

# ENGINEER

Newsletter of KEF Toastmasters

Club No. 1571590, Area 18, Division E, District 20

Volume 2 Release 2

January 2012



**Joyous Jubilations...**

*again !!!*



WHERE LEADERS ARE MADE

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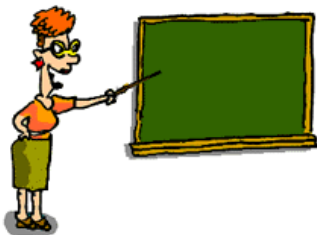
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## **From the Editor's keyboard**

**Dear Member,**

The arrival of new year brings along new hopes and aspirations. For us in KEF Toastmasters we take this opportunity to renew our spirits and reassert our dedication towards achieving our goals. The weather is cold ...but not enough to crush our spirits down...



In this edition we have tried to bring more educational items - an article on improving speech delivery and another that brings to focus few incorrect usages of English. We have our regular menu of humor, health and travel, apart from the prize winning speech of our young gavelier Megha Mibu. You would also get to know more about our toastmaster couple members TM Rajesh and TM Reji Rajesh. We hope to provide a good reading experience to all our members through this issue.

**Enjoy the weather....**

**Enjoy this issue.....**

**TM Bindu Abraham**  
**Editor**

## **Vision of KEF Toastmasters**

**To become the best Toastmasters Club in the Division by achieving the Toastmasters International, District, Division and Area Goals.**

## **Mission of KEF Toastmasters**

**Mission of the KEF Toastmasters is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self confidence and personal growth.**

## **A Toastmaster's Promise**

**•To attend club meetings regularly• To prepare all of my speeches to the best of my ability, basing them on projects in the Communication and Leadership Program manuals• To provide fellow members with helpful and constructive evaluations• To help the club maintain the positive, friendly environment necessary for all members to learn and grow• To serve my club as an officer when called on to do so• To adhere to the guidelines and rules for all Toastmasters educational and recognition programs •**

# Message from the Area Governor

## TOASTMASTERS Vs ENGINEERS



The highest common factor between Toastmasters and Engineers is construction. While Engineers focus on mechanical, civil and instrumental construction and development, Toastmasters focus on mental, emotional, physical and linguistic construction and development.

A clear vision towards the development of every individual member has been the highlight of KEF Toastmasters club since inception and their newsletter “Engineer” is a mirror of the club's vision and its mission. All editions of this newsletter have reflected professionalism, novelty and innovation in all senses.

KEF Toastmasters has proved time and again grabbing all honors, accreditations, recognitions and awards that are envisaged for the winners, not only at the Area, but at the Division, District and international level. This club stands as an example of dedication, commitment and passion for continual improvement as well as qualitative and quantitative output.

During the past term and the current one, they have utilized all platforms within and outside the club vicinity to enlighten the community regarding Toastmasters fraternity. They have conducted Speech craft Program not only to encourage more people to join toastmasters, but also to inform the layman about its objectives. They have formed a new Gavel Club under their banner and encouraged and educated the coming generation of leaders to learn more about leadership and communication through a Youth Leadership Program.

The club has been regularly utilizing the TMI designed education modules to mould their members into better leaders and communicators and attain their goals in life. Equal opportunities have been promoted to all members to reach the TMI, Club, Division and District Goals through various roles during the meetings, contests and other socio-cultural events.

KEF Toastmasters though a very young club, is a team to envy by most of the acclaimed clubs in Division E and I could be called a proud Area Governor to serve a club of this tall stature. Through its persistent constructive attitude and vision like engineers, I wish to see this club build a bridge to the stars and I am sure one day it will.

**TM Sameer Hassan Moosa, ACG, ALB**  
**Area 18 Governor**

# DEDICATED TO EDUCATION



**“Education is our business. It has been so from the beginning..”**

**Dr. Ralph C Smedley (1878-1965)**

**Founder of Toastmasters International**

## **Toastmasters education for non-Toastmasters**

Gavel clubs are a way of providing Toastmasters’ self-improvement methods and materials to people who may be ineligible for regular membership due to age, inability to pay dues or other circumstances. Gavel clubs provide Toastmasters members and clubs with an excellent opportunity for community service. They can be found in high schools, colleges, rehabilitation institutions, hospitals and elsewhere.

## **How Do Gavel Clubs Operate?**

In many ways, Gavel clubs operate in the same way ordinary Toastmasters clubs do. They have the same club officer titles, use the same communication track manuals and follow similar club meeting protocols. Gavel club members are not, however, referred to as Toastmasters; they are called “Gaveliers.”

Gavel clubs differ in that they have limited access to the leadership track awards and materials, cannot participate in Toastmasters area and district speech contests and do not enjoy many of the privileges and benefits that come with full membership in Toastmasters.

## **How to Form a Gavel Club**

To form a Gavel club, your group must meet all of the criteria listed below.

### **Gavel Clubs:**

- must not be composed of employed adults;
- must not be eligible to charter as a regular Toastmasters club;
- may include members who are under 18;
- must have the approval or endorsement of its host institution;
- must use the program, methods, procedures, materials and services of Toastmasters International, whenever possible; and
- must apply to Toastmasters International for a Certificate of Affiliation.

