

DIVISION F BULLETIN

DISTRICT 105

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TOASTMASTERS **PATHWAYS** learning experience

EDITOR'S NOTE

From Competition To Competence



We are living in a very competitive world. *Competition* is visible everywhere. However, Perry's Law says that "**Competition breeds Competence.**" Sometimes, to have better *competence* in the system, we need to enhance *competition*. It means more direct, ruthless, even cutthroat *competition* is often the most effective tool to enhance *competence* in the society.

In Toastmasters also, as we are striving to achieve *competence*, we are promoting *competition* among our members, among clubs, among areas, among divisions, among districts and among regions.

But we Toastmasters are not ruthless, we *compete* in helping each other to enhance our *competence*.

For example, in Toastmasters, to be a leader, we need to be a good mentor, who is ready to help others. And to be a good mentor, sometimes we need to keep aside our own activities, giving priority to other's needs. Though we encourage *competition*, we understand the need to be selfless, by being empathetic, which breeds *competence* in us and ultimately in our Society too.

At Division F, we strive to elevate ourselves **from Competition to Competence.**



DEEPA S, DTM
Division F PR Manager



SOUMYAJIT NAYAK
Editor, Division F Newsletter

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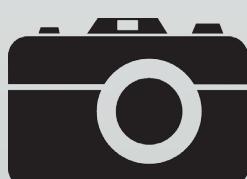
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WILSON LEWIS, DTM
Division F Director

**"Nothing is worth it,
if you aren't happy."**
- Anonymous

Human beings are striving to achieve happiness. However, the term happiness is different from person to person. Your term of happiness may not be the same for me and so on.

After going through the wonderful life and learning the life learning lessons. I realized one should have a holistic approach while leading the life.

Therefore, every individual should have a Vision and Mission to lead a fantastic life.

I wrote my Vision and Mission some years ago "**Attain utmost peaceful life through Mind, body, spirit, relationship and financial freedom**".

Writing the Vision and Mission is very simple but to follow it and to achieve it very challenging. When I started following the holistic approach, things started attracting towards me.

Positive Mind: Today's world the main route cause of chaos is because of unclean thought. We have been reading and hearing every now and then

HOLISTIC APPROACH

the negative news. I have developed a skill of converting the negative into positive things. This skill can be learned and can be practiced.

Someone rightly said, "**If you sow thoughts you will reap an Action; If you sow an action you will reap habit; If you sow habit you will reap Character; If you sow character you will reap destiny**". If your thoughts are positive you will have positive destiny and vice versa.

Healthy Body: With the advancement of science and Technology, there is a need to do more in less time. This builds stress to most of us. In that process our food habits changes, time of consuming the foods changes and this leads to many stress related diseases. Can we have a solution to this.

10 minutes of simple exercise will help you to rejuvenate your body. If you are lucky and have more time go for gym or Yoga for one hour, which will help you to come out these stress related deceases.

Spiritual: Spiritual does not mean that one must be religious. Simple gratitude to the creator for giving us the nature free of cost would enough. One simple thanks when you wake up in the morning is good enough to start the day. Reciting few lines from the holy book of your own religion would expand your wisdom and gives you mental peace.

Relationship: Maintaining the relationship one of the critical element of achieving peace. Strong fundamental principles are to be followed while

maintaining the relationship. The relationship may be between spouses, parents and children, Siblings and Relatives

Relationship can be extended to social and colleagues and friends. Many great things can be achieved through relationship. If someone does not believe in this simple principle, better to ignore such people and do not connect with those who do not understand it, even though they are your own family members

Financial Freedom: You might have observed and experienced that financial freedom is one of the greatest booster for the peaceful life. Financial freedom does not mean that one should have millions and millions of dollars into their bank account. The real meaning is that one should be satisfied with to lead a life without becoming a burden to others. One must work towards the financial freedom by setting a financial goal and to build the required funds to take care of their own basic needs of food, clothing, shelter, medical, education and other required needs.

Is it possible to achieve the holistic approach? "**What the mind of man conceives and believe, it can achieve**" Napoleon Hill.

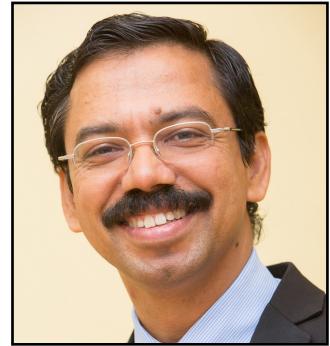
Finally, one must believe in himself; believe in yourself and have faith. You will have great things in life.

Wish you all the Division F Toastmasters a wonderful year 2017-18 and wish you great years ahead.

Be Self Sufficient!

"The growth and development of people is the highest calling of leadership"

– Harvey S. Firestone



SUNIL KOTTARATHIL, DTM
District Director, District 105

It gives lot of happiness to see Division F serving member clubs through innovative ways. Since the inception of Division F, a continuous growth is very much visible. The secret of success is in reinforcing the fundamentals. By consistently instilling the principles of Toastmasters in new members, each club can sustain on a long run. A successful club, new or old, is unique. The qualities that make the club

vibe and supporting attitude that attracts new members and make them feel that they are at the right place to make their dream come true. The real growth happens due to those unique features of the club.

Division and Area have the wonderful opportunity of serving the member clubs in developing the right atmosphere and encouraging them by facilitating the team spirit among them. The aim shall be to make each

"If you advance confidently in the direction of your dreams, and endeavor to live the life that you have imagined, you will meet with a success unexpected in common hours."

