

DIAMOND TIMES

THE OFFICIAL NEWSLETTER OF THE AITKEN SPENCE TOASTMASTERS CLUB

CLUB NO: 2321352 | AREA 04 | DIVISION I | DISTRICT 82

VOLUME 02 | ISSUE 03 | MARCH 2024



WHAT'S INSIDE?

CHAMPION CHAT
WITH TM RIZMIKA DAHILAN

YEAR-END
DIVISION CONFERENCE

JOINT MEETING
WITH PIM

WE MEET EVERY 2ND AND 4TH THURSDAY OF THE MONTH | 5:30PM TO 7:15 PM |
HEXAGON BOARDROOM | 315, VAUXHALL STREET, COLOMBO 00200, SRI LANKA

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EDITOR'S MESSAGE

It brings me great joy to present the Issue 03 of Volume 02 of Diamond Times, the official newsletter of the Aitken Spence Toastmasters club.

Our journey thus far has been remarkable, and over the past decade, the club has significantly elevated the professional lives of numerous members within the Aitken Spence corporate community.

Inside this edition, you'll discover stories from our members, details about the projects we've undertaken, an inspiring interview, well-wishes, and a peek into the heart of our club.

Be sure not to miss out on the puzzle!

Thank you for being a part of the Aitken Spence Toastmasters club.

Here's to another successful year of Toastmasters!



TM Hansimali Edirisinghe
Editor - Diamond Times
VP-Public Relations 2023-24
Aitken Spence Toastmasters Club

ABOUT ASTMC

The Aitken Spence Toastmasters Club (ASTMC) was chartered in March 2012 as a corporate club of District 82. TM Azam Bakeer Markar served as the club's inaugural president. The club received the esteemed Golden Gavel award from District 82 in its charter year and the Golden Gavel Plus honor in the following year. The Aitken Spence Toastmasters club was one of the rare clubs that did so during their charter year. Since 2013, the Aitken Spence Toastmasters Club has earned the title of President's Distinguished Club continuously. This is the highest recognition in the Toastmasters fraternity. The ASTMC has also won numerous other awards such as the Smedley award, Talk Up Toastmasters award, Beat the Clock award, and the Triple Crown award. In addition to holding significant positions, our members have represented the club in competitions at the area, division, and district levels as well as held key positions in the administration.



THE EX CO



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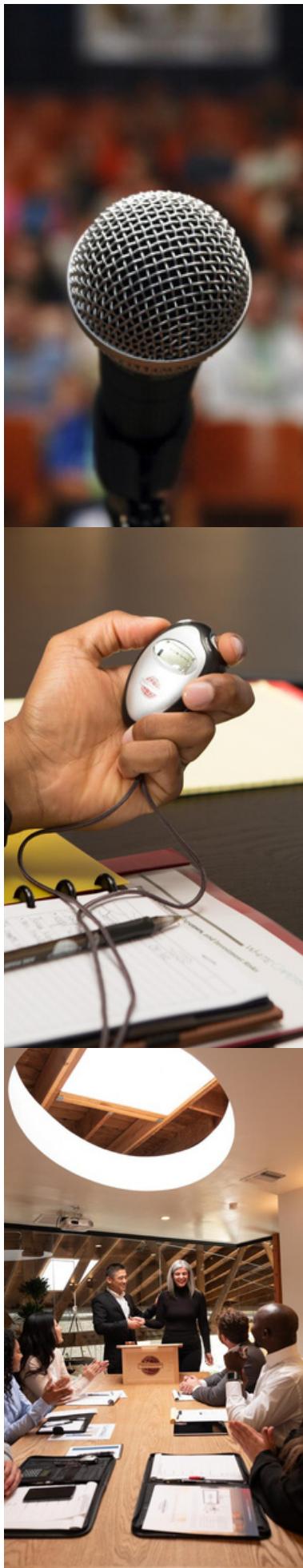
SERGEANT AT ARMS

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IMMEDIATE PAST PRESIDENT

TM Rizmika Dahlan
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TOASTMASTERS INTERNATIONAL®

Since
1924

TOASTMASTERS INTERNATIONAL MISSION

We empower individuals to become more effective communicators and leaders.

TOASTMASTERS INTERNATIONAL ENVISIONED FUTURE

To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development.

DISTRICT MISSION

We build new clubs and support all clubs in achieving excellence.

CLUB MISSION

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

RESPECT INTEGRITY SERVICE

TOASTMASTERS INTERNATIONAL CORE VALUES EXCELLENCE

For more information, visit Toastmasters International
www.toastmasters.org

MESSAGE FROM THE

My Dear Aitken Spence Toastmasters...

I'm thrilled to share the remarkable journey of progress and achievement our club has undergone over the past six months. It's been a roller coaster of steady growth, camaraderie, trust, networking and learning.