Source: [www.toastmasters.org](http://www.toastmasters.org)

# Joyous Jubilations...again...

It's time ...again ....for a celebration; this time with our gavel club. Recently held Qatar Open youth speaking championship saw excellent participation from our gavel club members. 80 young children under 18 from all around Qatar competed, and after many screening rounds, twelve went into the finals. That gives us the reason to celebrate – three out of twelve were from KEF Gavel club and one was crowned the first runner up.

This accomplishment was not a simple feat, and it was not a quick triumph. These are children who decided to make a difference and they took action to pursue that goal. They have learned to maintain a positive attitude. They have learned to be responsible. They have overcome challenges, taken advantage of opportunities while gaining knowledge.

I had the pleasure of watching the final round of the competition and no exaggerations here - the performance was mind blowing. The speakers exuded confidence and conviction. Some portrayed their innocent feelings and frustrations, some their sensitivity towards injustice, their urge to be part of the society and lead changes. They made us laugh, they made us think, and they made us realize that we “adults” are not always right!

I believe that all our participants are winners because “success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be.” : Zig Ziglar

Dear Gaveliers,

“We are very proud of all of you.”



**Finalists of the Qatar Open Youth Speaking Championship 2011.**

*From the left: Gav. Sayem Sadiq, Gav. Greeshma Ann Mathew, Gav. Megha Mibu (First Runner Up)*

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# MAY GOD BLESS YOU!

## Prize winning speech

By Gav. Megha Mibu



**T**he greatest French poet of the 19<sup>th</sup> Century, Victor Hugo said: “The supreme happiness of life is the conviction that we are loved”.

November 25th is my birthday; my favorite day. As a child born in Doha, I always used to celebrate my birthday with my friends at Mc-Donald’s. We had lots of fun, games and music. Everyone sang the birthday song and cheered as I blew the candles and cut the cake. This continued till I was 7 years old.... Everything changed on my 8th birthday....

Contest Chair, panel of judges, toastmasters, parents and my dear friends...good afternoon....

On my 8<sup>th</sup> birthday, we were in my hometown in India. My father told me that this birthday is going to be celebrated in a different style. I was very excited and pestered him to break the name of the 5 star hotel where it’s going to be held. In the afternoon, my dad drove us - my mom, little sister and myself to a place 12 km away from my place. He stopped in front of an old building with a board “Karunalayam” which means “Mercy Home” in English. Then my father explained to me that this Mercy Home houses about 50 boys and girls whose parents have left them to fend for themselves - “They are orphans. We are going to celebrate your birthday with these children”.

I was shocked - Am I going to celebrate my birthday with 50 unknown children who are way below my status?... in such a lousy place like this? "Are you crazy, Dad?" Without replying anything, he walked in front. We followed him quietly.

When we entered the compound, I noticed a group of children - girls with dirty and torn skirts and boys wearing no shirts playing on the ground. They did not have a cricket bat or a football; they were playing with pebbles. For a moment I thought about how I blackmailed my dad, a week ago, for buying me the latest Play Station.

The boy replied: "Nothing, Uncle .... when we have a special lunch, we don't get breakfast...."

While we were seated in the reception room, a boy, about 6 years old, peeped into the room. My dad asked that boy: "What did you have for breakfast?". He replied: "Nothing, uncle, when we have a special lunch like today's, we don't get breakfast". The boy continued: "we are hungry uncle, shall we start?" I was shocked and sad hearing this. For a moment I remembered the fuss I used to create when my mom served me idly-dosa for breakfast and I insisted on burger instead.

Then we sat on the benches along with the children for the special lunch. There was no cake. But before starting their food, they stood up and sang: "Happy birthday to you....Megha ". Before they sat down they said: "May God bless you". That was a moving experience. The happiness I got was million times than that I used to get at the Mc Donald's parties.

While driving back home, I was thinking of those children who are pushed into darkness by fate - whose faces got lit up when we showed our love towards them. They did not give me any birthday gifts, but the happiness in their faces, the happiness I got seeing their happiness - was worth millions.



Gav. Megha Mibu receiving the first runner up trophy for this speech in the Qatar Open 2011.

I thanked my Dad for organizing my best Birthday party ever. Every year I look forward to Nov 25<sup>th</sup> because I can meet my friends ....sorry..... my brothers and sisters again.

As Sharon Salzberg, the best selling American author and teacher of Buddhism said: "If we go into a darkened room and turn on the light it doesn't matter if the room has been dark for a day, a week or ten thousand years. When we turn on the light, the darkness disappears and the room is illuminated" .

Hence ladies and gentlemen, express your love and happiness to those who are deprived of them. If you have not done it yet, it's not late... turn on the light ... today..... let the darkness disappear from their lives.

Over to the contest Chair....

Gav. Megha Mibu is the VP-Membership of KEF Gavel Club.  
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Honey, our lawyer wishes us,  
but in no way guarantees,  
a Happy New Year.

