

ENGINEER

Newsletter of KEF Toastmasters

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

Volume 2 Release 1

November 2011



🎵 Congratulations... and Celebrations... 🎵



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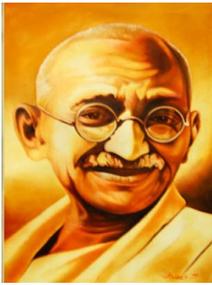
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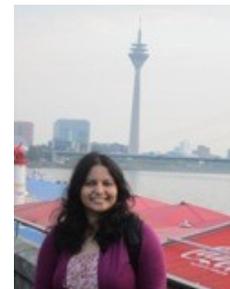
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From the Editor's keyboard

Dear Member,

It gives me immense pleasure to welcome you to the first issue of our club's newsletter with the new Editorial team. We have taken utmost care to serve you with a balanced diet of education, information and entertainment.



Recently we celebrated our club's first anniversary. Our members have put their whole hearted effort in taking the club from the newborn stage till this far. Their dedication to the club has been commendable and we have included in this issue as much as possible about our meetings, club activities and other special events.

This year has been eventful not only for our club but also the toastmasters worldwide. Toastmaster international has undergone a brand refresh and in this wake we have included an educational article on branding. You would also find an interesting interview with senior toastmaster couples Sarma and Subha Anupindi.

Hope you would enjoy reading this issue.....

Bindu Abraham
Editor

Vision of KEF Toastmasters

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

Mission of KEF Toastmasters

The mission of the KEF Toastmasters Club 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 Toastmasters International



September 09, 2011

Greetings, members and friends of KEF Toastmasters!

I am honored to congratulate you on the occasion of your club's anniversary.

I joined Toastmasters as a college student in 1985. My goal was to learn how to think on my feet without falling on my face. It worked! By the time I reached speech Number 10 in the *Competent Communication* manual, I felt more confident and self-assured. I trust that members in your club have experienced similar growth and development.

Toastmasters International helps nearly 280,000 men and women around the world improve their communication and leadership skills. None of this can happen without effective club meetings. Clubs like KEF Toastmasters are the heart and soul of the Toastmasters education program, and we salute you for your consistent commitment to your members.

The most important person in Toastmasters is the member. Our organization's founder, Ralph Smedley, once said, *"Ours is the only organization I know dedicated to the individual. We work together to bring out the best in each of us and then we apply these skills to help others."*

Thanks for all you do in helping your members gain opportunities that prepare them for a lifetime of achievement. Once again, congratulations to your club. I wish you every success on your Toastmasters journey.

Sincerely,

Michael Notaro, DTM
International President

Daniel Rex
Executive Director



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Message from club President



Dear members,

The daunting task that challenges a team leader is to create an environment in which every team member wants to work cooperatively and collaboratively. This is a chance for the leader to test his/her leadership abilities by inspiring and implementing team work

Leadership is no longer for the CEO, the President, the Boss or mom and dad. Leadership is available to each and every one of us at any level of organization, be that society, business or family. Leadership like any other skill is not something you are born with. It must be learned. It is all about behavior first and skills second.

People respond to leaders who inspire trust & respect rather than to the skills they possess. Thus Leadership is different from management which relies more on planning, organizing and communication skills. Leadership includes management skills too but its foundation is based on certain core qualities such as honesty, sincerity, passion, commitment, confidence, courage, determination, compassion & personal charisma. The successes you achieve with these qualities are short-lived if they do not go beyond your leadership term. To build a legacy of Leadership you need to encourage your fellow toastmasters, entrust them with support & faith and help them unleash their true potential.

Through the 1st edition of our newsletter, we have taken every genuine effort to present before you topics that leads light to effective communication & leadership skills. My sincere appreciation goes to newsletter editor TM Bindu Abraham for her creative mastery that made this edition of our newsletter “ENGINEER” a reality. I also wish to thank all those who have generously contributed towards the same by means of creative thoughts & writings.

Though KEF Toastmasters clinched the best newsletter title last year at Division and District level we would like to pursue further based on a quote from late Indian Prime minister Jawaharlal Nehru “The achievement we celebrate today is but a step, an opening of opportunity, to the greater triumphs and achievements that await us”

Wishing you a wonderful sense and skill rejuvenating experience with this humble offering.

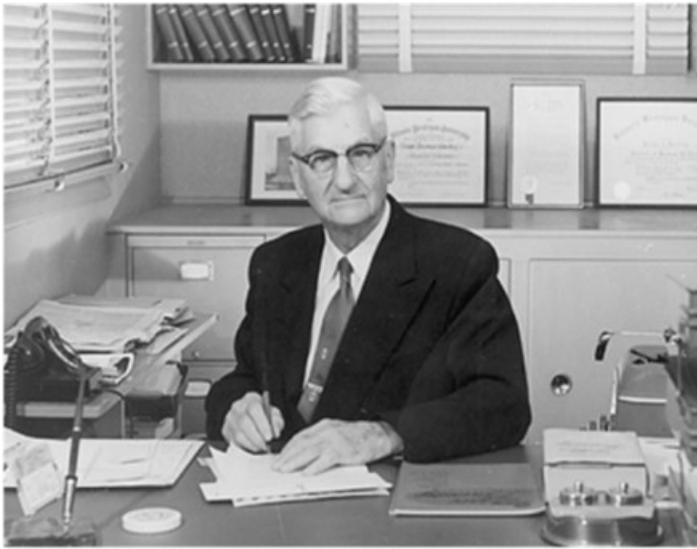
Sincerely Yours

Najeeb Abdul Jaleel, CC, CL

President

KEF Toastmasters

87 years of dedication



“Ours is the only organization I know dedicated to the individual.”

Dr. Ralph C Smedly (1878-1965)

Founder of Toastmasters International

The first Toastmasters meeting had a modest but noble goal: To help people improve their speaking skills in a supportive, informal atmosphere. As word spread about Ralph Smedley’s experiment in Santa Ana, California, people in nearby communities, and even other states, began requesting permission to start their own Toastmasters clubs.

Toastmasters International recently celebrated its 87th anniversary, confirming that the organization continues to thrive, helping more people than ever develop the communication skills and confidence they need to become leaders in their fields.

Membership is at an all-time high, with more than 270,000 members in over 13,000 clubs in 116 countries. Toastmasters International continues to meet members’ needs through club meetings, district conferences, the Toastmasters website and other events.

From a small gathering in a YMCA basement in 1924 to a global organization, the Toastmasters story is one of dramatic growth and success.

Source: www.toastmasters.org

<i>1924, October</i>	<i>The first meeting of the Number One Toastmasters Club in Santa Ana, California.</i>
<i>1930, October</i>	<i>Publication of The Gavel, the first Toastmasters newsletter.</i>
<i>1932, December</i>	<i>Toastmasters International is incorporated.</i>
<i>1965, September</i>	<i>Dr. Ralph C. Smedley, founder of Toastmasters, dies at age 87.</i>
<i>1973, August</i>	<i>Membership opens to women.</i>
<i>1982, October</i>	<i>Membership reaches 100,000</i>
<i>1995</i>	<i>www.toastmasters.org is first launched.</i>
<i>2011, August</i>	<i>Toastmasters first official brand refresh is launched at the 2011 Toastmasters International Convention in Las Vegas, Nevada.</i>

Congratulations ...and Celebrations.....



It's time for a celebration. It has been a year since KEF Toastmasters was officially launched, and what a year it has been. Between regular meetings, seasonal events, awards, and more, KEF Toastmasters has had a rather successful first year, and it doesn't seem to show any signs of stopping.

When we charted KEF Toastmasters on the Kerala Piravi Day of November 1st, 2010, apart from being a forum to improve our public speaking and leadership skills, we wanted our Club to be a tool for team building. Now, we have completed a full 365-day circle and it is only fair to take stock of our progress and the challenges we faced .

Our club's theme of last year was "Dream it, believe it and Do it". We had set our objectives clear in the beginning. We had a dream of becoming the Best New Club in Qatar. We believed that we can do it.