– Henry David Thoreau

unique, can build pride in the club. By active participation in each and every club activity, including the annual speech contest participation, members can raise to excellence. The members, by utilizing the Toastmasters Education Program to the fullest for achieving their goals, creates a unique atmosphere in the club – an atmosphere filled with positive energy. It is this positive

club self sufficient. A club must become independent of its particular leaders and shall thrive on the fundamentals. Each club has adequate leadership reserves, an integral understanding of Toastmasters principles and a drive for excellence. Wishing Division F continued encouragement to its clubs to utilize the resources effectively and to stand firm on their own feet.

Why PATHWAYS

A short interview with Program Quality Director on Pathways.

Q: Why there is a big deviation from the simple CC and CL track to the complicated Pathways?

A: I learnt long ago that the only thing which is constant in this world is CHANGE. Pathways is not complicated. It is just a change from the past to the present. The world is moving forward at a rapid pace and technology along with the latest generation of human beings is moving at an even rapid pace. What we learnt earlier may become obsolete very soon. Therefore, based on various inputs, Toastmasters

has taken this decision to change their Education program to Pathways. Pathways has different paths which are professional and members can receive awards as well as certifications in each of these paths. Basically, it will help you grow more professionally than earlier.

They have also provided inputs to the FAQ which has now grown on the TMI website. We are already on the path to launching this program in D105 by the 20th March as per schedule.

I don't think it is difficult for people to learn some online skills. Pathways is a simple program which has a base camp online. While we spent many years with TM without even logging on to the website and depended on professionals who do so regularly, it is time for all of us to enhance our skills. Simple steps towards learning the online material and processes will benefit a lot. Changing the culture will take a little bit more time but I am sure it won't take long.

Q: Based on your experience, how easy it is to roll out Pathways in District 105, especially while considering the technical knowledge of majority of our members.

TOASTMASTERS PATHWAYS learning experience



NAGABHUSHAN BALAJI, DTM
Program Quality Director, District 105

A: Teamwork is Dream work. I think this is the theme of one of the areas. When a team comes together, nothing is difficult. The Pathways Ambassadors and Guides are doing a fantastic job by visiting clubs all over the District and explaining to the clubs about the program, how can they take it forward, how will it benefit them etc.,

Q: Are you confident of a successful roll out?

A: With the responses to the above two questions, I think you must have pretty well imagined that I am not only confident but also very positive and motivated that this will be a successful roll out. In fact, D105 might be the District which will roll it out successfully 100% in the region.

BENEFITS OF TOASTMASTERING

Happy to connect with you through this newsletter. Hope you all have been enjoying your Toastmasters journey. The Toastmasters program is one of the best “learning by doing” self-development program that I have ever come across in my life. Millions of lives have been transformed because of this program and one among those millions is me. I was a guy who could not open my mouth in front of an audience around 16 years back, although I was a very senior professional in the corporate world and highly skilled in my job. But the lack of communication skills, the lack of self-confidence was keeping me down and it was not allowing me to bloom to the extent I could or to the extent that I was capable of blooming or growing.

But then Toastmasters happened and life changed. The magic of Toastmasters started working on me and slowly and steadily I started enjoying the fruits of being part of this wonderful “learning by doing” program. Not only did this program help me within the Toastmasters fraternity but more importantly the skills that I developed in the Toastmasters club helped me immensely in my personal and professional life. Friends, all that achievements and laurels that you earn within Toastmasters is important. But what is more important is how much of these learnings we are taking and applying in our real life, in our personal life, in our professional life. How well are we using these learnings to develop and grow in our real life. How are we using these skills



VALSAKUMAR P MENON, DTM
Club Growth Director

developed over the years in our Toastmasters club to change our life, to make it bigger and better. This is the question which you need to ask yourself. Because at the end of the day, this is a program which can create a lot of magic in your real life, but are you putting in the efforts to make that magic happen?

Agreed this is the best “learning by doing” program in this world. But remember “learning and doing” or in short implementing those learnings, making use of those learnings to add value to your life is what helps bring the best out of you and what helps you to become a bigger and better version of yourself. So go ahead and allow the Toastmasters magic to work on you. Wish each one of you the very best in your Toastmasters journey, now and forever.

Learn by **DOING.**





ANITA SAMBHUS
Area Director, Area 28

TEAMWORK MAKES DREAMS WORK!

Area 28 - Division F organized its annual conference on March 2nd, 2018. 4 clubs participated, Discovery Gardens Toastmasters Club, JLT Toastmasters Club, Greens Dubai Toastmasters Club and GE Lot Toastmasters Club. We have a 5th club in our Area, Mastercard Toastmasters Club. As it was chartered in Jan 2018, they found it was too early for them to compete. They conveyed their apologies.

Our theme for the event was 'Teamwork makes Dreams work.' Why did we select this theme?

While public speaking is outward persona of a Toastmaster, team building is its inner core, says.... nobody, really. But I do believe so.

While learning the craft of public speaking one project at a time, our Toastmasters program also inculcates in us valuable lessons of team spirit.

And these teams help us realize our dreams. If it is your dream to win a best speaker's trophy, a team of mentor and mentee will help you realize that dream. As a TMOD, if you dream about hosting a vivacious, vibrant and virile club meeting, then you can't do without a robust team of silent role-players. Our club ex-coms must work closely as a team to realize a dream of securing 10 on 10 DCP points. Won't you agree?

In area 28, we took this team effort 1 step further. At annual club contests, it is a dream of every Club President that all its members should participate, so that competition will be tough and the best candidate from the club will move further to Area and Division level contests. However, if the best candidates are busy organizing the club contest, there is a problem. We found a solution to this dilemma. 3 Clubs in Area 28 hosted each other's contest. This year Greens Dubai TMC hosted

annual club contest of JLT TMC. JLT TMC hosted club contest of DGTC and Discovery Gardens TMC arranged club contest of Greens Dubai TMC. It was a wonderful experience.