In the past months, our club has grown immensely. You as toastmasters have seized every valuable opportunity to showcase your talents and hone your public speaking skills through club competitions, representing the club at Area level, contributing to the District conference, taking on compeering and emcee opportunities within the company, stepping up within the organization for leadership roles, collaborating with Group HR to launch a speech craft program and showcasing your hidden talents of music either through singing or playing an instrument, indeed we have all juggled, stretched and managed time in the interest of personal development. Do read on through the pages of 'Diamond Times' to discover the full stories!

It was a proud moment for me to accept so many level completion certificates from the Club Growth Director DTM Ganga Fernando at the Division conference and also accept a ribbon for completing training commitments of our toastmasters journey 😊

However, what is most important is the company wide positive vibe created by Toastmasters. The recognition and confidence displayed anywhere when a toastmaster is involved is awe-inspiring where your leadership skills are appreciated and respected. I couldn't be prouder of the impact we're making together.

As we look ahead, I'm excited about the prospect of our members taking the stage at Ovation, where we'll reap the rewards of our collective hard work and dedication.

Thank you for your unwavering commitment and enthusiasm. Together, let's continue to inspire, support, and empower each other on our journey of growth and achievement.

TM Zaharine Hameen
Club President 2023-24
ASTMC



MESSAGE FROM THE **PROGRAM QUALITY DIRECTOR:** **D82**

The dynamic presence of Aitken Spence Toastmasters Clubs within District 82 is truly commendable. It serves as an evidence to the dedication, commitment, and hard work of everyone involved.

Participating in your corporate club sharpen your leadership skills. Here's how:

Leadership Opportunities: Dive into leadership roles within the club, whether as a club officer, meeting role handler, or event organizer. There's something for everyone. **Skill Development:** Take charge and witness your skills grow. From team management to decision-making, problem-solving, and strategic planning, you'll tackle real-world challenges head-on.

Peer Collaboration: Leadership isn't just about leading; it's about teamwork. In a supportive environment, collaborate with peers, learning from each other, and enhancing leadership capabilities. **Preparation for the Future:** These experiences aren't merely for display. They're stepping stones to future leadership roles within the organization. Gear up, lead the way, and pave your path to success with Toastmasters.

Enhancing your communication skills is another benefit. Toastmasters clubs provide the platform for:

Focused Skill Building: Sharpen communication skills through activities like impromptu speaking, prepared speeches, and constructive feedback. Dive deep into honing your abilities. **Regular Practice and Feedback:** Consistently practice and receive feedback on your communication prowess. Transform into confident and impactful communicators.

Remember, the key to success is facing it. Strong communication is non-negotiable. It's the backbone of personal and professional triumphs, enabling individuals to articulate ideas, foster connections, and sway others positively.

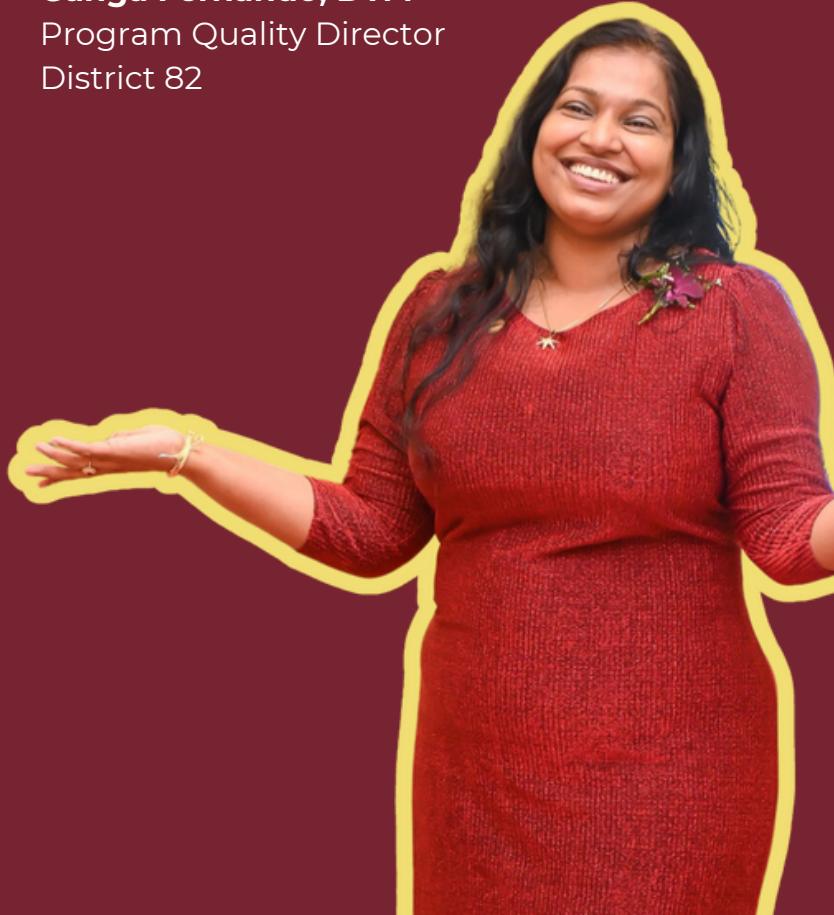
Through active engagement in Toastmasters club activities, you cultivate robust leadership and communication skills, fueling a natural surge in confidence. This newfound assurance not only amplifies your club performance but also spills over into your professional domains. Confident employees readily embrace new challenges, seek avenues for personal growth, and make impactful contributions to their teams and organizations.

