

ENGINEER

Newsletter of KEF Toastmasters Club

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NOVEMBER 2010

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the Wonderful
World of
Toastmasters



TOASTMASTERS
INTERNATIONAL

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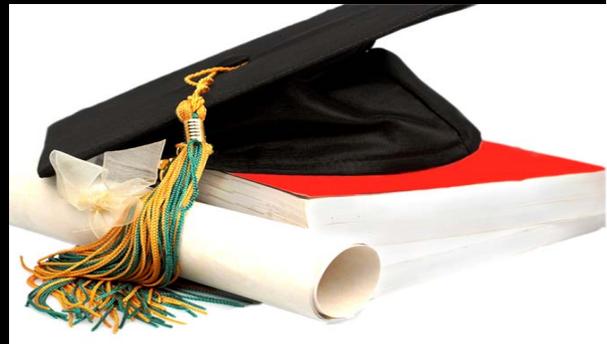
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AFRAID?
to speak up



OVERCOME YOUR FEAR. LEARN THE ART OF COMMUNICATION.

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Cover picture of a cute baby (Karen, daughter of our member TM Bijoy P Manathara) symbolizes KEF Toastmasters Club, the baby Toastmaster Club of Division-E.

From the Editor's keyboard



Dear Member,

It gives me immense please to welcome you to the maiden issue of our Club's Newsletter that is aptly named as " Engineer" in line with our profession. Editorial team has taken utmost care to serve you with a balanced diet of educational, leadership & fun articles for your reading. You will find the Educational articles Why join Toastmasters, Leadership Track, Ice breaker Speech informative. There are articles on humor, health & Club activities included for your reading pleasure. We also have included a quiz for the exercise of your brains.

Wishing you & your families a peaceful & prosperous New Year.

Yours truly

NV Raghavan-Editor

Vision of KEF Toastmasters Club

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

Mission of KEF Toastmasters Club

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 •

Smedly Speaks...



“ People more willingly follow a leader, who knows where he is going”.

Dr. Ralph C Smedly (1878-1965)

Founder of Toastmasters International

Smedley was born in Waverly, Illinois, a city twenty miles southwest of Springfield. He remained in Illinois most of his youth. After high school, he taught schools in the countryside before enrolling at Illinois Wesleyan University at Bloomington, Illinois. After his graduation in 1903, he started working at the local YMCA.

As Educational Director of the "Y" he discovered there was a need for training in speech. He began to design a club and struggled for a name. The General Secretary of the "Y", George Sutton, suggested calling it a Toastmasters club. The boys liked the name and the club was a success. At each club meeting, there was a rotation of

duties with members taking turns at presiding and speaking. Short speeches were evaluated by Ralph and the other older men, and the boys were invited to join in the evaluation to learn more. The club performed its intended purpose as leadership and speech improved in the other educational groups with which these young men were associated.

The club only lasted a year after Ralph Smedley moved to the YMCA at Rock Island, Illinois as General Secretary in 1910. A club was immediately organized and still exists as Club No. 1 of Toastmasters International. He introduced the Toastmasters Club idea and the first meeting was held at the YMCA Building on October 22, 1924.

(Source :Wikipedia)

By NV Raghavan CC,ALB



Welcome to the Wonderful World of Toastmasters

Starting a Toastmasters Club for the benefit of our fellow Engineers was always there in my mind. But it was during a KEF Family get together at Qatar Bowling Club in June 2010, I discussed this idea with the office bearers of Kerala Engineers Forum (KEF). This was readily accepted by the Vice President Roni Paul & Secretary Sajeet George. I also found a couple of Toastmasters in that group including Abdul Wahid & Rajesh Mangode who showed lot of interest & enthusiasm in my idea. Incidentally, Abdul Wahid was my classmate in the Speech Craft program conducted by Qatar Toastmasters in 2007.

Then an introductory email was sent out by the KEF Secretary Sajeet George to find out the response of all the members. Response from our members was beyond our expectation. Members also suggested to start a similar club for the children. Hence I mentioned about starting a Gavel Club for our children. When I approached Qatar Toastmasters Club, the best Club in Qatar (Falcon Award