Credit for this novel endeavor goes to our mentor DTM Deepa Surendran. Kudos to her and Club Presidents TM Rehma Khalid - JLT TMC, TM Jenson George - Greens Dubai TMC and TM Rowena Neelakantan - Discovery Gardens TMC, for supporting this idea showing splendid team spirit.

This arrangement improved member participation and freed all the club ex-coms and allowed them to participate freely. It was a wonderful experience. I hope other areas and clubs learn from our experience.

Hence our motto is, **Teamwork makes Dreams Work.**

The ability to effectively communicate across varied audience groups using different communication mediums is increasingly essential and important in life. Whilst the medium and style may continue to change and evolve, there is no doubt communication remains central to our lives, irrespective of context or setting.

Communication is even more crucial in our business / work life.

Verbal conversation, email, written memo, briefing note, presentation, marketing material and so on require good sense and command over language. As a professional in business (own or employed), communication can greatly assist in your success. Back home we are a homogenous lot and idiosyncrasies of our language is seen as the local flavour. But the contrast is very apparent in the UAE where English is the language of business, where native speakers of English language abound, as well as people with their own local flavour of English with whom you may regularly interact.

So how does one get a leg up? How do you develop mastery over this language? Perhaps you will jump the gun and say



KAMLESH MANEK
Area Director, Area 25

Mind Your LANGUAGE

"Toastmasters". The focus of Toastmasters is to assist you develop the technical ability to speak and is not necessarily to improve language. Any improvement is incidental, perhaps because you are very focussed and observant when in Toastmasters. There is, in my view, a very simple approach, especially if you do not wish to engage or involve in formal training in English language. That approach is observation.

Observe the usage of words, construction of sentences and the flow of the language in any communication you come across. Develop a keen ear, which is de rigueur for a Toastmaster. Every time you see a new word, phrase or usage or anything that strikes you as didactic, dwell upon it. Try to understand the meaning, refer to any resource to gain insight. Spend a few minutes every day reading something of interest to you on any topic. A huge amount of material is available on the web. When reading, pay attention also to the language used, be observant.

Most non-native speakers of English transliterate. That is, you construct a sentence (in your mind) in your 'native' language and translate it in to English when speaking. We do this rapidly and unconsciously (e.g. "I told

you, no?"). We also mix the 2 languages whilst speaking. As a result, the construction of the sentence and the quality of the communication suffers. Be aware and observant of this tendency – in you and those around you. You will learn very quickly.

Today, everything we say or

A black and white photograph showing the lower half of a person's face, focusing on the mouth and chin. A white speech bubble is positioned in front of the chin, containing the text "Be sure to taste your words before you spit them out." in a serif font.

Be sure to taste your words before you spit them out.

write is immediately available, travels vast distances, reach people who were not your target audience and be used not as you wanted. Also, it may not be short lived as you intended! A friend of mine appeared on a movie trivia TV show on a national channel. He carried home the top prize. The clip (him giving the winning answer) became part of the signature of the program. He used Hindi and Gujarati words in giving the winning answer that tickled the show host, the reason it was played endlessly in promos, much to my friend's embarrassment!

For communication to be effective, it should be sharp, clear, concise and understandable. And in my experience, it is easily done.

PRINCIPLES OF *Toastmasters*

Despite knowing the importance of public speaking I was quite ignorant of the extent of its impact until I became a Toastmaster. I have often thought of this as a desirable skill in the past but several 'not so amazing' instances (to put it mildly) of public speaking later, I have come to categorise it as ESSENTIAL.

To be successful in any field or to even enjoy social situations better, effective public speaking as a skill is truly a **MUST** for all of us!

It's not that I haven't spoken in public in the past or haven't had to address crowds. I have been an HR professional and while I may not have trained people, but speaking in meetings or to groups of people is something that's required of me very often. However, I have to admit - I haven't always enjoyed it or been consistently great at it. There were times when I was asked to speak impromptu and they weren't the most pleasant moments either.

Joining Toastmasters was a part of fighting this fear. I asked myself - 'I am thirty-seven years of age with lots of greys already. Do I really want to be doing something I don't enjoy? I'd much rather avoid being in any situation which causes discomfort to me now' and I heard a voice inside calling

me a - LOSER! So there I was attending Toastmasters as a guest in the first two meetings and was so charged after these that I soon became a member.

Unlike any other group I have ever been a part of before, Toastmasters is unique in its positivity and focus on getting better at public speaking and becoming a better Leader. Everyone is in it for the same reason. There is unity in a common goal and somehow everyone is appreciative of everyone else. You only hear words of encouragement and no one is bothered about your age, background or professional accomplishments. No one questions anyone about 'Why Now?' ..something I was petrified of being asked all along.

Toastmasters is a classic example of an organisation that has managed to retain the essence that it's founder possibly envisioned. How has an organisation so large in size and magnitude, managed to create this environment uniformly across all its clubs? I wish there was a case study done to identify how such an amazingly supportive and convivial attitude has successfully been percolated down to each level and member of the organisation.

I am fairly new here and yet somehow social and

professional situations have a different appeal for me already. Parties where I am the host seem less daunting all of a sudden, weddings where I could be asked to speak on stage look more welcoming and I no longer try my best to avoid situations at work which involve addressing a group or a crowd.

Other than this, I am thoroughly enjoying being an integral part of this group. I think I can honestly admit that I don't ever remember being part of a group or an organisation in the past that has no pretense or negativity whatsoever. At Toastmasters, there is only effort, there is only hope, there is only encouragement and there is only the will to get better. At the same time, improvement areas are not ignored - they are duly notified to respective individuals but never in a way to make anyone feel small or lowly of themselves.

I wish every organisation and group in the world could run on the same principles. I am lucky I got the opportunity to join here and I will strive to spread this positivity to all organisations where I work in future and in social groups I am a part of.