I congratulate President TM Zaharine Hameen for her visionary and dynamic leadership bestowed upon her team and the members, guiding the club to its 10th-anniversary milestone and bringing back its glory. I am confident that you will continue to inspire and empower members for years to come.

As Toastmasters, we promise to empower you through personal and professional development. Let's stay committed to the simple act of active engagement in the Toastmasters program, which in return pays in multifaceted ways to unlock your true potential.

All the best for your future endeavors

Ganga Fernando, DTM
Program Quality Director
District 82



FINDING SERENITY IN SRI LANKA, UNWINDING THROUGH TOASTMASTERS!

EMBRACING A SUPPORTIVE COMMUNITY

Sri Lankans cherish community and camaraderie. Toastmasters' meetings offer a nurturing environment where members uplift and support one another. Whether it's delivering a speech or taking on a meeting role, every individual is met with encouragement and guidance. This sense of belonging and support cultivates a space where stress dissipates, replaced by a shared journey of growth.

STRUCTURED GROWTH OPPORTUNITIES

The structured format of Toastmasters meetings provides a respite from the chaos of daily life. Each segment, from prepared speeches to impromptu speaking exercises, offers a structured path for personal development. Sri Lankans, known for their resilience and determination, thrive in environments where growth is tangible and achievable. Engaging in these structured activities not only enhances communication and leadership skills but also serves as a therapeutic outlet for stress management.

CONSTRUCTIVE FEEDBACK CULTURE

In Toastmasters, feedback is a cornerstone of the learning process. Following a speech or meeting role, members receive thoughtful evaluations aimed at fostering growth. This feedback loop transforms stress-inducing challenges into opportunities for refinement and progress. Embracing this culture of constructive feedback empowers us to confront stressors with a proactive mindset, leading to personal and professional advancement.

CULTIVATING A SENSE OF BELONGING

In a rapidly evolving society, fostering connections is paramount. Toastmasters meetings provide a platform for Sri Lankans to forge meaningful relationships with like-minded individuals. Whether sharing cultural anecdotes during table topics or networking with fellow members, a sense of belonging permeates every interaction. This feeling of community serves as a buffer against stress, reminding individuals that they are not alone in their journey towards self-improvement.

Niroshan Nadarajah, DTM

Club Growth Director | District 82

In the midst of the frenetic pace of Sri Lankan life, where demands and obligations can often feel overwhelming, finding moments of tranquility is essential for maintaining balance and well-being. Yes we can go to a beach, go to the hill country OR a Toastmasters Meeting! Yes, Toastmasters meetings stand out as sanctuaries of personal development and stress relief.

Let's find out how!

CELEBRATING MILESTONES AND ACHIEVEMENTS

Sri Lankans revel in celebrating achievements, no matter how small. Toastmasters' meetings embrace this spirit of celebration by recognizing and applauding individual milestones. Whether completing a speech project or mastering a challenging role, every accomplishment is met with genuine applause. This culture of celebration instills a sense of pride and fulfillment, counteracting the negative effects of stress and fostering a positive mindset.

In essence, Toastmasters meetings offer Sri Lankans a sanctuary where personal development intertwines with stress relief. Through its supportive community, structured growth opportunities, constructive feedback culture, sense of belonging, and celebration of achievements, Toastmasters empowers individuals to navigate life's challenges with resilience and grace. So, the next time stress looms large, consider immersing yourself in the enriching experience of a Toastmasters meeting and discover the serenity it brings to your life.



'TRANSCEND NEXUS'

SPEECH CRAFT WITH ASTMC

With a focus on transformative growth, the Aitken Spence School of Management unveiled four innovative learning initiatives under the 'Transcend Nexus' brand.

Among these are Spence LEAP 360°, a convergence of Leadership, Entrepreneurship, Agility, Performance, and 360° innovation aimed at shaping dynamic leaders. Additionally, there's Speech craft, and strategic communication for Leaders, designed to equip professionals with the skills to navigate professional connections adeptly. Roboleap, to dive into digital transformation through robotics, Power Apps, and Power BI.

During the launch ceremony, it was emphasized that success hinges on adapting to a changing environment and embracing new perspectives. The team at Aitken Spence was lauded as the organization's assets, likened to diamonds that this initiative further refines into distinct shapes.

Aitken Spence Toastmasters club collaborated in launching the speech craft program. It was introduced to foster corporate communication development and leadership skills across all hierarchies. This program ensures a barrier-free environment where personnel at every level can thrive.

The speech craft program commenced on March 12th and takes place every Tuesday. First session covered introduction to Toastmasters, the fundamentals of public speaking, and the program will feature educational sessions led by seasoned and visiting Toastmasters.