Source:

[www.daysquote.blogspot.com](http://www.daysquote.blogspot.com)

# TODAY MORNING OR THIS MORNING ?



## Using correct English

English is the official language of India and is widely used in both spoken and literary contexts, but it is not the primary language spoken. Dialectal influences have led to divergent use of English in India. Though this is accepted among Indian audience, you may not be clearly communicating with a native English speaker.

A few common Indian usages are listed below:

- ♣ *"today morning"* instead of *"this morning"*. "I met her today morning." The correct usage would be "I met her this morning." Or, you can say - I met her today, in the morning.
- ♣ *Doubt* instead of question or query (e.g. "I have a doubt" in place of "I have a question".) In Indian English, doubt is sometimes used as a synonym to question asking for clarification. In standard English and American, the noun doubt is uncountable and refers to a lack of complete trust in something.
- ♣ *Elder* - used as a comparative adjective in the sense of *older*. For example, "I am elder to you", instead of "I am older than you."
- ♣ *Even* - *as well/also/too*: "Even I didn't know how to do it." This usage of *even* is borrowed from native grammatical structure.
- ♣ *Metro* - large city (i.e. 'metros such as Mumbai and Delhi') This is a shortening of the term *metropolis*. This can be confusing for Europeans, who tend to use the word to describe underground urban rail networks. However, following the popularity of the Delhi Metro, the word metro now tends to be used to describe both the metropolis and the underground rail network.
- ♣ *only* is used unnecessarily to emphasize a part of speech preceding it. For e.g. "He is coming only" instead of "He *is coming*", "He was at the meeting only" to emphasize that he was nowhere else but the meeting, "She only is not coming" to mean that everyone is coming except her.
- ♣ *Solid* - great or exceptional ("What a solid idea!" means "What a great idea!").
- ♣ *Paining* - *hurting* would be more common in Standard American and British: "My head is paining."

Sources:  
[www.usingenglish.com](http://www.usingenglish.com)  
[www.wikipedia.org](http://www.wikipedia.org)

# GAVEL CLUB ACTIVITIES

## KEF Gavel Club conducts Demo meeting

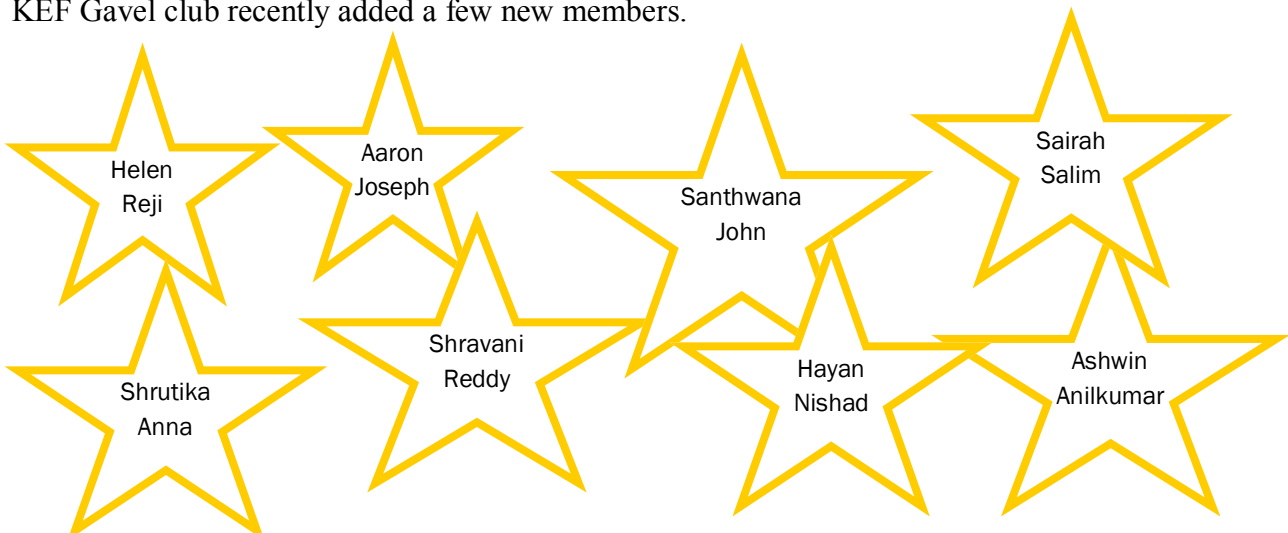


KEF Gavel Club conducted a demo meeting on Friday, 16th December 2011 at the newly formed Qatar Gavel Club. The occasion was graced by Area Governor TM Sameer Hassan Moosa, Past Division E Governor, TM Subha Anupindi, past Area 18 Governor, TM Raghavan, Qatar Toastmasters President TM K Thayalan, QTM VP-Education TM Krishnamoorthy and other dignitaries.

The role players of the evening were: Gavelier of the Day - Gav. Farhana Hussain, General Evaluator - Gav. Sayeem Sadiq, Table Topic Master - Gav. Nazia Hussain, Grammarian - Gav. Hayan Nishad, Ah Counter - Gav. Muadh Bin Safeer, Speakers - Gav. Anna Antony and Gav. Sarah Ahmed, Evaluators - Gav. Rosy John and Gav. Steve Johnson, Table Topic Speakers - Gav. Aqeel Nazim and Gav. Umer Siyad.