RUCHIKA IRON

Member, JLT Dubai TMC
Winner, Division F Solo
Writing Competition

STICK YOUR NECK OUT



CHAITANYA KRISHNA KUMAR

Member, Emirates TMC
Runner-up, Division F Solo
Writing Competition

I have always admired people who can talk well publicly. It combines a lot of skills that you need to succeed in life. Confidence, great communication skills, ability to put yourself in someone else's shoes and above all ability to connect with others. Over the years I realised that public speaking is not a talent one is born with. It is developed through constant practice and scrutiny.

"Stick your neck out...it's a lot more fun than sitting at home and watching other people do it."
— Sir Richard Branson

bit but most of the time, these quotes are just words. They will have no effect on your life until you take charge and decide to change it yourself for the better.

As I had already noticed the qualities of a good public speaker as mentioned earlier, I decided that it's time to get out of my comfort zone. I was reading the book, 'The 4-hour Work Week' at the time, in which the author Tim Ferriss encourages his readers to do a few comfort challenges. They are designed to put you outside of your comfort zone. One of them involves learning how to become comfortable with getting 'No' for an answer. In this challenge, you are asked to go into a coffee shop and ask for a discount.

WHAT WE FEAR DOING MOST IS USUALLY WHAT WE MOST NEED TO DO

TIM FERRISS

I had heard that 27 is the age your life really falls in place. You're more comfortable with your job, social life and other responsibilities. However, as I turned 27, I realized that the drastic change that I envisioned my life to magically experience did not take place. You read so many inspirational quotes that lift your spirit just for a little

It seems simple enough but to most people, the idea of being said no to, is terrifying. Another comfort challenge involves randomly lying down on the ground in public, just lay there for 2 minutes and then get up and start walking like nothing happened. This one is supposed to help you deal with being ridiculed or judged. Although I didn't opt for

any of these extreme comfort challenges, I decided to commit to giving my 100% to one year of Toastmasters, to begin with.

It has been 9 nine months since I joined the Toastmasters journey. In this short period, I've been appointed the Club Secretary, which has substantially improved my leadership skills. For my icebreaker speech, I was shaking from head to toe and my voice quivered. For my P2, I gave a speech about a topic I really cared about but forgot half my speech. These are not encouraging examples of conquering your fears but these are steps you will have to take to reach where you want to be.

After my second speech, I tweeted at my role model, the author Tim Ferriss himself. I said 'Joined Toastmasters after listening to you. Gave my second speech yesterday which was pretty bad but I can feel the fear loosening its grip!' The next morning, I wake up to a reply which read 'Huge congrats!' It was a congratulatory message for having tried to get over my fears, not for being a great speaker, which I found so encouraging. Had I not taken up this challenge, I wouldn't have experienced the happiness that Tim Ferriss' reply brought me. So what I'm trying to say is, there is nothing to lose but everything to gain!

PROUD



Title : P1 ICE BREAKER

"TM MANJU giving her icebreaker as guest on DGTC 101th meeting "

Same speech she delivered on first day of DGTC in 2013

Photo by : TM Dinesh

Submitted By **Dinesh Kumar N.**
Discovery Gardens Toastmasters Club
Winner, Best Capture (Member) Division F PR Contest



Submitted By **Chaitanya Krishna Kumar**

Emirates Toastmasters Club

Runner-up, Best Capture (Member) Division F PR Contest



CLUBS

Submitted By
Emirates Toastmasters Club
Winner, Best Capture (Club) Division F PR Contest



Submitted By
Discovery Gardens Toastmasters Club
Runner-up, Best Capture (Club) Division F PR Contest



THE TRANSFORMATION



GREG POGONOWSKI, DTM

Member, DIC Advanced TMC
Winners, Division F Duo Writing Competition

I started my career journey as a shy person that knows mainly his native language and feels his heart beats during any meeting that involves more than three people.

I tried to increase the number of people who I'm comfortable to talk with at any one time but my attempts were unsuccessful over a period of three years.

Then the research started for an online website solution, coaches and others but all of that was neither attractive nor affordable until I heard about non-profit organization that helps people in improving their public speaking skills called "Toastmasters".

I visited the first club and I was invited to be a Table Topic speaker. That moment I felt something new in myself. Something promising and something adding hope in my life. Immediately, I registered myself with the Vice President Membership who helped me in understanding the basics of the Toastmasters mission.

The first step: Determination

After few weeks, the election for something called "ExCom" started and the previous team encouraged me to be the Vice



TAREQ

Member, DIC Advanced TMC
Winners, Division F Duo Writing Competition

President Public Relations. I considered it as a challenge but it was time to know more about club leadership at that stage.



DIC Advanced Toastmasters Club

Dubai Internet City, Building 3, Al Thuraya Hall

Benefits of joining an Advanced Club:

- Opportunity to deliver Advanced speeches in front of similar capacity speakers.
- Self driven sense of purpose;
- Higher and tougher standards,
- Diversity of members who used Toastmastering to catapult their careers,
- Fastened approaches to elevate the level of your communication the professional level,
- Critically constructive panel evaluations on your speeches from a group of senior toastmasters who are gone much beyond their competitive communication manual, preferably from DTMs.

RSVP - VP- M TM Jose @ 056 216 2800 / President TM Fatima @050 641 8849.

I started to capture the meeting images and publish invitations on our new social media page. During the few next months, the number of guests started to increase and new members joined our club. It was a great experience so I then moved to another club leadership role.

The second step: Accepting the Challenge

Later, when I discovered that I'd been with Toastmasters

for some time and had developed my communication and leadership skill, I wanted to get higher level of skills and to reach my target. I started seeking advice from our members, mentors and experienced Toastmasters to help me find ways to my goal.

I visited many clubs and had exposure to different experiences that led me to participate in many Toastmasters activities inside and outside of my home club such as training or providing advice to clubs with new members.