We, as true Engineers, went ahead with meticulous planning and executed it to perfection. 28 dedicated members of our club, always worked like a team. Every opportunity we got, we proved that KEF Toastmasters is a club to watch out for. Now, we proudly celebrate the 1st Anniversary of KEF Toastmasters: the Best New Club in Qatar.

So congratulations, KEF Toastmasters, on your first long year of life. Hopefully there will be many more to come and to continue winning let us keep looking to the horizon!

Bindu Abraham is the VP-PR of KEF Toastmasters and Editor of "ENGINEER". Contact her at a_bindu@hotmail.com



From October 2010 to October 2011

So exactly how far has *KEF Toastmasters* come since its inception a year ago? Well, follow along as we retrace the highlights of the club's remarkable journey.

October 2010

- ♣ Demo meeting on October 24 at ICC Hall

November 2010

- ♣ Registration with Toastmasters International on November 01
- ♣ Logged the first DCP point for our President TM Raghavan becoming ALB by November 15
- ♣ Maiden issue of the Club Newsletter ENGINEER released.

December 2010

- ♣ Participation in the Officers training conducted by Division-E on December 3

January 2011

- ♣ Conducted a Speech Craft Program (a short practical course in public speaking for the novice speaker) for its members.
- ♣ Second issue of ENGINEER released.
- ♣ Conducted a publicity drive as part of their Membership & PR Campaign at the Qatar Bowling Centre on the sidelines of the KEF Family Get together on March 17.

February 2011

- ♣ KEF Gavel Club was formed on February 20 with Toastmasters International.
- ♣ Charter Night of KEF toastmasters conducted at Asiana Banquet Hall on February 25
- ♣ Conducted a Youth Leadership Program (YLP) of the children of their members at the Indian club.

March 2011

- ♣ KEF Toastmasters prove their skills in the Area 18 Contests held at the PEC Auditorium on March 25. The winners from KEF Toastmasters are TM Reji Rajesh (First Place in Humorous Speech), TM Bijoy P Manathara (Third Place in Evaluation Speech) & TM Salil Mohamed (Third Place in Table Topic Speech)
- ♣ Conducted a publicity drive as part of their Membership & PR Campaign at the Qatar Bowling Centre on the sidelines of the KEF Family Get together on March 17.
- ♣ Third issue of ENGINEER released.



From October 2010 to October 2011

April 2011

- ♣ Won 1st Runner up trophy in the Humorous Skit contest conducted by Division-E on April 16, for the skit titled: "Dr.Pappu's Clinic". Najeeb Abdul Jaleel won the Best Actor Award for his role as Dr. Pappu.
- ♣ Conducted a PR Campaign for the members of the KEF during the Family Get together at the QP-stadium, Mesaeed on April 17
- ♣ First Advanced Communicator-Bronze (ACB) was completed by NV Raghavan on April 18
- ♣ First Competent Communicator (CC) completed by Abdul Wahid Ismail on April 18
- ♣ First Competent Leader (CL) was completed by Bijith Biju Sadan on April 20

May 2011

- ♣ Grabbed 4 division awards (Falcon awards) on 14 May during the glittering QTAC 2011 award ceremony at Hotel Sheraton, Doha, Qatar. We won in all the categories that we were nominated for which includes - Best New Toastmasters Club, Best President (TM Raghavan) Best Website and Best Newsletter in Qatar.
- ♣ TM Raghavan NV of our club also won - Best Area Governor - Area 18, Award of Appreciation, and Division Governor's Special Recognition.
- ♣ KEF Toastmasters' newsletter, "ENGINEER" won the Best Newsletter Award in the DTAC (District Toastmasters Annual Conference) at Jordan on 28th May.

June 2011

- ♣ Organized speech contest for Inter school Youth Festival.
- ♣ Conducted demo meeting for EF members along with its parent club Qatar Toastmasters club.

July 2011

- ♣ Installed new office-bearers for the year 2011-2012
- ♣ 7/7 Attendance in the Officers training conducted by Division-E

September 2011

- ♣ KEF Toastmasters sponsors new club "Smedley Toastmasters" along with its parent club Qatar Toastmasters.

October 2011

- ♣ Recipient of LGM certificate awarded by District 20.
- ♣ Conducted a PR campaign on Oct 7th during onam celebrations organized by Keralite Engineers Forum (KEF). The club held a humorous caption writing contest, which drew huge response from the audience.
- ♣ Organized speech contest for Malankara Orthodox Church on Oct 8th.
- ♣ Competent Leader (CL) completed by Bindu Abraham.

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First anniversary celebration

Club Events

We celebrated our first club anniversary on Tuesday, November 01, 2011 in a grand function held at Hotel Crystal Palace. The event was a mix of education and entertainment in the right proportion.

Around 70 people attended the program including Division and Area officials, special guests, members, Gavel members and their parents. The Gold sponsor of the event was Castle Group of companies and the Silver sponsor was Seko Global Logistics.

KEF Toastmasters was registered with Toastmasters International on November 01, 2010, which is the birth day of the State of Kerala (Kerala Piravi), to where all the members of this Club belong.

The club is sponsored by Qatar Toastmasters and founded by TM N.V. Raghavan.



The event was anchored by KEF Gaveliers Adil, Megha, Treasa and Dave on the theme: “Down the memory lane” with a narration interweaving the achievements of the Club during the last 12 months. President TM Najeeb Abdul Jaleel welcomed the guests. TM Cyril Anand conducted an informative educational workshop on “Improving your managerial Skills”.



This was followed by a humorous skit: “Dr.Pappu’s Clinic” that won the first runner up and Best Male Actor (TM Najeeb Abdul Jaleel) prizes in the Division E contest. The next was a speech by Gavelier Sayem Sadik who won the first runner up in the Division Gavel contests, followed by a scintillating dance performance by the Gaveliers Sarah, Marisha, Nazia, Jamie, Rosy, Sheril and Hanan, based on the song, “Power your Dreams”.

TM Krishna Kumar (Division E Governor), TM Sameer Hassan Moosa (Area 18 Governor), Yasir Nainar (Asst.Division Governor-Education), Saquib Reza Khan (Asst.Division Governor Marketing) and TM Subha Anupindi (Past Division E Governor) conducted the honour of felicitation.



First anniversary souvenir

As surprise birthday gifts, the Area 18 Governor TM Sameer Hassan Moosa presented an award to the Club for the most innovative club in Qatar and an award to our dynamic VP-Education for making KEF Toastmasters, the first distinguished club in Area 18.

Other dignitaries who graced this occasion were DTM Sonny Varghese (TMI's Brand Ambassador), TM Sarma Anupindi (Club Sponsor and Past Area 18 Governor), TM Shaikh Iqbal (Division E Secretary), TM K. Thayalan (President of KEF TMs Sponsoring Club - Qatar Toastmasters), TM Safer Azeez (President – Oryx Toastmasters), TM Shaji Francis (President - EF Toastmasters).

The club Vice President (Education), TM Bijith Biju Sadan proposed the vote of thanks. The program concluded with an exciting game, cake cutting and dinner.