## New stars of the galaxy

KEF Gavel club recently added a few new members.



## KEF Gavel Club excels in Qatar Open - 2011



Recently held Qatar Open Youth Public Speaking Championship- 2011 saw excellent participation from our gavel club members. 80 young children under 18 from 14 schools in the country took part in the championship organized by Qatar Toastmasters. Twenty-eight students made it to the semifinal and twelve were qualified for the grand final. Out of the twelve, three were from KEF Gavel Club. Gav. Megha Mibu of KEF Gavel Club was crowned the first runner up. Gav. Sayem Sadiq and Gav. Greeshma were the other finalists from KEF Gavel club.

## KEF Gavel Club elects new executive committee



New executive committee for the term 01 Dec, 2011 to 30 June 2012 along with Gavel Club Coordinator TM Sybille Sajeet, CC (in the centre)

From left : Gav. Marisha Denny (Sgt-at-arms), Gav. Treasa Antony (VP-Education), Gav. Ashwin Anilkumar (Secretary), Gav. Sayeem Sadiq (President), Gav. Megha Mibu (VP-Membership), Gav. Dave Denny (VP-Public Relations), Gav. Rahul Sajeet (Sgt-at-arms). Other executive committee members are Gav. Rosy John (Sgt-at-arms) and Gav. Hannan Hafiz (Treasurer).

# OUR CLUB ACTIVITIES

## KEF Toastmasters conducts speech craft



KEF Toastmasters successfully conducted a speech craft program for its child club EF Toastmasters Club. TM Bijith Biju Sadan, VP Education - KEF Toastmasters was the coordinator. Club sponsors, mentors and senior toastmasters from other clubs whole heartedly supported the program by taking up various roles and delivering educational workshops. Excellent organization by the coordinator, support from seniors and mentors, regular attendance and enthusiasm of members were instrumental in the success of the speech craft session.

## Our PR Campaign



KEF Toastmasters conducted a speech contest organized by Malankara Orthodox Church - Doha for its members. TM Sherin Varghese was the contest chair. Competitions were held for Senior and Junior Category.

# HUNGER or CRAVING ?

## Tips to healthy eating

By TM Titus Kanan, CL

Most health experts recommend eating a balanced, healthy diet to maintain or to lose weight. But there is more to healthy eating and weight loss than simply tracking your food. How you think about food and respond to hunger, eating cues, and cravings also affect your diet.

Here's what you need to know.

### Listen to hunger cues

When you're truly hungry, your stomach, brain, or both will give you cues to tell you to eat.



Hunger Level	Sensations and Symptoms
1	Starving, weak, dizzy
2	Very hungry, cranky, low energy, a lot of stomach growling
3	Pretty hungry, stomach is growling a little
4	Starting to feel a little hungry
5	Satisfied, neither hungry nor full
6	A little full, pleasantly full
7	A little uncomfortable
8	Feeling stuffed
9	Very uncomfortable, stomach hurts
10	So full you feel sick

It's best to eat when your hunger level is at a 3 or 4. Once you wait until 1 or 2, you are more likely to overeat. It's best to stop eating at level 6. Your brain registers the signals that you're full slowly, and learning to eat to satisfaction will take some practice.

### Eliminate distractions

Make food the main attraction of your meal. Watching TV, reading, using the computer or paying bills while eating can reduce your ability to recognize satiety.

### Distinguish hunger and craving

Hunger and cravings are very different, and by learning to distinguish the two, you can reduce your calories without feeling the urge to continue eating.

A food craving is an intense desire to consume a specific food, stronger than simply normal hunger. Cravings, unlike hunger signals, will change over time, even over a period of 10 minutes.

### Tips to combat food cravings:

- 1) Wanting sweets? Indulge in some protein, fat, and fiber. They keep your blood sugar levels within range and can shut out that sugar craving.
- 2) Stay away from caffeine, as it can make you crave for sugar .
- 3) Drink water - what feels like hunger may be thirst in disguise.
- 4) Exercise regularly.
- 5) Avoid your kitchen and anywhere else "bad" foods are found.
- 6) Sugarless gum can help you stave off many cravings. It gives your mouth something to do and cure its "boredom."

Source: [www.life.familyeducation.com](http://www.life.familyeducation.com)  
[www.loseweightgroup.com](http://www.loseweightgroup.com)

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# 10 QUESTIONS TO A TOASTMASTER COUPLE

Interview with TM Rajesh and TM Reji Rajesh

By TM Abdul Wahid, CC, ALB

"Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation." Here's a couple who have seriously considered this Oscar Wilde quote. Both are competent communicators (CC) and they achieved it on the same day...