I served my home club and other clubs in many ExCom roles (especially VPE) and that gave me the confidence in becoming a reference of knowledge of the Toastmasters leadership handbook, educational track and contest rules.

Now I'm a "bilingual" person I can share knowledge and guidance about Toastmasters to other members, guests and

the public in both English and Arabic speaking Clubs.

*The third step: **Being mentored***

This year, I've been nominated and selected by my company to be the host of many corporate events and activities that I would have never expected before joining Toastmasters.

And more recently, I'm honoured to have achieved Toastmasters Educational Awards in both the communication and leadership tracks: Advanced Communicator Bronze (ACB) & Advanced Leader Bronze (ALB). Last but not the least, I'm honoured to accept my latest role in District 105 as a "Pathways Guide" to different clubs.

Yes, I strongly believe that transformed people will transform the others and my story is part of all Toastmasters members in the world. We will improve their experience at a great level of service. That's why transformation is based on great determination of strong will, accepting the challenge to get to higher levels and by getting the experienced mentorship we can reach our targets.

Toastmasters has given me a great opportunity to work with members of different clubs with mutual respect that enhances the integrity amongst each other. In conclusion, I see that success does not lie in "Results" only but in "Efforts". "Being" the best is not so important as "Doing" the best. That is all that matters.

Indeed, **Toastmasters is where leaders are made.**

Why Toastmasters?

*The First Step: **Joining***

Before I ever joined Toastmasters, I went to the inaugural speech held by someone from the "Professional

Speakers Association" in London who sent one of their representatives to try and set up a branch in Dubai and to recruit new members from the GCC. The speaker was truly awful putting off most who heard him from joining the PSA, but I did meet a very nice man standing next to me who not only agreed with my view but told me that if I wanted something much better I should attend a "Toastmasters" meeting.

Having never heard of this, I was intrigued and went along the next Wednesday where I was warmly greeted by my fellow sufferer from the week before. I liked the whole agenda and enjoyed being "volunteered" to attempt "Table Topics" which I won (!) but it wasn't too much of a challenge for me as I was already a "professional" speaker, albeit in my own industry only. I could see how those who had never been on stage before could find it daunting, but it was a supportive and encouraging format rather than a judgemental one, which proved a positive learning experience. I joined the DIC Toastmasters club that day.

*The Second Step: **Joining IN***

It is all very well being a member, but until you give of yourself, are you really engaged? Because Toastmasters teaches its members two tracks - speaking AND leadership, I very soon joined the Executive Committee and started to give back the experience and talent that I have to offer, however minimal. When it comes to bacon and eggs, I followed the mantra that a chicken is interested in breakfast, but a pig is truly involved!

By helping others, I soon found that I was also helping myself because I was learning and being helped too, not

only by my assigned mentor but also from the members I was mentoring. Helping others achieve their targets helps one achieve your own goals too.

*The Third Step: **Staying in Toastmasters***

Over the years, I have seen people join for a while, get what they want from Toastmasters and then leave. For example, they have been selected to be Best Man at a wedding and need a (temporary) platform to practice. They do not believe that "Givers" gain, only taking what they need at the time, perhaps?

However, like a professional boxer who only fights maybe twice a year, he still needs to spar many rounds during the intervening training period so as to not get "ring rusty". That is how I feel Toastmasters works for me. By speaking regularly, even if only for a short time during Table Topics (say), I remain comfortable to get on stage at all times. That's how I was able to address a conference in my profession that had 13,500 people attending earlier this year without "stage fright".

Having completed all the set tasks given by Toastmasters and having achieved the highest award, other members ask me why I am still involved when so many who are also DTM's are no longer involved, and my answer is always the same: the time to get out of Toastmasters is when you have got everything out of Toastmasters, and who has learned everything already?

And the best thing of all today, is that the guy who introduced me to Toastmasters all those years ago, is still a member of the same club with me. We are both in the ExCom (again!) and we have both found that by giving and doing, we all achieve more.

“

THE MAGIC OF PAUSE



KAMLESH MANEK
Area Director, Area 25

*"To see a World in a Grain of Sand And a Heaven
in a Wild Flower, Hold Infinity in the palm of your
hand And Eternity in an hour."*

– Auguries of Innocence by William Blake

This is age of being connected and online all our waking hours; even remaining available in between snatches of sleep. We lead a fragmented life where multi-tasking (scatter brained) is the order of the day and demand of life. The drive to respond in real time leaves no time to lollygag; the word and the ability both forgotten!!

In our attempt to live life to the fullest we may simply be leading a frenzied and schizophrenic existence.

When I was young we played a game of 'statue'. When a friend commanded or called out "statue", all kids within earshot and who had previously consented to be part of, would freeze. Had to 'freeze' mid action no matter what, not allowed to twitch or move a muscle. This until 'over' was similarly called out. Picture Jim Carey in 'Mask'; how he freezes midair! It was so much fun - ROFL was not merely an expression, it was experience. I have appropriated (snatched) my "statue" friends' raw mangoes, lunch box, sweets and treats, cricket ball, football and what not. And I have similarly 'given' (shared) stuff dear to me.

Childhood doesn't last but its memories do. I miss my childhood and specifically this game of 'statue'. The "statue" command I miss most because of its power to halt life; to bring it to "Pause". To fully harvest that moment. I wish I retained this ability, to Pause when I held my daughter few moments after she

If life has a destination, then all our lives are going headlong towards that common destination- death! Surely that can't be purpose of life, and it isn't. Life is meant to be a journey full of moments to be savored. Don't rush those moments, take your time. Will you regret arriving late at that ultimate destination? The later you arrive the more enriched your life is likely to have been. It is on everyone's mind to prolong the journey; with appropriate 'Pauses" you will enrich it, too.