Our creative agenda for the anniversary




KEF Toastmasters
First Anniversary Celebration





KEF Toastmasters
Club No: 1571590, Area 1A, Division E, District 20

First Anniversary Celebration

HAPPY BIRTHDAY

Meeting No: 22
Venue: Hotel Crystal Palace
Date and Day: Tuesday, November 1st, 2011
Time: 7:00 PM - 9:30 PM

AGENDA

<p>7:00 PM Welcome and Introduction 1.5 min</p> <p>7:15 PM Set-up/Arma calls meeting to order Introduces President TM Najeeb 2 min</p> <p>7:17 PM President TM Najeeb opens meeting, Welcomes guests Introduces the Masters of ceremony Hands over the control to the MC 5 min</p> <p>7:23 PM MC introduces TM Cyril Arand 2 min</p> <p>7:25 PM Workshop on "Improving your Managerial Skills" by TM Cyril Arand 30 min</p> <p>7:55 PM MCs present "Down the memory lane" 5 min</p> <p>8:00 PM Humorous Skit "Dr. Paggo's Clinic" 10 min</p> <p>8:10 PM MCs continue "Down the memory lane" 5 min</p>	<p>8:15 PM Speech by Gov. Sanyam Sadik "Stroke of an artist" 7 min</p> <p>8:23 PM MCs continue "Down the memory lane" 5 min</p> <p>8:28 PM Dance by KEF Gavelites based on the QTAC theme song "Power your Dreams" 7 min</p> <p>8:35 PM MC invites Division E Governor TM Krishna Kumar 1 min</p> <p>8:36 PM Felicitation: 1.5 min</p> <ul style="list-style-type: none"> • Memento to: 8:36 PM • Sponsors: <i>Castle Group, Selo Global Logistics</i> • <i>TM Cyril Arand</i> • <i>KEF Executive representatives</i> • <i>Awards for Educational achievements</i> • <i>Awarding District 20 LGM special certificate of appreciation</i> • <i>New TMII Excom pins for Excom members</i> <p>8:54 PM Games 7 min</p> <p>9:01 PM Cake Cutting 3 min</p> <p>9:04 PM Vote of Thanks 3 min</p> <p>9:07 PM Photo Session 3 min</p> <p>9:10 PM Dinner 20 min</p>
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WELCOME TO THE WORLD OF BRANDS



BRANDS are very prominent in our life today. Here is a discussion on the brand concept in the event of Toastmaster International's brand change. Additionally, a small attempt is made to explain reasons for such a brand refresh and its implications.

BRANDING, in one form or another was available from centuries. Branding began when manufacturers gave specific symbols and colours to their products, so that the customers can identify their products easily and can be sold.

EVERYTHING AROUND YOU IS BRANDED

In the current Globalised world, anything you see around you today is branded. All services are branded starting from postal service, banks, insurance, your vacation trip, a wedding costume - any thing is branded.

The nations are branded- let us not forget the BRAND positioning statements such as 'Malaysia Truly Asia' & 'Incredible India'.

In the modern world, individuals are branded - most of the celebrities today are branded!

Even the charity organisations are branded today, e.g., ROTA (Reach Out To Asia). Don't be surprised to know that individuals are branded - most of the celebrities today are branded!

THE ESSENCE OF BRAND AND THE CONCEPT OF BRANDING

How do the brands become so prominent in our life today? Because the concept of Brand has grown and matured to the concept of 'Brand Management', according to which a brand is formed as the combination of 3 variables - Identifiers, Attributes & Association

Identifiers: For any one who creates a brand the primary objective is to create an identity to the brand.

Attributes: A company's mission & strategy defines the attributes.

Association: It's the relation between the identifiers and attributes. How best the identifiers represents and convey its attribute is the measure of association.

BRAND EVOLUTION

Why do some brands stay for centuries AND some other die early? Do you know some of the famous automobile brands such as MERCURY, HUMMER & PONTIAC are already dead?

Here is the importance of **Rebranding and Brand Vitalisation**.



Any organisation in the world has to withstand the pressures from ever changing world. The organisations that adapted to the change are existing today. Some of the brands that faced tough competition changed their policies, which made them change their mission and strategy leading to rebranding.

TOASTMASTERS BRAND IDENTITY TILL 17th August, 2011

Toastmaster is also an organisation with definite mission and purpose. The mission of Toastmasters International is in part to, "continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs,"

With this as the aim, the organization created the well known logo of Toastmasters - the globe protected by gavels.



But till 17th August, 2011, the brand was not protected under hard core brand management principles, which gave the liberty for different districts, areas and clubs to add their own mission and vision giving varying identity of the brand.

THE TOASTMASTERS INTERNATIONAL IS ADAPTING THE CHANGE

It was in 2008 toastmaster international started to work out a 5 year plan for the period 2010 – 2015 for which extensive market surveys were done .

The redefined mission of Toastmasters international as per this new Strategic Plan is

Toastmasters International is a leading nonprofit organization devoted to creating effective leaders and communicators worldwide.

Through its member clubs, Toastmasters International helps people learn the art of speaking, listening and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding and contribute to the betterment of mankind.

An infective brand tells many stories – some of which are accurate and consistent, but the majority of which are inconsistent and inaccurate.

THE TOASTMASTER INTERNATIONAL'S BRAND REFRESH

One of the important observation of the research conducted to form new strategy of toastmasters is that since the clubs and districts had their independence in creating own mission and vision , they created web-sites, and other materials that displayed their individuality.

Hence one of the key aspects of the strategic plan was to create a consistent brand identity since a consistent brand tells one story of an organization. An infective brand tells many stories – some of which are accurate and consistent, but the majority of which are inconsistent and inaccurate. Therefore, the primary objective of the rebrand is to create and deploy one consistent Toastmaster.

The primary objective of the rebrand is to create and deploy one consistent Toastmaster.

The new brand positioning brings one of the important aspects of the brand refresh. Since 1924, Toastmasters International has been recognized as the leading organization dedicated to communication and leadership skill development. Through its worldwide network of clubs, each week Toastmasters helps more than a quarter million men and women of every ethnicity, education level and profession build their competence in communication. By regularly giving speeches, gaining feedback, leading teams and guiding others to achieve their goals in a supportive atmosphere, leaders emerge. They learn to tell their stories. They listen and answer. They plan and lead. They give feedback – and accept it. They find their path to leadership.

Toastmasters International. Where Leaders Are Made.

Old brand positioning



Position statement :

For better Communication & leadership skills

Current positioning



Position statement :

Toastmasters International. Where Leaders Are Made.

Bijith Biju Sadan is the VP Education of KEF Toastmasters . Contact him at bijithbs@yahoo.co.in



KEF Toastmasters sponsors new clubs

KEF Toastmasters club has taken the initiative to sponsor two new toastmasters clubs in Qatar. Within a year of its formation, this is a great achievement for the club .

KEF Toastmasters sponsored “Smedley Toastmasters” along with its parent club Qatar Toastmasters club.

TM Raghavan presided over the meeting. The Toastmaster of the day was the current Area 18 Governor TM Sameer Hassan Moosa. He said that the fear of public speaking is not less than that of slaying an unknown dragon. A toastmaster learns appropriate skills and thus develops the courage to overcome this fear.

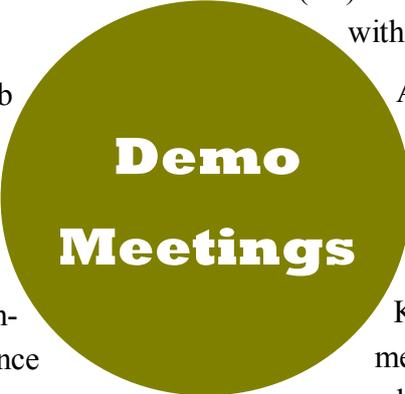
An educational module was conducted by the acting Division E Governor TM Yasir Nainar who reminded the prospective members that joining a Toastmasters club should not be an end in itself. Rather it should be a means to an end.

Other dignitaries present were TM Saquib Reza Khan (Assistant Division E Governor - Marketing) , TM Najeeb A. Jaleel (President-KEF Toastmasters), TM K. Thayalan (President-Qatar Toastmasters), Past Area 18 Governor TM Sarma Anupindi and Denny Peter(Manager-Advance Computer Centre).



A new toastmasters club for Engineers’ forum (EF) was sponsored by KEF Toastmasters along with Indian Toastmasters club.

A demonstration meeting was held at ICC which was jointly executed by toastmasters from the KEF Toastmasters club and Qatar Toastmasters club. The Toastmaster of the day was TM Koka Prasad who weaved together the meeting sessions with a beautiful story that engaged the audience.



TM Raghavan (Immediate past Area 18 Governor and founder President of KEF Toastmasters) presided over the meeting. He spoke on the need for good communication skills for an engineer who aspires to carry out his/her professional practice in the global arena.

Other dignitaries present on the occasion were Past Subha Anupindi (Division E Governor), Najeeb A. Jaleel (President-KEF Toastmasters), K. Thayalan (President-Qatar Toastmasters) and Past Area 18 Governor Sarma Anupindi.





Source: www.gorrellart.com

My First Experience

First experiences are claimed to be the best, indeed my first experience with KEF Toast Masters was an entertaining one. Well, I was introduced to the club by my friend who is an active member of the club. My husband, Philipose, was the trump card for my entry in to the club. I had heard a lot about the club and the achievements the members have had since the inception and that was motivating.