**Question 1:** What made you interested in joining Toastmasters?

**TM Rajesh:** To overcome stage fear in public speaking and to develop leadership skills

**TM Reji:** To improve Communication skills.

**Question 2:** How many years you have been in Toastmasters?

**TM Reji :** Three years.

**Question 3:** Who joined first- TM Rajesh or TM Reji ?

**TM Rajesh:** Joined on the same date, did all CC projects together and became CC together.

**Question 4:** We would like to know how did you motivate the second person to join the club, because this is what Toastmasters like us are really eager to know.

**TM Reji:** Both of us attended a speech craft conducted by Doha Toastmasters and joined TM Club together.

**Question 5:** Can you please tell us the impact of toastmaster activities in your lives....after being in Toastmasters for these many years ?

**TM Rajesh:** After being in TM activities for 3 years, I have totally overcome the stage fear and have developed time sense.

**TM Reji:** After being in TM activities for 3 years, I have developed my communication skills which have helped in both my professional and social life.

**Question 6:** Please share with us the happiest moments that you felt being a Toastmaster? Did your wife/husband being in Toastmasters help you to be a better Toastmaster/ to be more committed?

**TM Rajesh:** The happiest moment was when I delivered my P10 project in CC manual. Regarding the answer to the second question, it has helped while preparing project speeches. But sometimes, the evaluation would lead to some small quarrels.

**TM Reji:** The happiest moment was when I won the 1<sup>st</sup> prize in the Humorous Speech competition in Area level in 2011. Answer to the second question- Of course yes.

**Question 7:** Since both of you are in Toastmasters, are you interested in discussing about Toastmaster club and its activities during your free time- among yourselves, to your children or others during non toastmaster occasions ?

**TM Reji:** Of course, TM activities are in our regular discussions.

**Question 8:** Are your children into Toastmasters? Do they help you with your activities? What do they say about your continuous commitment to this area of skills development?

**TM Rajesh:** Our elder son Athul is a Gavelier in KEF Gavel Club. Even though he is more serious towards sports these days especially athletics and cricket, we are sure that he will take up TM activities more seriously in future.

**Question 9:** Being a family man/woman how do you manage your time for yourself, family, work, Toastmasters and other social commitments. How do you strike a balance of activities in your daily life routines?

**TM Rajesh:** I am an active participant in various social forums since long years. Hence, devoting a few hours for TM and other social activities has never become a problem for me.

**TM Reji:** I was a student until last year while I completed my MBA. Hence I am familiar with managing some extra time for activities other than routine works.

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*“The happiest moment that I felt being a Toastmaster was when I won the 1<sup>st</sup> prize in the Humorous Speech competition in Area level in 2011”*

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**Question 10:** Do you get free time? How do you spend your leisure time, if you manage to get some?

**TM Rajesh:** Free time after routine, TM and social works is very rare during normal days. But we are strict about having at least a week long leisure trip to distant places every year.

**TM Reji:** I used to spend my free time with my children which are very important for their growth.

Of course we enjoy our vacation the most.

**TM Wahid:** Thank you TM Rajesh and TM Reji for your valuable time and sharing your experience with Toastmasters. I'm sure that your experience and advice will really be inspirational to all the members of KEF Toastmasters. Thank you, once again.

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# SPEAK TO IMPRESS!

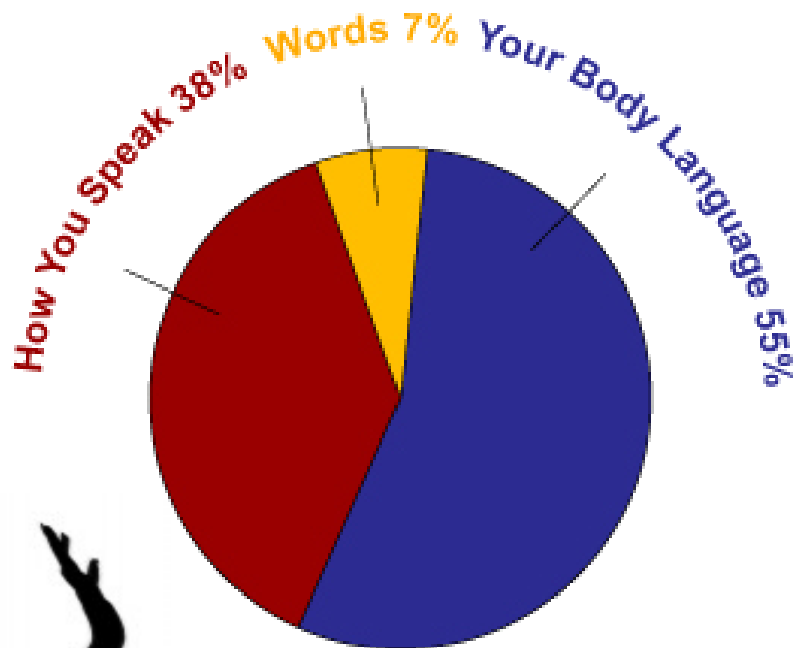
Reach your audience through your gestures and vocal variety

By TM Sybille Sajeet, CC

When people use spoken language to communicate, they do not just listen to what is said in order to understand the message. They also look at the person who is speaking, and listen to the way they are saying the words to understand the message.

Studies show us that the percentage of understanding gained from the spoken word is considerably less than what is gained from listening to a person's tone of voice and looking at their non-verbal communication.