So pause when you see love in those eyes, pause when you hug a loved one, pause when you say goodbye, pause when you see that glorious sunrise or sunset, pause when you hear laughter, pause when someone's eyes are moist, pause when someone is crying out for you, pause when you have a slow driver ahead of you, pause to let other drive in to the lane, pause to thank someone who held the door open, pause to hear someone and pause when you are talking too much!!! In the doingness of life, we have lost our beingness. "Pause" restores that balance.

Pause - to add years to your life and life to your years.

"Pause" is part of an effective Toastmasters repertoire. "Pause" so that your audience catches up! Do not be 'motor-mouth' we hear often! Don't speak as quickly as your mind "thinks".

Music happens between notes and life happens when you pause between moments - pause and life will shower everything that moment has. Pause because you want to take in life, pause so that you may drink that moment deeply till you are full.

Work - (Toastmaster) Life Balance

Now there is no life other than the Toastmaster life, so there is no point in discussing about 'Work and Life' but just Work and then (Toastmaster) Life.

If I look at the life for the past few months of any committed toastmaster, I don't think anyone attended any social activities such as family get-togethers, movies or dinners. As it is the toastmaster contest season, these social activities were replaced with:

- Own Club Contests (Average club conducted the contest in 2 days)
- Other Club contests either as a judge or as a role player
- Own Area contest
- Other Area Contests, etc

In between we have our regular club meetings, other club meetings, demo meetings, ExCom meeting etc.

Normally, we are expected to be reaching home after work and start helping the children for their exams, doing cleaning, cooking, encouraging and creating harmony at home.

Instead, after work we just begin our routine of practicing and preparing speeches, roles, Planning for the contests, coordinating with demo meeting role players, etc.

No family friends now, but just toastmaster friends!

No family get-togethers but just Toastmasters meetings or ExCom meetings!

What next? No family but just Toastmasters family?

Looking to our mentors for anything and everything is common toastmasters practice, and we should look to them for

these matters too.

Division F Director, DTM Wilson – He is available 24/7 to discuss about Division PR Awards, News Letter, Division F Contest role players. A constant confusion of mine is that in which ever club contest, area contest or any Division F club meeting I attend, he is there. How is he becoming omnipresent?

Our Club Growth Director, DTM VP Menon –when we browse through any Facebook posts of Toastmasters related to district 105, his photos are there. Sometimes he is appearing for photoshoots also, posing as the Best Actor Toastmaster of District 105. How is he managing to maintain the same energy and photo presence always?

Next is our Program Quality Director – DTM Balaji. I heard he is well versed in Parakayapravesam and hence able to be present at multiple places at the same time. Also, he has 48 hours per day unlike all other human beings. He is present in many places also, online-offline at the same time. I'd like to ask, DTM Balaji, is the story about Parakayapravesham true? If yes, then please teach us too. Shall we arrange an education session in Discovery Gardens Toastmasters club's next meeting please?

Finally, we need to seek advice from our District Director, DTM Sunil. He is present in Whatsapp 24/7, available on call 24/7 also he is present in every countable opportunity as a simple motivational force in any toastmaster activity. He is not happy enough that he is taking care of 200+ clubs



DEEPA S, DTM

Division F PR Manager

now but is craving for more and more new clubs to be established. He is not happy enough that one club has just added 140+ members in this talk up toastmaster period but is just looking for all clubs doing the same!!!

The work life balance of the toastmasters is beyond admirable and frankly very shocking, who could think that someone could do so much for what is essentially an extracurricular, and then get joy out of it? But if you look at children with extracurriculars, there is one particular factor that answers this very question. That is Support.

If you have a basic support system, with your family and friends understanding how to help you, and with clear communication - which is a must in all cases - you have achieved the work life balance.

Toastmasters isn't something that you need to set a schedule for, or change yourself for, it is becoming a way of life. It brings balance to you, it brings joy and it helps you to add value to the society by empowering others. Along with this the question is if that balance is supported. So, talk to your family and the people you love, because if Toastmasters are also something you love, they should love your dedication to it too.

winner



WALID EL SHAHR
Area Director, Area 26

In my first Toastmasters speech, I challenged myself. All my life I wanted to be a winner. So why not to be a winner in Toastmasters as well.

I prepared a good speech. I tried to make it funny as well. On the meeting day, the reaction of the audience was amazing. Everyone was laughing. Unmatched round of applause after I finished. And when it was the time to announce the winner that night, I lost!

Yes. Even when I have done my best, I lost. I even thought I was the best, but I still lost. But Vince Lombardi once told, "Winning isn't everything, it's the only thing". I want to be a winner.

Never give up. I still have another chance in my P2. I prepared a better speech. It was even funnier. On the meeting day, I shone as never before. Everyone was laughing

their heads off. And when it was the time to announce the winner, I lost again. I really didn't know what the problem was. Is it the way I talk? Is it the way I walk? Maybe it is my hair style. You know what? I don't care.

In my P3 speech, I was too busy. I didn't have time to prepare a speech. And on the meeting day, I was in a real problem. And that was my speech title "Problems". I stepped on the stage that day talking about an idea which I got from the internet "Problems are opportunities of improvement" - a completely reused and abused idea. In fact, I was simply bluffing that day!

When it was the time for evaluation, my evaluator started his evaluation.

"What an amazing speech from an amazing speaker. Please join me to give our speaker a big round of

**Sometimes 'not' winning is
the greatest prize of all.**

applause".

Me? Really? This speech?

Then suddenly my evaluator became 'Mike Tyson'. Take this. Take that. Left. Right. In order not to do it again, he smashed me into pieces. When the time came to announce the winners, I knew the result. I lost again.

Time came for my P4 speech. I didn't care much about winning. Not because I had an internal peace with myself, but because a very senior Toastmaster was delivering his speech that night. He is about to become a DTM. He is a multiple times division winner. I thought I cannot compete with such heavyweight Toastmasters champion. So, rather than trying to win, I decided to focus on my speech objectives and enjoy the experience. When it was the time to announce the winner, I was completely busy taking photos of the event. Guess what? I heard my name as the "best speaker".