It was on a Monday during May 2011 that I had my first visit to the meeting. I was a little nervous, but there were other new members that day which saved the embarrassment, but that was until the yellow and red lights blinked right on my face!! Hah...people....no I didn't break off the traffic signals - I was given a table topic to speak. Now my friend, knowing the person that I am, had a premonition of what would happen when I'm given an opportunity to speak. Guess what topic I got- A vacation went wrong....! Now that is something I go on grumbling about till date....

Here goes the story.....

January 2008, I get 3 weeks leave approved from my work place. I was getting married. Within a week's time after I reached Kerala, I was hospitalized with viral fever, the following week I had my engagement and then the wedding ceremonies. And in both the occasions I fainted!!!!...hmmm.....cool right....all that a girl dreams about since her teenage ditched off.

The more I went in to the details of the situations in the vacation, the more involved I became and lost track of the time and there the poor Timer was looking for more colours to blink! That day, I guess I opened a new record which will never be beaten in the KEF Toast Masters Club.



I remember telling my friend that my husband should join the club, because he doesn't speak much, and definitely not me because as such I speak a lot. She said, actually Toastmasters is for both the category. Well friends, I guess my friend was right.

But, in spite of all the embarrassment, the experience gave me an opportunity to share the platform with some great people and I'll cherish the experience for a life time. However, I'd like to leave you with one last thought. Wonder how would it be, if we had blinking lights and warning bells during real life conversations????

Deepthi is a teacher by profession.
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Friday the 13th. Beating all superstitions, Qatar Toastmasters Annual Conference (QTAC 2011) inaugurated on 13th Friday proved lucky if not anything else for KEF Toastmasters Club. Being a new club, just 7 months old this was the first BIG event for us, and yet all of us were busy with various roles to do. QTAC started with KEF Toastmasters and ended with KEF Toastmasters - literally. Day 1 opened with Bindu as one of the Masters of Ceremony. Our member Sherin was the target speaker for the evaluation contest held in the morning session. Jacob Thomas and Bijith Biju were busy sergeants -at -arms.

QTAC started with KEF Toastmasters and ended with KEF Toastmasters - literally.

During the lunch break we made the best use of the opportunity to meet with other toastmasters from all over Qatar. The afternoon session began with a keynote speech by world speaking champion Mark Brown. The table topic and humorous contests followed. Our member Reji Rajesh was right into the contest with her humorous speech. Friday the 13th was sure a great day for us, but more was in store in the day to follow.



The curtain rose on the second day with a great inspirational speech by Mark Brown. The Brownian effect was soon visible – After the speech, his CDs on sale were quickly running out of stock. We were just lucky to grab hold of the last piece. The last session was an exciting contest of the best speakers in Qatar in the International Speech category.



Who would be the winner in the contests? Our member Sybille, one of the tally counters was tight-lipped. Raghavan, the Education Committee Chair, kept all the results safely away in his suitcase. Finally it was time for the most awaited moment – the Falcon awards. We won in all the categories that we were nominated for which includes - Best New Toastmasters Club, Best President (Raghavan) Best Website and Best Newsletter in Qatar. Raghavan of our club also won - Best Area Governor - Area 18, Award of Appreciation, and Division Governor's Special Recognition.



Finally to draw the curtain for the big show there was KEF Toastmasters again – this time we had a scintillating dance performance by KEF Gavel Club members on the song, 'Power your Dreams' which was the theme of QTAC 2011.



2011

Jacob Thomas is the VP Membership of KEF Toastmasters
Contact him at simplyjac@gmail.com



MC - day 1



Contestant - humorous speech



Banner parade



Division Governor's recognition



Dance by KEF gaveliors based on QTAC theme "power your dreams"

2011

KNOW OUR EXCOM

2011-2012



President: Najeeb Abdul Jaleel
Project Engineer in QTel. Graduated from NITTE, Mangalore. He was the Vice President Education and Training of our club in 2010-2011.



Vice President Education and Training: Bijith Biju Sadan
Sales Engineer in Jaidah Heavy Equipments Division. Mechanical Engineer from Bahubali College of Engineering, Shravanbelgola. He was our Treasurer in 2010-2011.



Vice President Membership: Jacob Thomas
Material Management Professional in QAFAC. Mechanical Engineer from MVJ College of Engineering. He was the Secretary of our club in 2010-2011.



Vice President Public Relations: Bindu Abraham
Physics teacher in AlBayan Secondary School. Graduated from Cochin University of Technology.



Treasurer: Sybille Sajeet
Senior Electrical Engineer in KEO Consultancies. Electrical Engineer from Thrissur Engineering College.



Secretary : Abdul Wahid Ismail
Project Engineer in KSB. Mechanical Engineer from Anjuman Engineering College, Bhatkal. He was the Sgt-At-Arms of our club in the year 2010-2011.

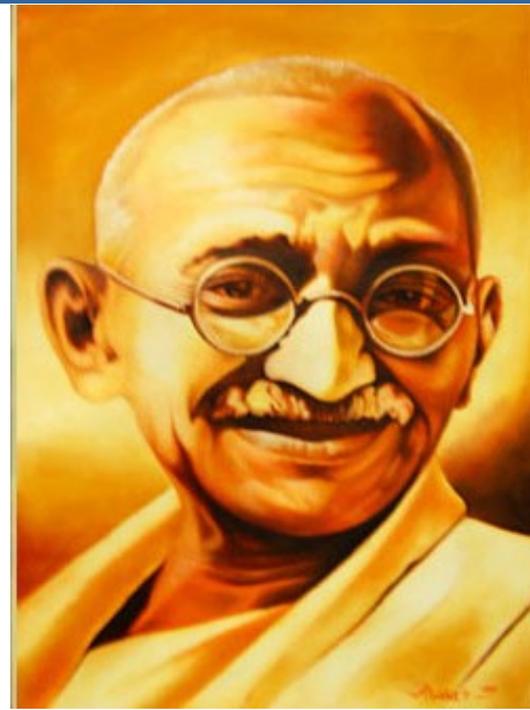


Sergeant at Arms: Sherin Varghese
Technical Architect in Nokia-Siemens. Telecommunications Engineer from Charotar Institute of Technology, Anand, Gujarat.



Past President: Raghavan Nedium Veetil .
Operations manager with Intercol Communications(Alcatel). Graduated in Electrical Engineering from NIT Surathkal. Founder president of our club. He was the Area18 Governor for the year 2010-11

Leadership Styles of “the Great Soul”



*“Christ gave me the message; Gandhi gave me the method”,
said Martin Luther King Jr.*

One of the greatest figures of the twentieth century, and perhaps of the millennium, Mohandas Karamchand Gandhi was born in Gujarat on October 2nd, 1869, and was assassinated on January 30th, 1948. He was both one of the most successful Leaders of the century, and, by his own standards, one of the least successful. He was charismatic, but he was also deliberate and analytical. He was a politician, a writer, an intellectual and an orator. Without doubt he was a very complex man, but a man who believed in simple things. Mahatma Gandhi was a leader that brought one of the world's most powerful nations to its knees by using peace, love and integrity as his weapons.

Gandhi is my hero and has influenced me a lot in my thoughts and actions. This educational module brings out those leadership qualities of Mahatma Gandhi that I find are very relevant to each one of us in Toastmasters.

What is Leadership?

Leadership is a process in which an individual influences a group to achieve a common goal. Generally people think that Leadership is a characteristic or trait that resides in a person. This is not true. Leadership is a process. Gandhiji was an exemplary leader whose ideas and tactics can be emulated in the corporate world. He realized that we cannot fight the British with force. So he decided to change the game plan. He unleashed the power of ordinary people; he inspired the men and women of India to fight for a common goal.

People all over the world are beginning to understand the importance of non-violent protests, and they recognize that our voice can still be heard without violence.

Let's analyze some of the leadership qualities of Gandhiji that are relevant to us in Toastmasters.