What Makes an Impression?



A well written speech is not enough to impress our audience. Our audience wants to see and hear our presentation. We can dazzle them by complementing our speech with staging, gestures, and vocal variety.

I attended a speech preparation workshop organized by Area 68. The workshop was divided into 5 sessions. One of the sessions was about how to effectively use gestures and vocal variety in your speech, presented by DTM Ajit Limaye. I would like to share with you a few tips that I learnt.



## Gestures

- ♣ Do not inhibit your natural gestures unless they cause distraction.
- ♣ Convey confidence.
- ♣ Align gestures with key points of your speech, mimic action and convey emotion.
- ♣ Avoid over repetition by substituting alternate gestures and make full use of the opportunities for facial gestures.
- ♣ Choose appropriate posture and movement to match speech context like time line, up down, location.
- ♣ Avoid distracting gestures like pacing, adjusting glasses etc.
- ♣ Avoid unnecessary hand gestures.
- ♣ Smile, unless you're conveying a somber message
- ♣ Maintain eye contact.
- ♣ Match the size of your gestures to the size of the room.
- ♣ Move to indicate transition.
- ♣ Watch yourself on video if possible.

### It helps :

- ♦ add hand gesture notations to your speech notes
- ♦ New gestures feel as strange to your body. Practice them until they are comfortable
- ♦ One-handed gestures are often more effective than both hands mirroring each other
- ♦ Don't animate or mime your entire speech
- ♦ Refrain from copying others, the best gestures are unique to you
- ♦ Avoid finger and fist gestures that may be insulting to other cultures

Source: [www.speaking-tips.com](http://www.speaking-tips.com)



## Vocal Variety:

- ♣ 4 P's : Pace, Pitch, Power and Pauses

**Pace:** slow delivery of key statement or accelerate to increase tension.

**Pitch:** be natural but vary pitch to add variety and emotion to dialogues.

**Power:** align with emotion. Do not over do.

**Pauses:** after key points.

- ♣ Scan your speech highlight places.
- ♣ Align vocal: add punch to your speech with: vocal variety, gestures and combination of both.

TM Sybille Sajeet is the Treasurer of KEF Toastmasters  
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# Our Club Meetings



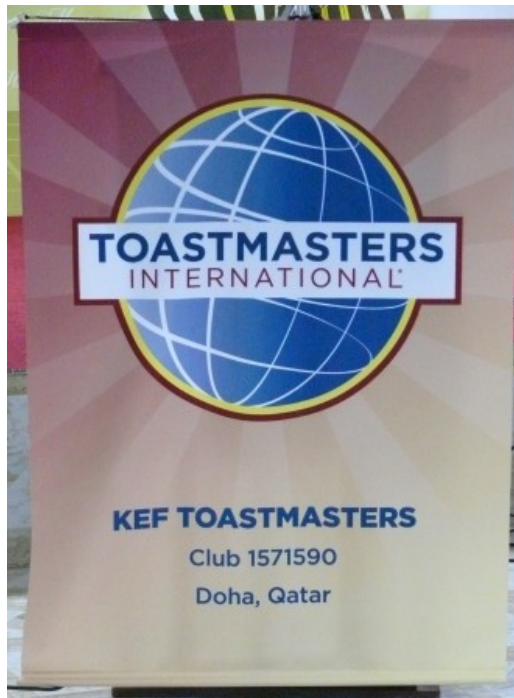
Delivering project speech



Aren't they happy?



Timer in action



First Club in Qatar to receive the new banner



That's serious business



We welcome guests...



The looks of an evaluator



Educational module on

# Our Club Meetings

## Meeting #19

This was our first meeting in the new venue - Skills Development Center, a background change from bright orange to subtle green – “the color of balance”. It was only a coincidence that the theme of the day chosen by TM Bindu was “Balance – The ultimate goal”

Balance is the key to lead a successful and beautiful life which includes everything but in balance.

How do we maintain balance in our lives?

Where does ‘balance’ fit in with Great Responsibility and Great Achievement?

....The questions were many... Before we found answers to them we had great sessions of prepared speeches, table topics and evaluation.



## Meeting #20

TM Jacob always called ‘Simply’ deserves this title fully, especially after he converted a very simple concept “OBSERVATION” into an interesting theme of the day. It was a real treat by TM Jacob and it shows how the inborn qualities of individual are cherished in Toast Masters.

The Educational module by President Najeeb was a perfectly aimed “one shot - three targets”. The club members gained more insight into DCP points, TM Najeeb completed his projects for Advanced Leader Bronze (ALB) thus getting a valuable point to elevate our club to the distinguished club category. We had a great evaluation session headed by TM Safeer Azeez – President of Oryx toastmasters.

## Meeting #22

We celebrated Jawaharlal Nehru's birthday during our meeting on November 14th. The theme of the day was “Children's Day”. Role Players enacted people who influenced Nehru - Gandhiji, Motilal Nehru, Vijayalakshmi Pandit, Netaji Subhash Chanda Bose etc.



