

# OutInspire

July 2005

Cairnhill Toastmasters Club, Club No. 1759-80

Issue 24



## The Latest News!!!



### Award Winners Jul 2005

Best Prepared Speech  
Speaker:  
**Sharon (TM)**

Best Evaluator:  
**Violet Lim (ATM-B CL)**

Best Table Topics:  
**Eddie Lee (CL)**



### DCP Progress

Goals	Achieved
2 CTMs	0 CTM
2 ADDITIONAL CTMs	0 CTM
1 ATM	0
1 ADDITIONAL ATM	0
1 CL, AL, or DTM	0
1 ADDITIONAL CLs, ALs, or DTMs	1 CL
4 NEW MEMBERS	0
4 ADDITIONAL NEW MEMBERS	0
4 OFFICERS TRAINED TWICE	½
SUBMITTED ON TIME (SEMI DUES & OFFICER LIST)	0

## President's Message

**Dear Members,**

It has been a year but I am back as your president again! ☺ We have a new exciting team to lead Cairnhill to greater heights. They are:

VP Education 1: Li Hua  
VP Education 2: Herry  
VP Membership 1: Herry  
VP Public Relations 1: Cedric  
VP Public Relations 2: Anthony Junior  
Secretary 1: Aleve  
Secretary 2: Anna  
Treasurer 1: Sharon  
Treasurer 2: Justin  
Sergeant-at-Arms 1: Margaret  
Sergeant-at-Arms 2: Tong Wah  
Sergeant-at-Arms 3: Christine

Under Violet and her Ex-Co team, Cairnhill has grown to have over 33 members! Those are tough shoes to fill indeed. I have full confidence on the team above to do that!

This year, we wish to introduce a new ritual for Cairnhill Toastmasters. For those members that accomplish their CTM, lets give them the opportunity to treat the us to Oyster omelette in Newton Circus after the meeting as a celebration. What do you all say?

**See you on Wednesday, 24 August 2005!**

Sincerely, Jamie Lee

## Great Shots

### P8 - What makes a great shot?

A picture speaks a thousand words. A photograph is a powerful medium of expressions and communications through different angles of shooting. With a little imagination and an eye for details, you could turn your travel photos into nice post-card shots that people marvel!

**A huge part of success in photography is about being at the right place at the right time.** Sounds like the same principle for climbing the corporate ladder, isn't it?

Let's me share with you 5 practical tips in taking great shots during your trip.

#### 1. Composition

Don't be trigger happy and just snap at whatever sights that come along.

Each moment captured should be able to convey a message and tell a story.

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## Quote of the Month

### Mindfulness

**"Whatever we are waiting for – peace of mind, contentment, grace... it will surely come to us, but only when we are ready to receive it with an open and grateful heart"**

*-- Breathnach, 1996*

### Motivation / Inspiration

**"Reflect on your present blessings, on which every man has many, not on your past misfortunes, of which all men have some."**

*-- Charles Dickens*

A popular technique is known as "**Rule of Thirds**".

Imagine the picture divided into thirds, both horizontally and vertically, like a Tic-Tac-Toe board. Now place your subject on one of the lines or intersection. Always centering your subject can get dull. Use the Rule of Thirds to add variety and interest.

### 2. Hold it Steady

A problem with many photographs is that they're blurry. Avoid 'camera shake' by holding the camera steady.

Use both hands, resting your elbows on your chest, or use a wall for support. Relax, don't tense up.

Imagine you're a marksman holding a gun and it must be steady to shoot.

### 3. Get Closer

If you look at most 'people' shots they don't show the whole body. Move close, fill the frame with just the face, or even overflow it. Give your shot some impact. Use a zoom to crop the image tighter.

### 4. Put the Sun Behind You

A photograph is all about light and always thinks of how the light is striking your subject. The best bet is to move around so that the sun is behind you and to one side. Also, try to photograph only at dawn, in the late afternoon, and at dusk, when the low angle of the sun produces, rich, warm colours and long shadows.

### 5. Framing

Let me qualify this, we are not talking about framing a person but framing your pictures with a gate or a window to keep your viewers attention within your picture frame.

A picture is worth a thousand words. Be mesmerized by the possibilities in travel photography as you will be like a Film Director. The sense of fulfilment derived from the shooting experience can be therapeutic. I welcome you to embark on this journey and travelling will never be the same again.

Have fun and remember, sometimes it's good to forget about taking pictures and just enjoy the magnificent scenery with our own eyes.

That's all, folks, till we meet next time for more tips on taking great shots.