1. Make everyone connected to Organization's goal

In Toastmasters, it is said that each and every member's goal should be in line with that of his Club's. Gandhiji made sure that each one is connected to the organisation's goal. Take the example of the Dandi march, where Gandhi persuaded his followers to break the unjust Salt tax law, peacefully. Gandhiji, instead of breaking the Salt law of the British, which would have made less impact, took his followers in a march that stirred the imagination of the nation. What he demonstrated is his total understanding of the human psychology and his Public Relations skills.

2. Follower centric leadership:

In Toastmasters, leaders call themselves as “Servant Leaders”. Gandhiji was a “follower centric” leader who made his followers feel proud to be part of the team and made them feel that they are the essential part of the team's success.

3. Constant growth is a part of life

In Toastmasters, we have an educational path and a leadership path for the growth of every member. Gandhiji always talked about the importance of continual growth in our lives. Despite being an accomplished leader in his community, Gandhi continually sought greater understanding through much study of religious scripture. As a leader, it is your constant strives for improvement that will take you and your organization to another level.

4. Belief and Faith

My mantra for success is: “dream it, believe it and do it”; believe in yourself: success will be yours. Gandhiji’s belief was probably the most important factor in his success. He not only had self belief but also the ability to inspire the Indians to believe in themselves and their goal of freedom, in spite of the hardships they had to face. He believed that willpower overcomes brute force.

5. Empower

Leaders in Toastmasters should empower the new members to develop into next generation of leaders. Gandhi’s life was a combination of discipline and freedom, for himself and for his followers. His greatest successes came from empowering people with the methods and the desire for "Satyagraha". When they faced attack or prison, they were terribly alone, yet totally connected to their fellow protesters. They were free to pursue their goals, yet had a contract with Gandhi and with each other.

6. Energize

In Toastmasters, leaders should choose the activities that will benefit all the members of the Club. Gandhi had a knack of choosing causes which would have maximum impact, and which would have the maximum chance of touching everyone. Many members of Congress were skeptical of overly focusing on the Salt tax issue, as it had been a long-standing source of discontent. It could be seen as a minor issue in the grand scheme of the fight for Independence. Yet, the Salt March caught the imagination of the Nation, the global media and the world.

7. Situational Style of leadership

Gandhiji’s leadership style was situational style. When he was in South Africa, he had a style of protest against oppression in a coat and suit style. But when he returned to India, he chose Khadi and dressed like an ordinary Indian villager to lead the masses. He adapted his style to suit the culture of people. At times Gandhi had to be quite a flexible leader. What stayed the same was his values and principles.

8. Strength is not shown through muscle power

Gandhi displayed great strength, not through muscle power to others to bend to his will; but by using non-violent means to achieve his goals. However, it is your true strength as a leader that can persuade and convince people to follow you. Learn to use respect to win people over, instead of using power to bend people to your will.

9. Honesty:

A leader needs to be honest. An honest leader is trustworthy. People show tremendous faith in such leaders. Mahatma Gandhi did what he preached; he never compromised with his integrity. This is why even British respected him. A leader has to show consistency in his words and deeds. He should not change his stance too often as it would confuse the masses and lose his credibility.

Many members of Congress were skeptical of overly focusing on the Salt tax issue, yet, the Salt March caught the imagination of the Nation, the global media and the world.

10. Influence

The selfless service of Toastmaster leaders always influences other fellow Toastmasters to do selfless service. Gandhi’s effect on the world is still immense. On the positive side, he helped create the world’s largest democracy, India. He also gave to the world a way of thinking and acting upon value systems that profoundly influenced important figures as Martin Luther King and Nelson Mandela. Gandhi directly influenced the American Civil Rights movement, and thus the broader Human Rights concerns and activities of today.

NV Raghavan ACB, ALS is the Founder President of KEF Toastmasters. Contact him at ragu3009@gmail.com

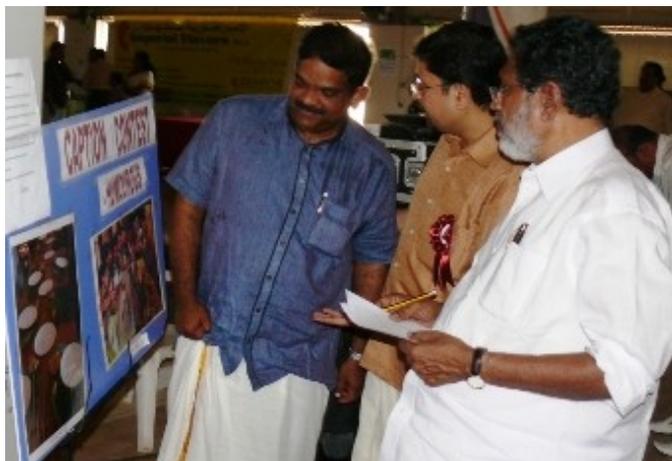


Our Club conducted a PR campaign during onam celebrations organized by Keralite Engineers Forum (KEF). We held a humorous caption writing contest, which drew huge response from the audience. Humorous caption writing helps to see and create humorous connections, a core humor skill which is essential to become a good speaker. The contest was inaugurated by Kerala Legislative Assembly Speaker G. Karthikeyan.



We held a humorous caption writing contest, which drew huge response from the audience.

Around 200 entries were received for the two photos to be captioned. Rajesh Mangode and Keith Mathew received the first prizes. Abini Salil and Sunny Joseph were placed second.



Other dignitaries present during the onam celebration were Indian Embassy deputy chief of mission Sanjiv Kohli and Sasco group chairman Brigadier Naasser Al Kaabi. KEF Toastmaster Club office bearers of the previous term were honored on the occasion for their dedication and hard work which brought home the best new toastmaster club award in May 2011. The forum appreciated the efforts of the club in helping to improve the leadership and communication skills of its members.

Our PR campaign



The all day long celebration was studded with traditional folk art forms, cultural performances, onam lunch and a music concert by celebrities Rimi Tomy and Pradeep Babu. The gifts for the winners of caption contest were given away by Rimi Tomy.



Club Activities

10 Questions to a Toastmasters Couple

How does your spouse react when you have to attend an important club event on a Friday evening? Very often we hear complaining spouses and this topic has starred many humorous speeches.

Does it help if your spouse also joins toastmasters? We thought we will ask our seniors - but why look for others -we have our very own mentor TM Sarma Anupindi and TM Subha Anupindi.



Interview

Question 1: What made you interested in joining Toastmasters?

TM Sarma: We did not know what Toastmasters was all about. We attended one of their meetings as my classmate and friend TM Mohan Varghese invited us as he was being inducted as the President of Qatar Toastmasters. We liked what we saw at the meeting and joined Qatar Toastmasters.

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

TM Subha: 11 years now.

Question 3: Who joined first- TM Sarma or TM Subha ?

TM Sarma: Both of us joined on the same day and 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 Subha: Both of us knew we need to develop our communications skills

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

TM Sarma: The impact Toastmasters has in our lives? Earlier we used to have more of evening parties and outings. Now our lives revolve around Toastmasters. For example, I spent my annual leaves and holidays this year at Jordan (Venue of our District Toastmasters Meet) and at Las Vegas, US (Venue of our Toastmasters International Convention). Most of my spare time is spent on Toastmasters meetings or on Toastmaster activities. Our major expenditure too now is for our Toastmasters activities.

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 Subha: The happiest moments that I felt are many and most of them were a joint effort.....such as : When a toastmaster we have mentored had won a prize at our Area and Division Contests. When an event that we have taken up with an active role was successful and attendees said it was useful and was good. Like when we organized DTAC (District Toastmasters Annual Conference) in the year 2007 at Doha, Division Conference in the year 2011 etc.

TM Sarma: When we ourselves have won a trophy be it in the contest or for excellence in a role at the Club, Area, Division and District level. Like when I was adjudged as the best Area Governor in the District at DTAC this year.

“Our life is revolving around Toastmasters”

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 Subha : Yes we do that to a great extent. As I had said earlier now our life is revolving around Toastmasters as our children and other family members say.

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 Sarma: My elder son was in Toastmasters. He had started few new clubs in Detroit in US and in Windsor when he was the Area Governor.