# Our Club Meetings

## Meeting #23

We celebrated Qatar National Day along with our Gavel club. Theme of the meeting was "National Day". We expressed our sincere appreciation for the great leadership of the Emir HH Sheikh Hamad, the Heir Apparent HH Sheikh Tamim and HH Sheikha Moza for the development of this wonderful country.



## Meeting #24

The toastmaster of the day TM Titus decided to set all of us on a health spree in this meeting. "Don't lose your mind, Lose your Weight" - made at least a few of us feel guilty. To add to this, TM Sybille in her project titled "Silent Killer" reminded us that India is the diabetic capital and by 2050, one-third of the population will be diabetic. The highlight of the meeting was the educational module by TM Bijith - "5 aspects an evaluator should know" for which we combined our gavel club members along with us.





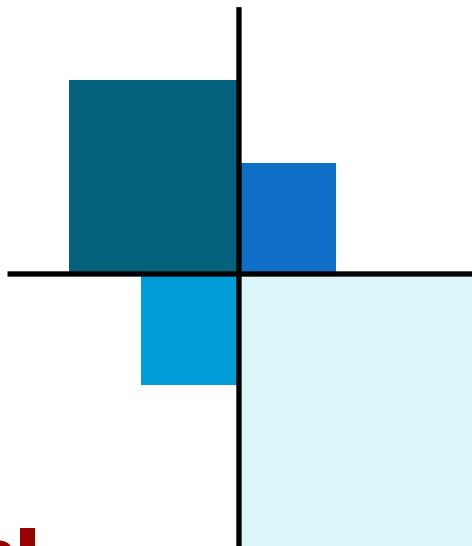
TM Sybille Sajeet  
CC



TM Bijith Biju Sadan  
CC, ALB



TM Najeeb Abdul Jaleel  
ALB



## **Educational Award Winners!**



TM Jacob Thomas  
CL



TM Abdul Wahid  
CL, ALB



TM Titus Kanan  
CL

# ADIOS AMIGOS!

## A travelogue

By TM Sermina Hafiz



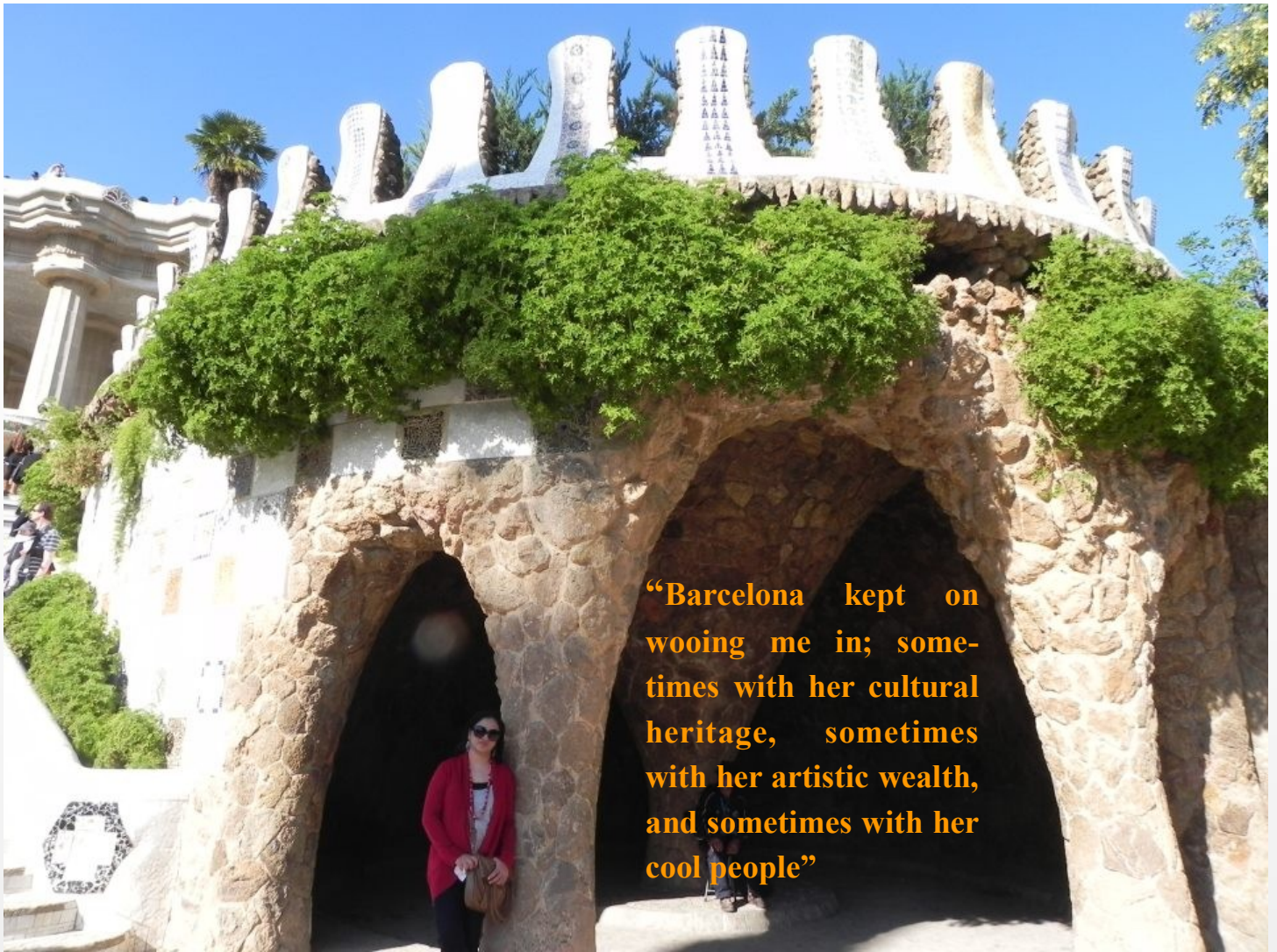
**W**hat makes a country special? Apart from nature, historical value, modernization and tourist attractions, what adds an extra zing to a place? I think it is the culture, the people and art. Barcelona has to her accolade very lively people, who seem to celebrate every moment of their lives.