CLUB ACHIEVEMENTS

100% PATHWAY COMPLETION

All members have successfully completed their assigned pathway completion goals.

MEMBERSHIP RENEWAL AND NEW MEMBER ENROLLMENT

The club renewed memberships of seventeen members and welcomed two new members. Our VP Membership is actively seeking new recruits, ensuring our club continues to grow and maintains its base.

AREA CONTEST: ISC & TT CONTESTS



TM Zaharine, TM Rizmika and TM Hansimali represented the club at the Area contest for International Speech and Table Topics of Area 4. TM Zaharine became the second runner-up for the International Speech and Table Topics contest.

EXCELLENCE IN CLUB OFFICER TRAINING DISTRICT 82 – 2023-24



ASTMC secured the ribbon for Excellence in Club Officer Training District 82 – 2023 –2024 at the year-end Division conference of Division I

CLUB CONTEST:ISC & TT



TM Zaharine, TM Hansimali and TM Thilini won the International Speech Contest at the club level and TM Zaharine, TM Rizmika and TM Hasantha won the club contest for Table Topics.

10 DCP POINTS

With just one more requirement, the club is on its way to completing its 10 DCP points for the year 2023-24

EVENTS

HOSTED THE SPENSONIAN CHRISTMAS PARTY AND SPENSONIAN QUIZ NIGHT AS EMCEES

TM Johanne Steinwall and TM Zaharine Hameen served as emcees for the Spensonian Christmas party and Spensonian Quiz Night, respectively, organized by the Aitken Spence Sports and Welfare Society.



HOSTED WOMEN'S DAY CELEBRATION



TM Hansimali Edirisinghe served as the emcee at the International women's day celebration of Aitken Spence Travels (Pvt) Ltd.

IWD DEBATE

TM Zaharine, TM Rizmika and TM Thilini took part in the debate competition at the International Women's Day celebration organized by the Aitken Spence PLC.



REPRESENTED YEAR-END DIVISION CONFERENCE ORGANIZING COMMITTEE

President TM Zaharine and IPP TM Rizmika represented the organizing committee of Division I Year End Conference aptly themed "Ignite" 2024.

IGNITE 2024 DIVISION I YEAR END CONFERENCE

The Division I Year End Conference "Ignite" 2024, held at BMICH on March 23rd, was a vibrant gathering of Toastmasters. TM Zaharine and TM Rizmika from Aitken Spence Toastmasters club led the organizing committee with zeal. Other members continued to shine in various roles and contributions. TM Hasantha served as Timer, TM Thilini assisted in ushering VIPs, and TM Janith provided an entertainment act that kept the toes of the crowd tapping to his music and songs.

The event featured the best of the best from the division battling it out for the International Speech and Table Topics where the winners will proceed to the District contest.

As the day drew to a close, applause echoed, marking the success of "Ignite" 2024. Participants departed, carrying memories of inspiration and growth, eager to continue their Toastmasters journey.

Here is a glimpse of the day!





SPREADING SMILES

ASTMC AND PIM TOASTMASTERS UNITE FOR INTERNATIONAL DAY OF HAPPINESS!

361ST MEETING OF ASTMC

An exciting joint meeting between Aitken Spence Toastmasters and PIM Toastmasters was held on 20th March 2024 at the PIM premises with over 20 attendees. The theme of the meeting was the International Day of Happiness, creating a vibrant and positive atmosphere for all participants.

The Toastmaster of the day started the meeting on an upbeat note by playing the song "Dancing Queen" and encouraging everyone to stand up and follow the steps. This fun and interactive activity set the tone for the meeting, making everyone feel energized and joyful right from the start.

Throughout the meeting, members from both clubs participated in various speech and evaluation segments, showcasing their speaking skills and providing constructive feedback to each other. The meeting was a great opportunity for members to learn from one another and build connections across clubs.

Overall, the joint meeting between Aitken Spence Toastmasters and PIM Toastmasters was a resounding success, bringing happiness and camaraderie to all who attended. It was a true celebration of the spirit of Toastmasters and the joy of public speaking, creating a unique and memorable experience that strengthened the bond between Aitken Spence Toastmasters and PIM Toastmasters.

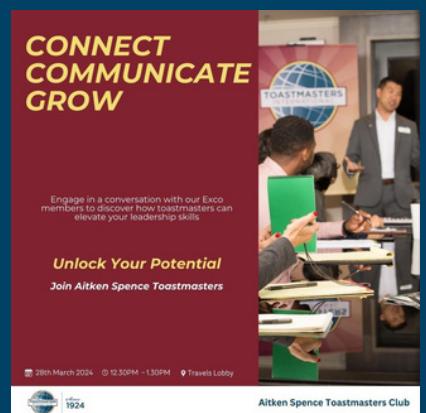
The atmosphere was warm and welcoming, with each member displaying friendliness and hospitality. Their smiling faces were a true reflection of the meeting's success.