What? Me? Really? That's impossible! Oh my God! Finally! Yes! Yes! Yes!

In my way driving back home, it was dark and silent. Just the sound of car of the road. You know those few moments of peace you have at the end of a busy day. I looked to the trophy next to me - shinning with the glory of winning. Being the best, I realised - "**Today was the first**

**time I didn't focus on winning.
Rather, I just did my best and
enjoyed the experience."**



Why we become very obsessed about winning? We transfer everything in our daily life to a competition in which

we should win. We compete at work. We compete at home. Moreover, we even compete on the roads.

We become very obsessed about winning to the limit that we are even willing to die for it. I am not talking about winning a war in which you are defending your country. I am talking about Olympic players who are taking drugs which could kill them to achieve a better time or record.

I totally agree winning is important, but this shouldn't drift us away from being human.

How can our obsession of winning make us accept the idea of "life lost"? A "life lost" for the sake of winning!

Why competing at work? You are already a winner by having a job.

Why competing at home? You are already a winner by having a family.

Why competing on roads? You are already a winner if you reach your destination safely.

You are already a winner if you think of all the great things you have in your life right now.

I still remember that original thought "I want to be a winner". But now I realise that I am already a winner by doing my best and by enjoying the experience. I am already a winner for being myself.



NATURE

I am a person, who loves nature and its ordinary miracles. I feel sad that the human race is going into wrong direction by destroying the nature for the short term goals. Our very survival solely depends on natural resources be it trees, forests and water. When I am in Toastmasters, what better way to inspire audiences to take action than taking a topic which is close to my heart? So, my milestone Project10 speech of CC manual on November 19th had reflected this. I started with a quote which is very apt as people expect environmentalists and others to save not themselves.

The greatest threat to our planet is the belief that someone else will save it. By Robert Swan- Well, I admire the miracles of an ordinary

day; do you? Twilight hues of sunrise & sunset, lush greenery, thunderous waterfall, Dew in a plant, butterfly coming out of cocoon, bud blossoming as flower, drops of rain, colourful rainbow and millions more. I love... the nature, when you love something you want to take care, not to misuse or destroy, right.

Here I am, attending one of my first meetings, listening the last speaker of the meeting unfolding her passion. She is speaking deeply from the heart, her experience, emitting authentic truth of her being. My ears are tuned to her warm accent. How long will it take me to integrate mind, body and voice to deliver any speech with such an ease and devotion?

I threw a question to audience whether I have the

privilege to enlist them as my eco warriors to preserve 'miracles of an ordinary day'. Do you believe that the "Knowledge is of no value unless you put it into practice"? We all know that we need to protect our beautiful planet as the clock is ticking like a time bomb. How do you do it? Every one of you may be doing it in your small way but that is not enough. Many countries' economies, including ours are going bad to worse due to the loss of forests because of short term goals. It is the time to wake up and if not, our future generation will hold us responsible. Do you recycle with lot of passion and if you do, you will understand how I feel when I see when we take our natural resources especially trees for granted? Trees properly placed around

buildings can reduce air-conditioning needs. Do you know that deforestation is the main cause of carbon emissions?

Glancing around the room, I see other people sitting in the audience, focused on the speaker's views. She whispers loudly to make the content more dramatic and mysterious. I notice subtle reactions among members, their body is gently responding to her voice modulation, to idioms she's using. What captures my attention is the spark in their eyes... so priceless nowadays, in the world where everyone out there is occupied by their own story, by technology, by worry. I realize that here, people come to life.

I continued my journey after joining Emirates Environmental Group.

My family with our friends, for the past few years has recycled papers, saved 11 and planted 6 trees as a token of appreciation in UAE. Even though we had planted many, these trees are special as we can identify with our name. Imagine that we come after 20 years and see these 6 mature trees around 7 emirates & proudly show our

future generation about how our small contribution is thriving and giving shelters to humans & other species so that they inspire & take home a beautiful message.

Further down the line I find myself picturing families involved in a community goals. In global goals! Parents, children and the community working together to promote wellbeing of our planet. It has meaning. It can be fun! Ok, maybe I don't have enough time to organize something big, maybe I can also plant a tree one day!

I had re-iterated what should we do and ended up with my experience when we collect paper products from our friends and my dream.

I am sure, every one of you want your country to retain her natural beauty, thriving economy and long, healthy & happy life without stress & lifestyle diseases and hand over our beautiful planet intact to future generation and other species. Well, I admire the miracles of an ordinary day; love my fascinating planet hence I took the mantle to inspire many. During my paper recycling, even the kids and

toddlers at time join and the kids are delighted and felt so proud of their achievement when I thanked them and gave a bear hug. A beautiful quote which had touched my heart, "Don't be afraid to give up the good for the great". You all are such amazing people with so much of potential to change the world as a paradise for you and your future generation. Come along with me. We shall find peace. We shall hear chirping sounds, we shall see mature trees trying to reach the sky which is sparkling with diamonds.

I left meeting overwhelmed and inspired, the speaker's mottos and phrases kept running through my head. 'World as a paradise, miracles of an ordinary day, give up the good for the great'.

Later that night I wondered - what was the magic of this actual positive ambience? The very same energy that makes me feel that I can move mountains. What was the secret of the members of various social classes, backgrounds and age groups, gathered together to think big and to take action?

Maybe it was a matter of focus or matter of like – minded thinking or interest that is contagious, spirit that fuels confidence and creates excitement.

I signed to Toastmasters because I wanted to improve communication and learn how to become a leader. However, it seems to offer far more than skills place to grow with enthusiasm and passion. And passion is that very secret of toastmasters, the spark in the eye.