And that's what makes Barcelona special.....

I love it when a city tells its story by itself....Wandering aimlessly through the nerve of the city, I was instantly attracted to its myriad blending of an old world charm with a modernistic allure. I found myself getting sucked into the ambience; she kept on wooing me in; sometimes with her cultural heritage, sometimes with her artistic wealth, and sometimes with her cool people.

The city oozes cultural warmth. It was something to experience this in a stroll down the Las Ramblas, brought to life by the roadside florists, pet shops, human entertainers and open air restaurants serving Catalunyan dishes. Yes, I said Catalunyan and not Spanish because the people of Barcelona still stay true to their Catalunyan identity.

Somewhere along the stroll, we took a side road and found ourselves in a totally new era. The Gothic Quarter boasts of many buildings that date from medieval times, some even from the time of Roman settlement in Barcelona. It was an adventure to simply walk through the mazes of Gothic Quarter, I remember reading a challenge that you cannot take the same route twice once you are in there.



**“Barcelona kept on wooing me in; sometimes with her cultural heritage, sometimes with her artistic wealth, and sometimes with her cool people”**

Like many European countries, Spain is marked by the sprawling majestic medieval buildings that align on the sides of the streets. But what makes Barcelona different is its variety of architecture. At a time when Gothic architecture had its iron fist over Europe, Barcelona was blessed with architects like Antoni Gaudi, whose modernist designs stay unique and enchanting. We narrowed down our visits to some of his most famous works, which included La Sagrada Familia, Park Guell and Casa Batillio. I couldn't help but fall in love with his creations.

Barcelona boasts some of the best museums in the world and holds many masterpieces by world class painters like Picasso. The National Museum of Art of Catalonia possesses a well-known collection of Romanesque art while the Barcelona Museum of Contemporary Art focuses on post-1945 Catalan and Spanish art.

A visit to Spain cannot be considered complete without experiencing a Flamenco performance and tasting the Paella. I had the good fortune to see a masterpiece performance at the Palau Musica La Catalunya- the theater itself was mind boggling.

Well, and for the adrenaline junkies there is the FCBarcelona Stadium which has been the focus of the world many a times.

Barcelona is a city where you can lose yourself in. You can wander through the same streets and find something different each time. Full of life and bubbling with excitement, the city just welcomes you in and makes you feel like you belong there. That could be the reason why I hope to visit her again. So until next time, Adios Amigos!!!

TM Sermina Hafiz is a Sr. Developer at GIS, Qatar.  
Contact her at [sermihafiz@gmail.com](mailto:sermihafiz@gmail.com)





Club meetings      Every second and fourth Mondays (7 PM to 9 PM)

Club Contests      February 13 and 27, 2012

Area Contests      March 2, 2012

QTAC (Qatar Toastmasters Annual Conference)      May 5-6, 2012

DTAC (District Toastmasters Annual Conference)      May 24-26, 2012

Toastmasters International Convention      August 15-18, 2012

**Where is it held?**

Club Meetings and Contests: Skills Development Centre

DTAC : Crowne Plaza, Bahrain

Toastmasters International Convention: Hilton Orlando Bonnet Creek Resort, Orlando, Florida

## *Before signing off...*

*Dear Toastmaster,*

*Hope you enjoyed reading the New Year edition of our Newsletter, "ENGINEER". Our sincere thanks to all who have contributed to this edition. Moreover, we would like to thank all who took time to read our first issue and provide valuable comments. We hope you would continue supporting us with your suggestions for improvement. Last, but not the least, let's understand and practice the Vision and Mission of the Toastmasters International in its true letter and spirit.*

*Till we meet again in the next edition of our Newsletter: ENGINEER.....Adios Amigos!!!*

*Bindu Abraham*

*Editor-ENGINEER*



### **The Toastmasters Vision**

Toastmasters International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.

### **The Toastmasters Mission**

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening and thinking-vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind. It is basic to this mission that Toastmasters International continually expand its worldwide network of clubs thereby offering ever-greater numbers of people the opportunity to benefit from its programs.