TM Srikanan Namashivayam
President - PIM Toastmasters Club

LET THE WORLD KNOW

As part of the Toastmasters initiative "Let the World Know," ASTMC executed a corporate open house program on 29th December 2023, and 28th March 2024, inviting Spensonian professionals to embrace new challenges in the New Year.

The walk-in format proved to be a magnet for individuals eager to explore new avenues for personal and professional growth, capturing their interest and sparking a desire to join the club.



"MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

BY CAROL S. DWECK

Carol S. Dweck's "Mindset: The New Psychology of Success" discusses the fundamental concept of mindset and its impact on our lives. Drawing upon years of research, Dweck presents a compelling argument across 320 pages that our mindset—whether fixed or growth-oriented—determines our approach to challenges, setbacks, and ultimately, our success.

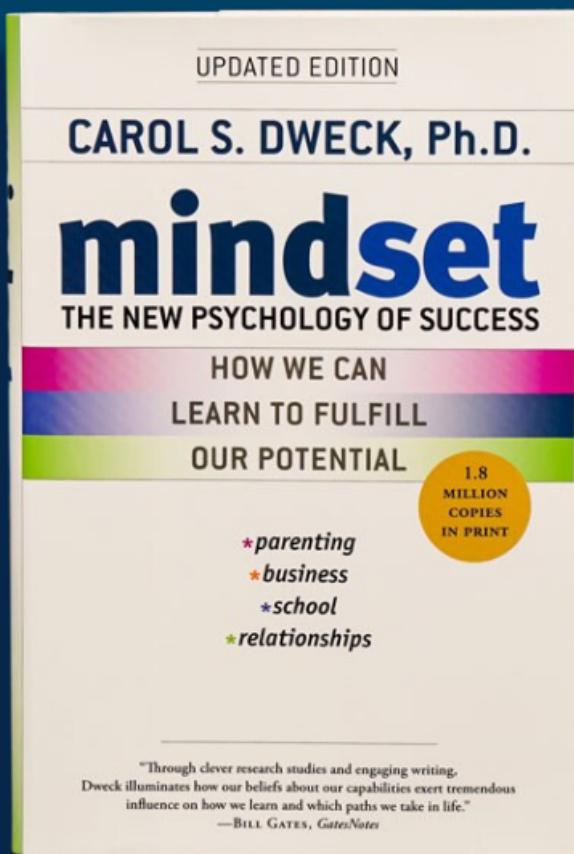
The book begins by outlining two contrasting mindsets: the fixed mindset, characterized by the belief that our abilities and intelligence are static traits, and the growth mindset, which views these qualities as malleable and capable of development through effort and perseverance. Through scientific evidence, the writer demonstrates how individuals with a growth mindset tend to face challenges, persist in the face of adversity, and ultimately achieve greater success compared to those with a fixed mindset.

One of the book's strengths lies in its practicality. Dweck not only elucidates the differences between fixed and growth mindsets but also provides actionable strategies for cultivating a growth-oriented mindset in various aspects of life, including education, relationships, and business. From praising effort over innate talent to embracing failures as opportunities for growth, "Mindset" offers invaluable insights into fostering a mindset conducive to realizing one's full potential.

However, some readers may find the book repetitive at times, as Dweck reiterates key points throughout the chapters. Additionally, while the anecdotal evidence adds a personal touch, a more extensive exploration of empirical research could enhance the book's credibility further.

In conclusion, "Mindset: The New Psychology of Success" is a thought-provoking and empowering read that challenges conventional notions of talent and intelligence.

By embracing a growth mindset, readers can unlock their full potential and cultivate a lifelong journey of learning and achievement.



TM Hansimali Edirisinghe
VP-PR 2023-24
ASTMC

EXPLORING NETWORKING OPPORTUNITIES THROUGH TOASTMASTERS:

DIVERSE MEMBERSHIP BASE

Toastmasters clubs attract individuals from various professions, backgrounds, and industries. This diversity enriches the networking experience by providing access to a wide range of expertise, perspectives, and resources. Members have the opportunity to interact with professionals they might not encounter in their day-to-day lives, thus expanding their network substantially.

REGULAR MEETINGS AND EVENTS

Toastmasters clubs typically hold regular meetings and events, providing members with consistent opportunities to engage with peers, exchange ideas, and build relationships. These gatherings often include prepared speeches, impromptu speaking sessions, and constructive evaluations, fostering an environment conducive to meaningful interactions and connections.

LEADERSHIP SKILLS

Joining a Toastmasters club offers not only the chance to improve public speaking skills but also to develop leadership abilities. Members can take on various roles within the club, such as serving as officers, organizing events, or mentoring new members. Assuming leadership positions not only enhances one's leadership skills but also facilitates networking by allowing members to connect with others in leadership roles both within and outside the club.

WORKSHOPS AND TRAINING SESSIONS

Many Toastmasters clubs organize workshops, seminars, and training sessions on topics ranging from communication and leadership to personal development and professional growth. These events provide valuable learning opportunities and serve as platforms for networking with experts and thought leaders in diverse fields.