AGATA

Member, Greens Dubai TMC
Runners-up, Division F Duo Writing Competition



VARATHA

Member, Greens Dubai TMC
Runners-up, Division F Duo Writing Competition



JOKES FOR JOKE MASTERS

Appropriate, well-timed humor definitely adds to the Toastmaster experience. As Joke Master, it can be a challenge to find and deliver a suitable one-liner, groaner or anecdote that pleases everyone.

NIKE SHOE

Ram and Shyam were walking through the jungle. Suddenly, a tiger appeared from a distance, running toward them. Ram took out a pair of Nike running shoes from his bag and started to put them on.

"Do you really think you will run faster than the tiger with those?" Shyam asked.

Ram replied, "I don't have to outrun it, I just have to run faster than you."

MARTINI

A man has a very smart dog. Over the years, he's trained the dog to buy his beer.

The routine is that he slips a \$10 bill under the dog's collar, and the dog would trot down to the corner bar, where the barman knew to take the \$10 and give the dog a six-pack of cheap beer in a brown paper bag. The dog would then trot back home with the bag in his mouth.

One night, the guy finds he hasn't got a \$10. So instead, he takes a \$20 and slips it under the collar, figuring the barman will put the change in the paper bag.

Off the dog went. After a few minutes the dog hadn't appeared. The man waits another few minutes -- still no dog. He pulls on his boots and heads out toward the corner bar, looking all over the streets and yards -- no dog. Finally, he arrives at the bar, pulls open the

door, and sees the dog sitting up on the barstool, drinking a martini.

"What is this?" The guy says, dumbfounded. "You've never done this before!"

To which the dog replies: "I've never had the money before."

A TOASTMASTER

A Toastmaster is visiting a National Park.

She encounters a large grizzly bear, the bear rears up claws bared ready to strike the deadly blow.

Just before the bear strikes our Toastmaster leans over and whispers in his ear.

The bear stops. He drops quickly on all fours and quickly runs away back into the forest.

I bet you would like to know what she whispered in his ear.

"If you kill me, you will have to give a speech at my next Toastmasters meeting."

It's all in the timing!!

CANDY

One day I went to the movie theatre to watch a movie. The theatre was crowded. The movie was very interesting. We all concentrated on the movie.

An old gentleman sat beside me. Suddenly he slid down

his chair and used his hand to touch around the ground for searching something. He kept searching around, even touched the feet around him.

I felt not so good with this. So I asked him. "Excuse me sir. The movie is so funny. Why you don't watch it?"

"Sorry young man." He answered "I dropped something. I want to get it back."

"What are you looking for?" I asked. "It is a candy I am eating." He answered.

"A candy?" I said. "Don't waste your time sir. Even you get it back, you can't eat it again."

"But" He said. "My denture is stuck in the candy."

FOOD

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

Contrarily, the French have lots of fat in their diets and also suffer fewer heart attacks than either the British or Americans.

Conclusion:

Eat whatever the heck you want. It's speaking English that kills you.

CONTEST

AREA 25

INTERNATIONAL SPEECH



VELU ARUMUGAM
WINNER



YASIR
RUNNER-UP

EVALUATION SPEECH



DEVESH VITHLANI
WINNER



SHAMSHER SWAR
RUNNER-UP

TABLE TOPICS



GREG POGONOWSKI
WINNER



ARAVINDAKSHAN
RUNNER-UP

HUMOROUS SPEECH



KEERTHIVASAN
WINNER



NAUSHEEN SHAFEEK
RUNNER-UP

AREA 26

INTERNATIONAL SPEECH



ZAYED AL YOUSIFI
WINNER



DAVID GRIFFITHS
RUNNER-UP

EVALUATION SPEECH



DAVID GRIFFITHS
WINNER



OBI OMOREGIE
RUNNER-UP

TABLE TOPICS



DAVID GRIFFITHS
WINNER



NILESH BANDEKAR
RUNNER-UP

HUMOROUS SPEECH



MARCUS OBERLIN
WINNER



CHANDAN CHANDRASHEKAR
RUNNER-UP

WINNERS

AREA 27

INTERNATIONAL SPEECH



ANNAMMA LUCY
WINNER



HASHIM HALEEM
RUNNER-UP

EVALUATION SPEECH



HASHIM HALEEM
WINNER



PHILIP NWOSIJI
RUNNER-UP

TABLE TOPICS



HASHIM HALEEM
WINNER



PHILIP NWOSIJI
RUNNER-UP

HUMOROUS SPEECH



HASHIM HALEEM
WINNER



ARAVINDAKSHAN
RUNNER-UP

AREA 28

INTERNATIONAL SPEECH



JENSON GEORGE
WINNER



ASHISH SAXENA
RUNNER-UP

EVALUATION SPEECH



RUCHIKA AIRON
WINNER



JENSON GEORGE
RUNNER-UP

TABLE TOPICS



ASHISH SAXENA
WINNER



REETIKA PALIWAL
RUNNER-UP

HUMOROUS SPEECH



MEENAKSHI SARASWATHI
WINNER



VENKAT VEMPATI
RUNNER-UP

CONTEST WINNERS

DIVISION F TALL TALE CONTEST 2017



WINNERS: SURESH , KARTHIKEYAN & HASHIM HALEEM



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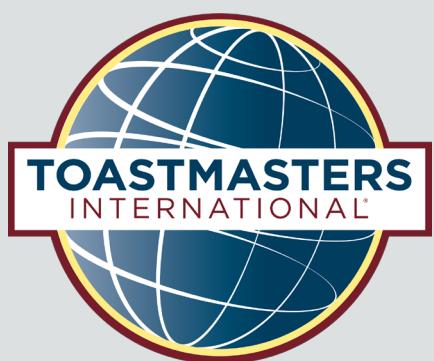
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