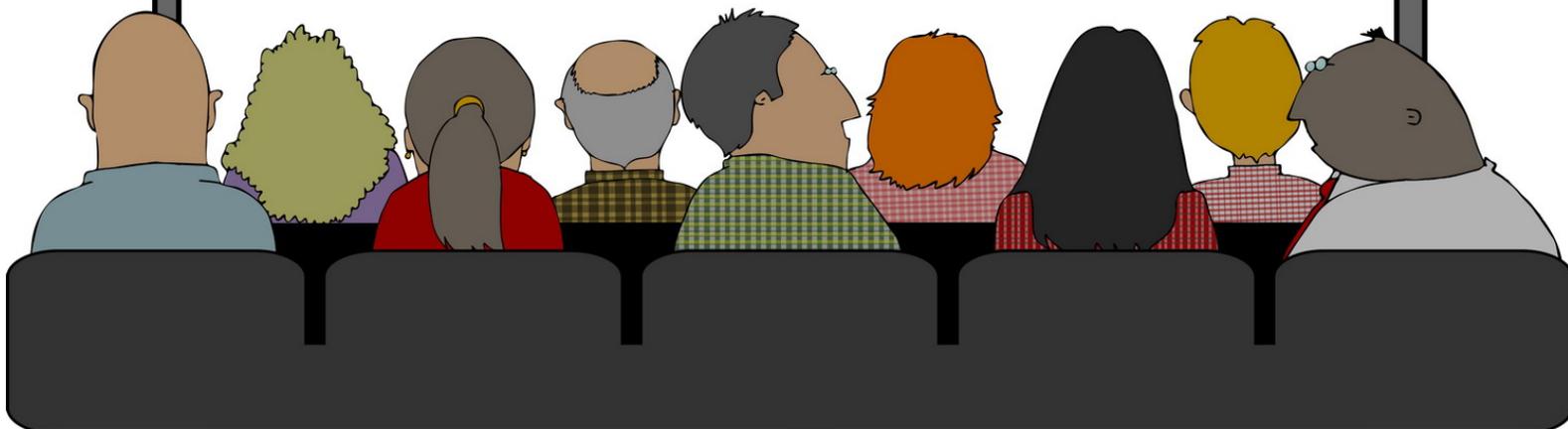
Award winner for the Best Club in 2009), they readily agreed to conduct a Demo meeting. & to be the Sponsor Club. Qatar Toastmasters Club conducted the Demo meeting on October 24, 2010 at the ICC Mumbai Hall. It was truly a remarkable Demo meeting which was appreciated by all present. Immediately after the meeting the required number of 20 members enrolled as the Charter Members. Also the Executive Committee was formed. All the documentation was completed well in time so that we could get the KEF Club registered with Toastmasters International on November 01, 2010, which is the birth day of the State of Kerala. (Kerala Piravi), from where all the members of this Club belong to. That's how KEF Toastmasters Club was born. Welcome to the wonderful world of Toastmasters.

NV Raghavan CC,ALB is the President of KEF Toastmasters Club & Editor of "ENGINEER". Contact him at ragu3009@gmail.com

Demo meeting

Directed by

Qatar Toastmasters Club



According to the guidelines of the Toastmasters International a demonstration meeting is conducted by an established Toastmaster Club, prior to starting a new club. Objectives of a demo meeting are: demonstrate the components of a typical Toastmasters meeting; discuss the charter process; assign second meeting responsibilities and review specific responsibilities with each assignee.

Qatar Toastmasters Club held a Demo Meeting on Sunday 24th October, 2010 at ICC Mumbai Hall for KEF Toastmasters, a new Toastmasters club sponsored by Qatar Toastmasters.

Sergeant at Arms TM Thayalan called the meeting to order at 7:05 PM. He introduced Area 18 Governor TM N.V. Raghavan to open the meeting. Area 18 Governor TM Raghavan declared the meeting open, welcomed the guests including Division E Governor MTM Subha Anupindi and Division K Governor TM Dinesh. He gave a short introduction to the Kerala Engineers Forum and said a few words of introduction about the Toastmasters Movement.

TM Raghavan introduced Toastmaster of the Day (TMOD) TM Koka Prasad and handed control to TMOD.

TMOD opened the educational session and introduced the theme of the day "Sound of Music" by singing along to an excerpt from one of the songs taken from the musical film. The song was "A Few of my Favorite Things". To introduce each role player of the evening TMOD played a song/piece of music chosen by that role player. Role players were TM Nishad (Timer) & TM Williams (Grammarians). TMOD introduced the evaluator for each prepared speaker to explain the objectives of their target speaker's project speeches. Speakers were TM Himanshu & TM Sanjay. Speakers spoke confidently and covered their project objectives. Voting for the best speaker was conducted.

TMOD introduced the Table Topic Master TM Ooman K. John. TM Ooman John explained what impromptu speaking is & how Table Topic session works.

works. Table Topic speakers were MTM Rukhsana, TM Virendranath & Engr. Abdul Wahid. Voting for the best Table Topic speaker was conducted (all were qualified). Table Topic Master returned control to TMOD. TMOD announced a 10 minutes break. Sgt at Arms reconvened the meeting after the break.