Question 9: How would you invite or suggest Toastmasters to a beginner, or probably a new couple into this field?

TM Subha: Sometimes when we see someone who is good at their profession in their field of expertise but are unable to express themselves properly we suggest them to join Toastmasters. Quite a few have voluntarily had asked us and we have directed them to different Toastmaster clubs in Doha where in they have benefited. I have seen some, the improvement was not only in their communication skills but in their overall personality as well. They have become more optimistic and have a positive attitude.

Question 10: Last but not the least; we would like you to give us a few advices from your experience that can help us in becoming successful Toastmasters.

TM Sarma: I can only suggest that if they have joined Toastmasters with a specific goal they should be focused in accomplishing it and be committed. I believe in five D's. First is the Direction (Having a focused goal), Next come Dedication, Determination (with perseverance of course) and Discipline. Dedication with discipline and determination is commitment. Last and the fifth D is the Dead line, the target date of completion. These would take every one to succeed and accomplish what they want.

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

Abdul Wahid, CC, CL is the Secretary of KEF Toastmasters.

Contact him at wahidismail@gmail.com



SAY IT WITH
SNAP!



**Long-winded Talkers
waste time**

- for themselves

- for those who listen

When you have something to say-

GET TO THE POINT

Project 3

Get to the point

Every speech must have a general and a specific purpose. A general purpose is to inform, to persuade, to entertain, or to inspire. A specific purpose is what you want the audience to do after listening to your speech. Once you have established your general and specific purposes, you'll find it easy to organize your speech. You'll also have more confidence, which makes you more convincing, enthusiastic, and sincere. Of course, the better organized the speech is, the more likely it is to achieve your purpose.

I chose the topic "Habits" for my Project 3 in the competent communicators manual. Hope you will enjoy reading as I enjoyed delivering it in my club.

Objectives of P3

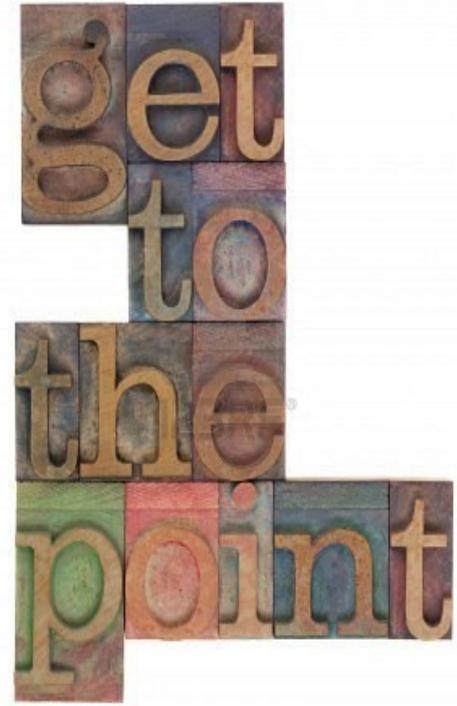
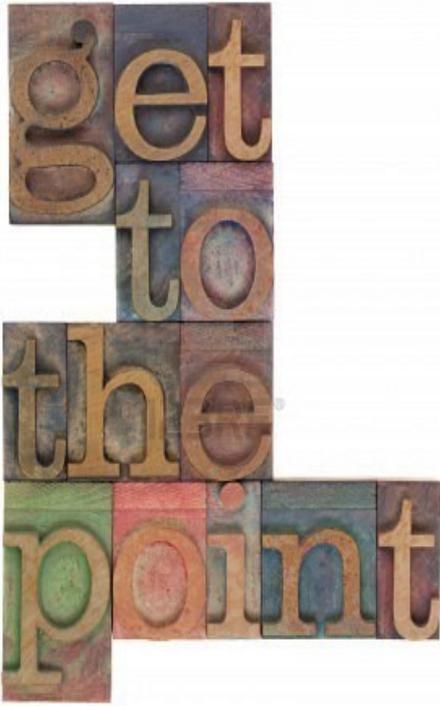
- ♣ Select a speech topic and determine its general and specific purposes.
- ♣ Organize the speech in a manner that best achieves those purposes.
- ♣ Ensure the beginning, body and conclusion reinforces the purposes.
- ♣ Project sincerity and conviction and control any nervousness you may feel.
- ♣ Strive not to use notes.

Time: Five to seven minutes



Project 3

Get to the point



Habits

The chains of habit are too light to be felt but too heavy to be broken. Every one of us has habits, may be good or bad, many of us wants to change some of our habits which we thing is bad.

What is habit?

Habits are automatic routines of behavior that are repeated regularly, without thinking.

Our routine becomes habit and habits make our character. One who has positive habits has positive character. One who has negative habits has negative character. We built our lives each day with brick of habits.

How do we form habits?

Like animals born with instinct, we are not born with habits. It is acquired by practice. We are given opportunity to choosing our habits.

Why do we need habits?

The basic purpose of habits is to assists us in our daily lives. Imagine if all of us have to consciously think and direct our intentions when doing and going through every single thing in our daily lives.

If there is something that you routinely do everyday, like brush your teeth when you wake up, stop the car when there's a red light or follow the correct route when driving to your office, how inconvenient would it be if you have to repeatedly direct your full attention when doing these tasks everyday?

Habits simplify our lives by putting these routine, regularly repeated actions on auto-pilot. We don't need to think or put any explicit attention to performing these tasks. It makes going through our daily lives much more manageable.

Our routine becomes our habit and habits make our character.

Habits can be good or bad. Good habits are hard to come by but easy to live with. Bad habits come easy but are hard to live with. So always try to form good habits.

If you think that you have already developed bad habits, don't worry. There is good news for you – Habits can be changed, and age is not a barrier.

Let me share with few tips to change habits or create new habits.

How can we form positive habits?

Conditioning

When an elephant is small it is tied with a strong chain to a strong tree. The small elephant tugs and pulls...no use. It gets conditioned. When it grows big it is tied with a weak chain. He doesn't try to pull away, because his mind is already conditioned - No use of tugging...

We are conditioned by nature, by media, parents, surroundings, by those who love us and hate us. How can we use conditioning technique to change behavior?

If you want to change your habit of getting up late and you want to wake up by 4:30, get up continuously for 21 days and it becomes you habit.

My personal experience – I wanted to stop eating after 6 pm – I tried for 1 month continuously. It was really difficult in the beginning but later I got conditioned and even if I go far a party and can sit without eating. I don't even feel to taste the food.

If you want to change your habit of getting up late and you want to wake up by 4:30, get up continuously for 21 days and it becomes you habit.

Auto suggestion

What is auto suggestion? It is a statement said in the present tense of the kind of person you want to be. When we repeat auto suggestion, our sub conscious mind believes it and it becomes a self fulfilling prophecy and starts reflecting in our behavior.

A lie repeated long enough becomes accepted as truth. With constant exposure to wrong things... the subconscious mind accepts it as a reality.

Positive auto suggestions are being widely used in the field of sports and medicine. Why make positive statements?

Because we want to create a picture in our minds of what we want to have rather than what we don't. The first time you give an auto suggestion, the mind rejects it because it is an alien thought. We may also not have visualization.

Success would depend on our ability to concentrate and repeat the process

Repeat.....

Any picture we hold in our mind becomes a reality. A person who repeats a statement long enough let it sink into the subconscious mind. Say I am relaxed, I am cool and calm repeat it.

Prepare the sub conscious

We are trained for it. When we want to catch an early morning bus, train or plane, we repeat it in our mind and we get up even without an alarm clock.

This is to programme or conditioning our mind into self fulfilling prophecy.

To summarize, Habits are acquired. To develop good habits, Make list of your suggestions in the present tense and visualize them. Repeat them at least twice a day – in the morning and at the end of the day. Do this for 21 days at least to make it a habit.

Sybille Sajeet is the Treasurer of KEF Toastmasters.

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13 Healthy Habits

to Improve Your Life



1: Eat Breakfast Every Morning

Research shows people who have a morning meal tend to take in more vitamins and minerals, and less fat and cholesterol.

