個別講評的品質，是落後於我們一般演講的品質的。過去兩年來，我們都注意到全國指定演講比賽的水準一直在進步，但個別講評比賽的進步幅度，卻遠不如指定演講比賽進步的多。為了改善這個狀況，我想針對這兩個類型的個別講評提供我的一些觀察。

### 第一、手冊指定講評

一個要完成手冊指定演講的演講者有著非常清楚的指示。評估這個指定演講的個別講評準則，也在手冊中寫得的相當清楚，一個講評者只要：

(1) 預先閱讀手冊並且熟悉個別講評的準則  
(2) 如果可能，預先看過講者的講稿。但就我自己來說，我傾向不在事前看過講稿，因為我對於書面文字與實際聽到的演講，反應會是不一樣的。我較喜歡以我實際對演講的反應，當成我個別講評的基礎。

(3) 依手冊所建議的準則去做個別講評。每個層級的演講都有其明確要達成的目的，而演講的評估標準就是根據這些目的所設計。

### 二、個別講評比賽

如果你已經勤勉地由C1到C10練習過不同層級的個別講評，你就會擁有在比賽中表現良好所需的所有技能，因為所有你會碰到的狀況都已經包含在這10個演講中，舉例來說：

(1)第二講：組織你的演講 你將會學到，如何針對演講的架構給意見。



# *A Trip to the Top*

## 雪山攻頂之旅

Amanda Yu & Jewel Hsu

Nov. 29, Thursday---Taipei was wrapped with the harsh, cold wind of winter, and at the East gate of Taipei Main Station, 17 Toastmasters and non-Toastmasters members were bound on a mission to conquer Taiwan's second highest mountain---Syue Mountain.

We departed Taipei Main Station carrying hearts filled with fascinations and excitement on our adventure. On the way to Yi Lan, our handsome tour guide "A Hwa Tien" explained to us all the rules and safety precautions to ensure a safe journey to the top. He even cited some of the mishaps happened to previous mountaineers who were reckless, which left us starting to think crazy stuffs that might happen on our way ahead. And then, another tour guide, a nice middle-aged man whose name is "Qing Song"---translated to English as "Relax"---- came up and gave some few words. By 11 in the evening, we reached the trail head of Syue Mountain. It took us almost two hours to climb to our first camp site, Cika Cabin. It was a bit challenging as it was our first time to travel 2km carrying more than 10kg on our back. It's really very, very, very tiresome.

Finally, we made it to the camp site. We were all exhausted and we were craving for a good night sleep. Unfortunately, the weather is terribly cold, to the extent that we can't sleep well at night. Good thing Sinfa brought lots of 暖暖包(a small packet containing carbon, vermiculite, salt and iron that produces heat) to keep us warm and somehow helped us get through the night.

The next day, we had our breakfast at around 8 and we had porridge with peanuts and other preserved foods prepared by Sing Pa – our chef and tour guide. Though simply prepared, the foods appeared delectable to us. I guess people start to appreciate simple things during difficult situations.

By 9, we had our 5 min warm up exercise and we headed for the east peak of Syue Mountain. It was a difficult trail for us. Not only do we have to walk up the stairs, but we also have to climb rocks. For every 200 m, we usually stop and get some rest while enjoying the scenic views of the mountain. On our way, we took a lot of pictures and we had some nice chats along. By noon, we reached the pit stop. The view was magnificent, we were surrounded by mountains half covered with clouds and the sky was clear blue. It was an awesome experience to eat lunch in such breathtaking scenery.



11月29日星期四，19位Toastmasters與朋友們在冷冽的寒風中，在台北車站東一門集合，啓程征服台灣的第二高山－雪山。

我們帶著興奮的心情出發探險去，在往宜蘭的路上，帥氣的嚮導阿華田向我們說明所有注意事項以確保我們有個安全又愉快的攻頂之旅，他甚至提及之前發生過的山難，讓我們不禁覺得什麼事都是可能發生的。接下來另一個嚮導輕鬆也向大家聊了一些高山經驗，在接近凌晨一點時，我們到達了雪山登山口，然後我們花了近2個小時走到我們第一個住宿點－七卡山莊，對於第一次背負重達十公斤的東西走2公里路的我們而言，是非常非常疲累的。

終於，我們到了七卡山莊，終於可以好好睡個覺，但不幸的是，山上的近零度的氣溫，讓我們根本無法入眠，幸好Sinfa帶了好多的暖暖包，幫我們渡過了第一個嚴寒的夜晚。

我們大約在8點鐘吃著由辛爸(廚師兼嚮導)幫我們準備的早餐，雖然只是粥、花生、肉鬆...這些簡單的食物，但對我們來說卻是可口無比，我想，人們在艱困的環境中更容易學會感恩。

早上9點，在5分鐘的簡單暖身後，我們啓程向雪山東峰前進，這是一段艱困的健行，我們步上一階又一階的石階，攀過岩石，幾乎每隔200公尺我們就休息一次，也順便欣賞壯麗的山景，我們沿途拍照、聊天，在中午前抵達哭坡前瞭望台，我們就在腳下的雲海，深藍的天空陪伴下用了午餐。接下來等著我們的，就是令人怯步的哭坡，到現在我都還無法相信我攀過了那段陡峭又崎嶇的山路，我們開始質疑自己為什麼來找罪受，但當我們攀上哭坡的最高點，壯闊的雲海與山景，讓我們覺得一切都值得了。經過了又一個小時的健行，終於來到了台灣百岳之一的東峰，當我們站在山頂，望著眼前的其他山岳，壯麗的景像，讓我們忍不住按下快門拍下各種不同角度的山景。接著，繼續背起我們的背包，大約在6點左右，抵達了第二個住宿的山屋－三六九山莊。

Toastmasters Family Contest>> 演講會家庭競賽出爐

Champion



The Su Family  
(L to R) Su Lo, Su Yuan & Janice Su

44Years!

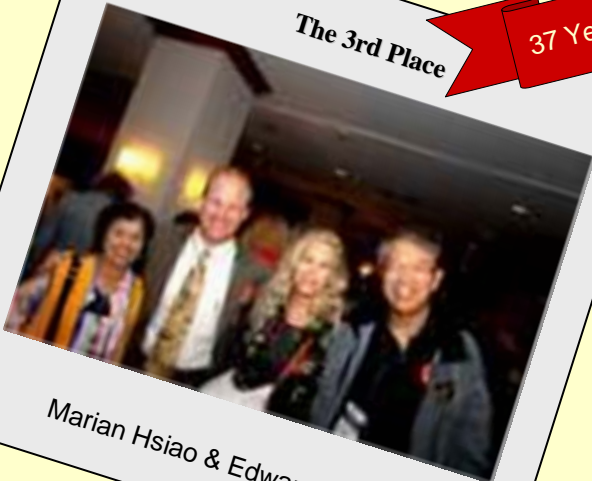
The 2<sup>nd</sup> Place



Jorie Wu and George Yen

42 Years!

The 3<sup>rd</sup> Place



Marian Hsiao & Edward Chen

37 Years!

The 3<sup>rd</sup> Place



Agnes Chang & James Lin

22 Years!

20 Years!

The 20 Club!



The Fu Family



Snapshot of Christmas Parties>> 聖誕趴踢剪影

Division C Christmas Party  
C部耶誕派對 – 沒大沒小轟趴



Division G Christmas Party



Division D Christmas Party



Division A & C  
5-Club Joint Christmas Party



Division E Christmas Party : 上海灘