KEF Secretary Er. Sajith George, KEF VP Er. Roni Paul, KEF President Mibu Jose & TM Raghavan

of the evening and to distribute the prizes. Winners of the evening were: Best table topic speaker: MTM Rukhsana Khan & Best project speaker: TM Himanshu Advant.. Area 18 Governor invited Division E Governor MTM Subha Anupindi, Assistant Division E Governor Marketing

TMOD introduced the General Evaluator TM Sarma Anupindi who conducted the general evaluation session General Evaluator returned control to TMOD. TMOD TM Koka Prasad invited Education Module Presenter Immediate Past District Governor DTM George Thomas to conduct the Education Module on Toastmasters International.



Syed Abid Hussaini, and Immediate Past District Governor DTM George Thomas on to the stage along with KEF President Mibu Jose, KEF VP Roni Paul, KEF Secretary Sajit George and other members of KEF Toastmasters Excom TM Najeeb Abdul, TM Abdul Wahid, TM Titus Kanan, TM , TM Jacob Thomas, TM N.V. Raghavan, TM Bijith Biju, TM Ashok Unnikrishnan . Group photos were taken. KEF VP Roni



KEF Secretary Er. Sajith George



KEF VP Er. Roni Paul

DTM George Thomas spoke passionately and eloquently on the history of Toastmasters International and the benefits of joining Toastmasters. He mentioned that not only does it improve public speaking and leadership skills but also listening skills. Above all however, it is a personality development tool. It helps you to become a better person, someone who can positively contribute to the betterment of the world. This was followed with Q&A session.

Immediate Past District Governor DTM George Thomas returned control to Area 18 Governor TM Raghavan to conduct the business session. Area 18 Governor TM Raghavan asked the Office Bearers of KEF Toastmasters to join him on stage to announce the winners



Paul gave the vote of thanks to Qatar Toastmasters. Area Governor TM NV Raghavan adjourned the meeting at 9:15 PM.

Minutes of meeting is recorded by MTM Rukhsana Khan who is the Secretary of Qatar Toastmasters Club. Contact her at rukhsana4004@yahoo.com

Our Helping Hands..

..Sponsors & Mentors

As every new born child needs some elder person to hold his hands till he is grown up, the helping hands of KEF Toastmasters Club is its Sponsoring Club: Qatar Toastmasters Club, the Best Toastmaster Club in Qatar. Sponsors & Mentors are also from Qatar Toastmasters Club. As per the guidelines of Toastmasters International, any new Club can have two Sponsors & two Mentors.

A new club **Sponsor** helps a club get chartered, guiding it from the first pre-demo meeting through the charter paperwork.

Immediate past Area 18 Governor Sarma Anupindi ACB, ALS & current Area 18 Governor and our Club's President Raghavan CC,CL are the Sponsors of our Club. A new club **Mentor** meets regularly with the club for at least its first six months, helping the members build the skills they need to guide the club. Immediate Past District Governor DTM George Thomas & Toastmaster Edmund Chapman ACS are the Mentors.

We look forward to their continued hand holding & support in our Toastmastering career.



TM Sarma Anupindi



TM Raghavan



DTM George Thomas



TM Edmund Chapman

Why join

Toastrmasters?



By Titus Kannan



If you still have the question: Why join Toastmasters?, please read this article. You will find the answers you are looking for.

During my college days & later when I took up a job, I have been part of various organizations. But Toastmasters is different in many ways. After attending a couple of meetings I have come to a conclusion that joining Toastmasters is one of the best decisions I have made in my life (next to deciding on my wife !!!). Benefits of being a Toastmaster extend far beyond becoming a good speaker. In my opinion anyone who joins Toastmasters will get the benefits of their decision.

From the very little knowledge I have gathered during my short association with this great organization, let me tell you some details of this organization for the benefit of the newcomers. Dr.Ralph Smedly started this organization in 1924 with a small group of people at California, USA. Now this organization has grown to over 200 000 members in over 90 countries worldwide. Focusing on public speaking and leadership skills, Toastmasters is one of the largest organization engaged in the self development of individuals; a truly selfish organization!!!

Not Just Public Speaking...

Toastmasters is not just for improving your public speaking; it's much more than that. As all of know public speaking skills & leadership skills are the most important skills needed for interacting with people. These are the communication skills you use every day while dealing with others.

If you are an 'introvert' or short of socializing skills, Toastmasters is the right place for you to quickly improve your communication skills. Even if you are currently a very sociable person, Toastmasters can teach you to improve your skills and give you the confidence that comes from being a competent speaker.

As team building exercise

One of the reasons of forming the KEF Toastmasters Club is to make our meetings as a team building tools. Due to our busy work schedules we hardly get time to meet & get to know our fellow Engineers who are also equally bust with their work. Toastmasters Club meetings give an informal atmosphere to socialize with other Engineers. One

of the reasons why Toastmasters makes it easier to meet members is because there is a strong emphasis on being very supportive of the people around you. The atmosphere in Toastmasters club is always positive & all the members feel they are welcomed. Another reason I feel nice in Toastmaster meetings is the positive & friendly feedback I received from my friends. This helps in creating the rapport much quickly.