2: Add Fish and Omega-3 Fatty Acids to Your Diet

Omega-3 fatty acids have been shown to reduce the risk of heart disease. Foods such as tofu, soybeans, canola, walnuts, flaxseed, and their oils contain alpha-linolenic acid (ALA), which convert to omega-3 in the body.

3: Get Enough Sleep

Sleep is vital to good health and to mental and emotional well-being. People who don't get enough slumber are more likely than others to develop psychiatric problems and to use health care services. Plus, sleep deprivation can negatively affect memory, learning, and logical reasoning.

4: Make Social Connections

Volunteer. Go to church. Join a club. Whatever you do, do it with people. Communal activities are good for your physical and mental health.

5: Exercise for Better Health

Exercise helps control weight, maintains healthy body, reduces risk of developing high blood pressure and diabetes, promotes psychological well-being, reduces risk of heart disease and early death.

6: Practice Good Dental Hygiene

Flossing your teeth every day could add 6.4 years to your life, according to Michael Roizen, MD, author of *RealAge*. Researchers have found links between oral bacteria and stroke, diabetes, and the birth of pre-term babies.

7: Take Up a Hobby

Since they are relaxing activities, hobbies are usually enjoyable. The joy may help people live healthier and recover better from illness.

8: Protect Your Skin

Our skin starts to age as soon as we are born and the best way to protect it and look younger is to stay out of the sun. So always wear sunscreen with SPF 15 or higher, wear protective clothing, try to avoid sun exposure between 10 a.m. and 3 p.m.

9: Snack the Healthy Way

Snacks between meals, include fruits and vegetables as part of a healthy diet.

10: Drink Water and Eat Dairy

Joints need water to stay in motion, and vital organs such as the heart, brain, kidney, and liver need it to work properly. The calcium in dairy, on the other hand, is important for strong bones and teeth. It can help prevent high blood pressure, kidney stones, heart disease, and colon cancer.

11: Drink Tea

There is some evidence that tea may help in improving memory, and preventing cavities, cancer, and heart disease, though, the overall research is still inconclusive.

12: Take a Daily Walk

Apart from workouts, there are plenty of opportunities to move your legs: take the stairs instead of the elevator, walk to the store, window shop at the mall, leave your desk and visit your co-worker instead of sending him an email, walk and talk with friends instead of meeting for a meal.

13: Plan

Eating healthy never happens by accident. To eat healthy, for example, it would help to set aside time to draft a menu, make a grocery list, go to the store, prepare meals, and pack breakfast and lunch.

Source: www.webmd.com

Sermina Hafiz is a Sr. Developer at GIS, Qatar. Contact her at sermihafiz@gmail.com



Meeting Glimpses

“We learn best in moments of enjoyment” [Ralph C. Smedly]. At KEF Toastmasters we make sure that our meetings are a combination of education and entertainment. You can catch a glimpse of our regular meetings in the next few pages.



It is a special day

We wake up to a **Kellogg's** breakfast, read **Gulf Times**, drive our **Honda** to the office, and give a **close-up** smile to our colleagues - order for lunch in **KFC** or **McDonalds** and don't forget **pepsi**..... Do we realize how much we are influenced by brands? The toastmaster of the day Bijith clutched us to the meeting with his innovative theme of the day – “Brands”.

We were honoured by the presence of DTM Vicky Mustafa - District Lieutenant Governor Marketing at Toastmasters International, Subha Anupindi – past Division E Governor and Sameer Hassan Moosa – Area 18 Governor. Vicky Mustafa congratulated the club for its achievements over the past year. Her inspiring and reassuring words energized all the members. We were filled with a sense of pride when she handed over the certificate and award for our newsletter “Engineer” -the best newsletter in the **district level** that is the entire **Middle East**.

All of us thrive on the encouragement of others. Quite the reason why we felt it is appropriate to honour our past division E governor Subha Anupindi for her unremitting support to our club during her term.



We had an excellent educational module on “Mentoring” by Area 18 Governor Sameer Hassan Moosa.

Pegasus, Demeter, Nemesis..... Does that sound Greek and Latin!! Toastmaster Kaiseray took us to the fantasy world of Greek mythology with her project 7 “Up above the world so high”. The other prepared speaker Bindu Abraham delivered her project 2 on “Rootless Civilization” highlighting the ill effects of modernization on our culture.



Bijoy the table topic Master made sure that the topics were simple and interesting. We had many new members and guests who volunteered to speak in their best wits making the meeting very lively.

Evaluation is what makes Toastmasters different – Our General Evaluator was Sybille Sajeet. Lenoy made his debut as a Grammarian and pointed out rightly the do's and don'ts in the language we used. Our new member Johnson also opened his CL account with his role as a timer. Wasn't that detailed when Siraj gave an exact account of the filler words that we used? Sherin and Jacob were the evaluators of the prepared speeches who did a wonderful job as well.

The President concluded the meeting with the business session.

Our meeting

Meeting #17

Gifts galore @ KEF Toastmasters



End

nd of July, its vacation time, a time to refresh and rejuvenate ourselves. Back to the tranquil land of Kerala, embellished with green - the most restful color, the color of nature, fertility, life. The rains ease you into a languid mood – a cup of hot tea and some homemade wonders a moment between the puddles.....

But there was nothing lazy about our KEF toastmasters in Doha who made it a point to attend meeting #17. The role players did a great job and kept the meeting up to the mark by taking up dual roles since many of us were holidaying.

What else other than “Gifts” could be a more appropriate theme of the day during this season! Abdul Wahid, our Toastmaster of the Day made sure that the evening was filled not only with fun but Gifts as well.

He was also the Table topics master and wasn't he clever? For once we had many volunteers to speak on their feet – who wouldn't love a gift after all!

“Everything must have a beginning” and thus we had TM Johnson and TM Lijo delivering their Ice Breaker speeches. TM Sybille became a role model in supporting our club success plan by taking the challenge to complete her Project 4 within a span of 24 hours. We also had TM Manzoor giving his first Advanced Communicator Bronze Project with ease.



“Fear of failure must never be a reason not to try something. Remember, amateurs built the ark, professionals built the Titanic.”

"Controlling your Fear" – the educational module by our president TM Najeeb Abdul Jaleel greatly benefited our members.

The Evaluation session was just fantastic as we had TM Eswaran Natarajan rendering his views and ideas on the advanced speech project. TM Sherin, TM Bijoy and TM Siraj left no space in offering crisp evaluation to their target speakers.

The meeting concluded with the business session. All who attended took a gift back home. The president did not forget to recognize the role players who proved their commitment to our club.

“Desire is the key to motivation, but it is determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.” Mario Andretti



Our meeting

God's Engineering at work in KEF Toastmasters

Tour de France. What made the toastmaster of the day Sherin select this as the theme? The **Tour de France** is an annual bicycle race held in France and nearby countries. The race covers more than 3,600 kilometers and lasts three weeks.

What has a bicycling event got to do with a toastmaster club? Here is the answer: The **Tour de France** is a **group** bicycle race. More surprises?



If you're following a bicyclist and can move into the wind behind the front bicyclist, you can gain an advantage. The low pressure moves you forward and the eddies push you forward. Cyclists who are part of the group can save up to 40 percent in energy spent over a cyclist who is not with the group.

Wow!! And where do you think they learnt this aerodynamics from? Here comes God's engineering – the migration of birds. Thank God, for no patent issues!



The theme provided the right amount of force to overcome the inertia of a long break.

The meeting gained momentum with a very interesting table topic session led by the topic master Jacob Thomas. The choice was unanimous for the “bubbly girl” and “close up smile” of the club.

“No one is as deaf as the man who will not listen.” TM Sybille in her project 5 clearly explained how to improve our listening skills. Who else other than TM Bijith can speak with so much passion about Anna Hazare? That was his project 6.

TM Najeeb did his first project towards becoming an Advanced Communicator.

The general evaluator was TM Bindu. Her team included TM Sadiq, TM Abdul Wahid and TM Raghavan as the speech evaluators. TM Johnson on his first time as a grammarian did an excellent job. TM Titus was the Ah counter. TM Gopakumar made his debut as a timer.

“Well begun is half done” But how to begin well? TM Raghavan taught us how to set the beginning part of your speech in his educational module “Beginning your speech”.