REGIONAL AND INTERNATIONAL CONFERENCES

Toastmasters International hosts regional, national, and international conferences where members from different clubs come together to participate in competitions, workshops, and networking events. These gatherings offer a unique chance to connect with Toastmasters from around the world, exchange insights, and forge lasting connections beyond local boundaries.

Toastmasters International, a renowned organization dedicated to improving public speaking and leadership skills, offers a plethora of networking opportunities for its members. Beyond the platform for honing communication abilities, Toastmasters clubs serve as dynamic hubs for fostering connections, professional growth, and personal development. Let's explore the myriad networking benefits awaiting individuals who choose to join a Toastmasters

ONLINE PLATFORMS AND RESOURCES

In an increasingly digital world, Toastmasters has expanded its presence online, providing members with access to virtual meetings, webinars, and discussion forums. These online platforms facilitate networking on a global scale, enabling members to connect with peers from across the globe, share experiences, and collaborate on projects remotely.

ALUMNI NETWORK

Toastmasters clubs boast a vast alumni network comprising individuals who have benefited from the organization's programs and resources. Alumni often maintain ties with their former clubs and fellow members, offering a valuable resource for networking, mentorship, and career opportunities.

Joining a Toastmasters club opens doors to a wealth of networking opportunities, empowering individuals to enhance their communication skills, expand their professional network, and unlock new avenues for personal and professional growth, leading to a fulfilling journey of self-improvement and professional success.



TM Hasantha Sooriyaarachchi
VP - Education 2023/24
ASTMC

NEW MEMBER THOUGHTS



I joined Toastmasters in August 2023 at the invitation of TM Zaharine, initially attending as a guest for two meetings to familiarize myself with the club. Hearing my colleague speak passionately about how Toastmasters had helped her express herself within our organization inspired me to overcome my fear of stage and public speaking.

Opting for the leadership skills path for my Level 1, I found Toastmasters to be not just a place to improve my public speaking, but also a valuable networking platform within the PLC. The supportive and non-judgmental environment encouraged me to challenge myself and grow both personally and professionally.

One of the most impactful aspects of Toastmasters for me was the constructive and assertive feedback, which helped me improve my communication skills and confidence. Today, I am grateful for the growth and opportunities Toastmasters has provided me. If you're considering joining Toastmasters, I encourage you to take that first step—it could be the beginning of a transformative journey.

TM Mishalle Hassan

The concept of people getting together and talking can be an odd concept to many and I was curious as to what people talk about in a TM meeting and why. As I attended ASTMC as a visitor for about 3 months, I realized that it was much more than just talking. The welcome the members gave me and the knowledge we shared was priceless for this short time and I cherished every second of every meeting. To anyone who wishes to be a better version of yourselves and to meet some awesome people, ASTMC is just the place to be.

TM Praneeth Vitharana



Excited to join Aitken Spence Toastmasters Club! Interested to move forward on this journey of personal and professional growth. Looking forward to learning from fellow members and enhancing public speaking skills in a supportive environment

TM Madara Elayaperuma

CHAMPION

WITH TM RIZMIKA DAHLAN

Champion Chat is an initiative to educate and inspire aspiring toastmasters with expert insights. In this issue we engage in a conversation with TM Rizmika Dahilan, the Immediate Past President of ASTMC, Administration Manager 2023-24- Division I, District 82, Assistant General Manager at Aitken Spence Travels (Pvt) Ltd.

How has your experience as a Toastmaster shaped your leadership style and approach to communication both within and outside of Toastmasters settings?

My Toastmasters journey has been transformative, leading to profound self-discovery. I've emerged more confident and receptive to new opportunities. In my role as a leader, I've recognized a significant enhancement in my communication skills; they're clearer and more impactful than ever before. I've also noticed a newfound composure in my reactions to various situations, demonstrating greater adaptability. I must say, I've honed the art of delivering constructive feedback effectively a skill I garnered due to toastmasters.

Can you share a memorable moment from your time as a division representative that illustrates the importance of effective communication and leadership within the Toastmasters community?

Last year, we organized our Mid-Year Division conference for Division I at Aitken Spence for the first time, marking a remarkable milestone for our Toastmasters community at Aitken Spence. The level of competitiveness and standard displayed by the contestants to the nitty-gritty of organizing such an event was inspiring. Our team exemplified dedication and responsibility, each member taking on their delegated tasks with enthusiasm.

There was meticulous planning, seamless coordination which resulted in a successful and unforgettable experience for the Mid-Year Division conference and for all those involved.

Division Director – DTM Royston Cumine and the rest of the members in the division council played a pivotal role in ensuring that the event was an absolute success. This was proven when the registration count had hit more than 100 while the auditorium capacity was at 80.

The supportive spirit of Toastmasters shone brightly, fostering an environment of collaboration and mentorship.



Were there any challenges or obstacles you encountered along the way, and how did you overcome them?