The meeting concluded with the business session.

Hence, we move on as a team, helping each other advance by “becoming the wind beneath each other's wings”.



Our meeting

Meeting # 19

A tribute to the messiah of peace

Albert Einstein said about Gandhi that "Generations to come will scarcely believe that such a one as this (Gandhi) walked the earth in flesh and blood". We are lucky to belong to the blessed land where this great soul was born. It was a humble tribute to the Mahatma when the Toastmaster of the Day TM Raghavan chose the theme of the day as "Leadership style of the great soul" to commemorate the birth anniversary of Gandhiji.

Birth Anniversary of Gandhi Oct 2nd is observed as.....

Gandhiji was referred to as "Mahatma" first by

Gandhiji was referred to as "Father of Nation" first by.....

..... And thus went the quiz by TMoD.

TM Abdul Wahid toasted his first ACB project speech - 'Dream it, Believe it and Do it'. Of course it was a Gandhian (non alcoholic) toast!!

Evaluation session was well coordinated by the General Evaluator, TM Jacob Thomas. The speech evaluators were TM Siraj Abdul Shukur and TM Bijith. The Timer - TM Sadik Abdul Shukur, Ah-counter - TM Johnson and Grammarian- TM Sybille Sajeet gave fine demonstrations of their roles.

TM Bijith Biju Sadan - the moving encyclopedia of TMI- the most appropriate person to give an education session on 'Toastmasters Educational Program'. It was an informative training session giving an overview of the correct approach to have a successful toastmaster experience.

In the business session, members who completed their CC(Competent Communicator) – TM Najeeb and TM Abdul Wahid, TM Bijith who completed CL (Competent Leader) received their badges from the past president TM Raghavan. The president TM Najeeb pinned the ACB (Advanced Communicator Bronze) badge to TM Raghavan.

The president gave away prizes to the winners of the quiz TM Sybille and TM Johnson.



TM V.Swaminathan delivered his ACB –P3 "Common Sense is no nonsense".

Table Topic Session was outstanding. Well done! Table topic Master TM Najeeb Abdul Jaleel.



Meeting glimpses are prepared by club VP-PR

Our meeting



Raghavan N.V - ACB, ALB



Najeeb Abdul Jaleel - CC



Bijith Biju Sadan -CL



Abdul Wahid -CC



Bindu Abraham -CL

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Owing to the nature of my work I can say that I am privileged to be a traveler...and even get paid daily allowances to do so . My last assignment took me to Dusseldorf in Germany which is definitely one country that cannot be painted in one brushstroke, or even two or three.

Dusseldorf is a big cosmopolitan city whose name originally means "Dorf an der Düssel", the village on the river Düssel. Though this river is now reduced to a small stream there is another famous river that holds as the landmark of Dusseldorf. The Rhine river and the famous Rhine TV Tower. The day I landed I decided to start my journey with this remarkable experience.

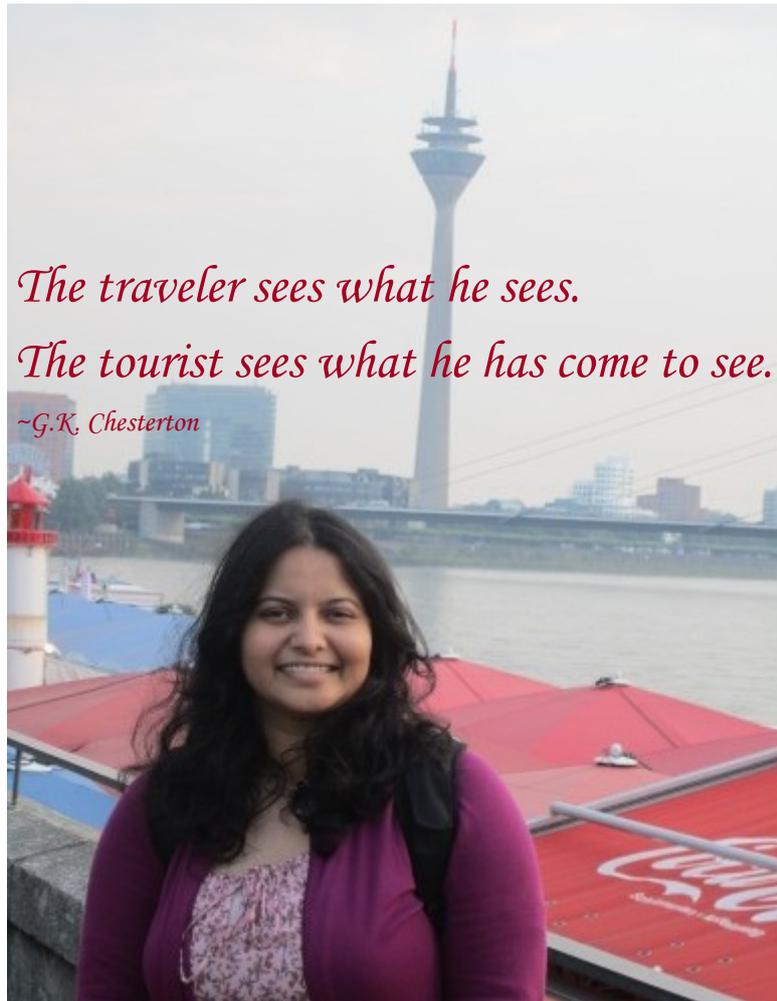
Rheinturm: At 240.5 meters, it is the highest building of the capital and as a landmark decorates postcards, tourist guides and photos alike. The observation deck with cafeteria at an altitude of 170 meters offers an impressive view over the city and outskirts of Düsseldorf. I was blessed with a cloudless sky which enabled me to have a spectacular panoramic vision of the entire city. The original purpose of this building should not be forgotten – receiving and transmitting thousand of radio and TV signals. But for once I decided to put the engineer in me a well deserved break and enjoy a hot cup of coffee and sandwich at 170 meters up in the air!

A travelogue

As I made my way down the Rhine river I noticed that unlike the rest of Europe I am familiar with, Dusseldorf doesn't boast of old medieval buildings and architecture. It's a lot of steel and modern architecture with some little helpings of old churches mostly gothic in style to enjoy.

Just along the river is the Old Town very famously called as the **Alstadt**. Altstadt is surprisingly also famous as the self proclaimed longest bar in the world....and truly lived up to its name. The streets were buzzing with people...young and old alike who were impeccably dressed to impress and enjoying their weekend.

It's not a surprise where I wandered to next...being a lady I cannot help sniffing out the best places to shop wherever I go. Dusseldorf is a shopping paradise and has plenty of designer shops all concentrated in the **Königsallee**. It's not necessarily the best on the wallets but all the biggest names in the fashion industry seem to have an address here which made it a good window shopping experience!



The traveler sees what he sees.

The tourist sees what he has come to see.

~G.K. Chesterton

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German cuisine not revered upon, but their BEER is! I am not a beer connoisseur myself but from what I have heard German beers are a lot paler and lighter to taste. But the same cannot be told of their food. Germany is a vegetarian's nightmare as all restaurants would only have salads and French fries as the vegan menu. Since I am devoutly carnivorous I could survive, but towards the end of my journey I longed for some real spicy tingle on my Indian palate.

Dusseldorf reminded me of two very important things: spending ample time with family and walking.

Rest of my journey was usually spent in absorbing the culture of Germany. Majority of the shops close by 6:00 pm as everyone goes home to spend time with family. Dusseldorf reminded me of two very important things. Spending ample time with family and WALKING. Yes, walking! A joy that we in Doha seldom get to enjoy mostly due to harsh weather and partially due to cheap petrol!



2011-2012

Club meetings and events	Meetings on every second and fourth Mondays (7 PM to 9 PM) Speech craft program: October 29 to December 01, 2011 Club Contests: February 25, 2012
Gavel Contests	Club level: January 10, 2012 Division level: January 28, 2012
Area Contests	March 3, 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

Before signing off...

Dear Toastmaster,

Hope you enjoyed reading this edition of our Newsletter, "ENGINEER". Our sincere thanks to all who have contributed to this edition. We welcome 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.Good bye

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.