During my tenure as Club President in 2022/23, we faced a challenge of not having an Area Director due to a personal issue. This was a time when the entire world was coming out of a pandemic and Sri Lanka was raising its head after an economic crisis.

As a relatively new Toastmaster stepping into the shoes of club president, it was a daunting task. However, I was fortunate to receive incredible support from former club presidents and senior members who guided me as well as the club. Their guidance and mentorship were instrumental in revitalizing our club during this transitional time.

Further, I am deeply grateful for the unwavering support from then District leaders - DTM Nisal Weerakoon, DTM Mahinda Karunakara & DTM Ganga Fernando and our Division Director DTM Buddhima. Their assistance and encouragement were invaluable as we worked together to solve disputes with club points and ensure everything ran smoothly.

I must also acknowledge the dedication and loyalty of our club members. Their commitment to our shared goals and willingness to support me as Club President played a significant role in our success.

Thanks to the collaborative efforts of everyone involved, I am proud to say that we retained our Quality Club Award and also achieved President's Distinguished Status. This accomplishment is a reflection of the hard work, teamwork, and resilience of our club community, and I am immensely grateful to every individual who contributed to our success.

As someone who has served in various leadership roles within Toastmasters, what advice would you give to aspiring leaders who are looking to make a meaningful impact?

Always, remain open for opportunities and leverage your network to expand your knowledge. Your network serves as a rich resource for learning and development, providing opportunities to learn from others' experiences, gain new perspectives, and acquire valuable skills.

By applying the core values of Toastmasters—integrity, respect, service, and excellence—to your life, you can push yourself to greater heights. These values not only guide your interactions within Toastmasters but also serve as a guiding principle for success in all aspects of life. Embracing integrity in your actions, showing respect for others, serving your community, and striving for excellence in everything you do can lead to meaningful personal and professional achievements.

Incorporating these principles into your daily life will not only enhance your leadership skills but also contribute to your overall growth and success. Whether you're pursuing leadership roles within Toastmasters or aiming for leadership positions in other areas of your life, applying these values will help you fulfill your potential and achieve your goals

Interviewed by
TM Hansimali Edirisinghe
VP-PR 2023-24

A great and warm welcome by the president and the club members. The proceedings of the meeting itself were very commendable, a great array of prepared speeches and Table topics speeches with encouraging evaluations. Overall, I am glad to have joined the ASTMC education meeting. Best wishes for this club to achieve greater heights and bring in more champion members to the fraternity.

THARINDU DE SILVA - NDB TOASTMASTERS CLUB

It's a pleasure to meet your club. We had a good networking with different people. It was really an amazing experience. Let's continue this lovely friendship. I wish you all the best.

TM PUBUDINEE PATHINAYAKE – PIM TOASTMASTERS CLUB

LOUNGE

CREATIVE FLYERS.

Theme of the day
LIFE IS A MARATHON

Toastmaster of the day
TM Rizmika Dahilan

Area Director's Visit
TM Chandula Jithmi
Area Director - Area14

Tuesday, 23rd January 2024 | 5.30 PM onwards
Tower 1, Corporate Auditorium, Level 11
Via MS Teams Meeting link will be open from 5.25 PM

Aitken Spence Toastmasters Club

Theme of the day
TALK ABOUT LOVE
OPEN HOUSE MEETING

'Revere'
Word of the day

Toastmaster of the day
TM Supun Jayawardane

Thursday, 8th February 2024 | 5.30 PM onwards
Hexagon Boardroom, Level 09, Tower 2
Via MS Teams Meeting link will be open from 5.25 PM

Aitken Spence Toastmasters Club

Aitken Spence Toastmasters Club

Theme of the Day:
Around the World in 120 Minutes

Toastmaster of the Day:
Mishalle Hassan

Word of the Day:
'Voyage'

5:30pm onwards
29th February 2024
Hexagon Board Room, Tower 2

Via MS Teams
Meeting link will open from 5:30pm

INTERNATIONAL DAY OF HAPPINESS

JOINT MEETING:
Aitken Spence Toastmasters Club & PIM Toastmasters Club

20th March 2024 | 6:15 pm | Postgraduate Institute of Management (PIM), Colombo 8

INTERNATIONAL WOMEN'S DAY
Be YOU

Toastmaster of the Day:
Thilini Edirisinghe

Word of the Day:
'Resilience'

5:30pm onwards
27th March 2024
Hexagon Board Room, Tower 2

Via MS Teams
Meeting link will open from 5:30pm

New Year New Challenges New Me
Open House Meeting

'REFLECTIONS'
Word of the day

TM Hasantha Sooriyaarachchi
Toastmaster of the day

4th January 2024 | 5.15 PM onwards | Hexagon Board Room, Tower 2
Via MS Teams Meeting link will open from 5.25 PM

Aitken Spence Toastmasters Club

PATHWAYS LEVEL COMPLETION CONGRATULATIONS

LEVEL 2

TM SUPUN JAYAWARDANE

TOASTMASTERS PATHWAYS
learning experience DYNAMIC LEADERSHIP

Aitken Spence Toastmasters Club

BE A SANTA SHARE LOVE!
Theme of the day

TM Shafiq Samsoodeen
Toastmaster of the day

21st December 2023 | 5.30 PM onwards | Hexagon Board Room, Tower 2
Via MS Teams Meeting link will open from 5.25 PM

Aitken Spence Toastmasters Club

PATHWAYS LEVEL COMPLETION CONGRATULATIONS

LEVEL 05 LEVEL 05 LEVEL 05 LEVEL 05

TOASTMASTERS PATHWAYS
learning experience PRESENTATION MASTERY

TM RIZMIKA DAHLAN

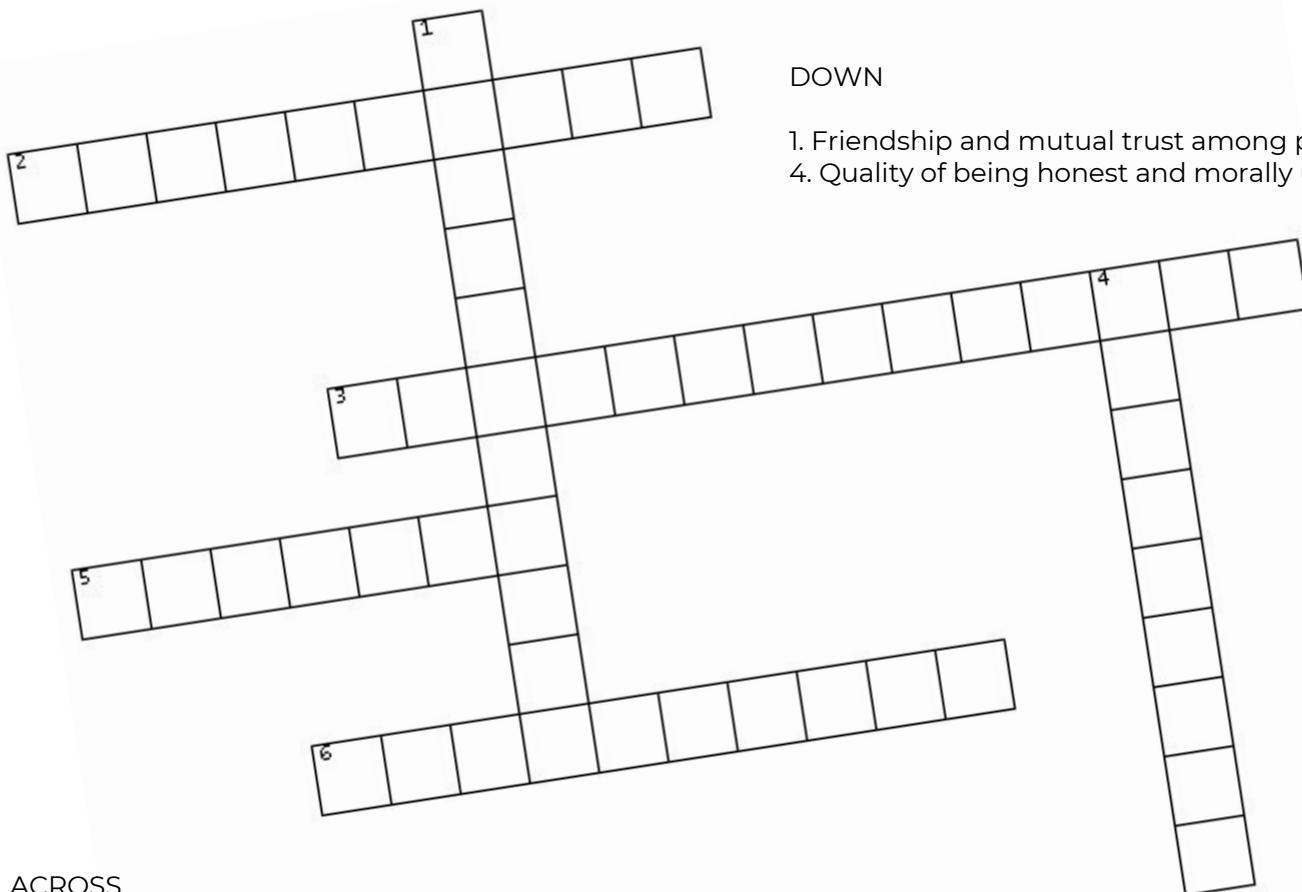
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CAPTURES

FUN CORNER

Use the clues to fill in the words below.
All words are available in this newsletter.
Words can go across or down.
Letters are shared when the words intersect.



ACROSS

2. Gradually disappears or scatters.
3. Causing a significant change or alteration.
5. To liftup
6. To twist, rhymes with twine

UPCOMING EVENTS

- Sinhala and Tamil New Tear themed meeting: April 2024
- Ovation 2024: May 2024



Since
1924

AITKEN SPENCE TOASTMASTERS CLUB

CLUB NO: 2321352 | AREA 04 | DIVISION I | DISTRICT 82

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