As stress reliever

Today's world is full of stress; be in the office, or on the road while driving your car, or at the Super market when you go for shopping. But when you are in a Toastmasters meeting, not only there you are learning; but you are in a stress free friendly environment. It's fun & entertainment.

Survey after survey shows that presentation skills are crucial to success in the workplace. Many people pay high fees for seminars to gain the skill and confidence necessary to face an audience. Toastmasters provide an option that is less expensive and held in high regard in business circles. This organization has been around for more than 85 years and offers a proven – and enjoyable – way to practice and hone communication and leadership skills.

Orison S. Marden phrased his concept of speech training...“the ability to talk well is to a man what cutting and polishing are to the rough diamond. The grinding does not add anything to the diamond. It merely reveals its wealth.”

What are you waiting for?

More than four million people have discovered the benefits of this proven learning formula. So what you waiting for? Don't think, why to Join Toastmasters; just join the nearest Toastmasters Club & enjoy all the benefits explained above.

TM Titus Kannan is the Vice President-Public Relations of KEF Toastmasters Club & the Sub Editor of "ENGINEER". Contact him at visittitus@gmail.com



When people hear the word “basement” they’re more likely to picture mold and spiders than the birth place of a global communication and leadership training organization. But a basement in a YMCA in Santa Ana, California, is exactly where, in 1924, Ralph C. Smedley held the first meeting of what would eventually become Toastmasters International. Picture above shows Dr.Smedly addressing the members in the first meeting at the YMCA basement.

When Dr. Smedley started the Toastmasters group at the YMCA in Santa Ana, California, members practiced speaking skills in a supportive, informal atmosphere.

The seedling club blossomed. Word spread about Dr. Smedley’s YMCA experiment and soon people in other communities and even other states began asking for permission and help to start their own Toastmasters meetings.

By 1930 the burgeoning clubs had established a federation to help coordinate activities and provide a standard pro-

gram. Toastmasters became Toastmasters International after a speaking club in New Westminster, British Columbia, Canada, expressed interest in joining the organization.

Today, with more than 12,500 clubs and more than 250,000 members in 106 countries, Ralph Smedley’s “basement brainstorm” continues to thrive in the 21st century. Above picture with Dr.Smedly on the extreme right is the historic moment captured 87 years ago in that basement of YMCA, California, USA.

Some of the thought provoking quotes of Dr.Ralph Smedly are:

“We learn best in moments of enjoyment.”

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

Source: www.toastmasters.org

Leadership Track



By Ashok Unnikrishnan



KEF Toastmasters Club President TM Raghavan received the Advanced Leader Bronze (ALB) award from Toastmasters International. This is the second level of Toastmasters recognition in the Leadership Track.

Requirements of ALB are :

1. Achieved Competent Leader award.
2. Achieved Competent Communicator award.
3. Served at least 6 months as Club Officer (President or VP-Education or VP-Membership, or VP-PR or Secretary or Treasurer or Sgt at arms) and participated in the preparation of a Club Success Plan while serving in this office.
4. Participated in a district sponsored club officer training program.
5. Conducted any 2 presentations from “The Successful Club Series and/or The Leadership Excellence Series.”

Other 2 Leadership track awards are: Competent Leader (CL) & Advanced Leader Silver (ALS).

Requirements of CL are:

1. Completed the Competent Leadership manual.

Requirements of ALS are:

1. Achieved Advanced Leader Bronze award.
2. Served a complete term as a district officer (District Governor, LGET, LGM, PRO, Secretary, Treasurer, Division Governor, Area Governor).
3. Completed the High Performance Leadership program
4. Served successfully as a club sponsor, mentor or coach.

TM Ashok Unnikrishnan is the VP-Memberships of the KEF Toastmasters Club. Contact him at ashok_unni@hotmail.com



Youth Leadership Program & Gavel Club

Kids need the Youth Leadership program so they can grow to meet the challenges of adulthood and leadership successfully. Sponsored and conducted by Toastmasters International and its local clubs, Youth Leadership helps young people build their communication and leadership skills so they may become tomorrow's leaders in business, industry and the community.

Every young person has the potential to become a good communicator and leader, but this potential needs to be developed. The program's unique eight-session, workshop-style design enables participants to develop this potential through practical experience.

The program is not in competition with school programs or courses, or other established youth projects. Instead, it's a supplement to these programs, providing emphasis on specialized speaking and leadership skills, and individual needs.

Gavel clubs are a way of providing Toastmasters' self-improvement methods and materials to children. They can be formed in high schools & colleges.

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..Gavel Club is an excellent place where our children can improve their speaking & leadership abilities & become a good citizen and human beings.

(Source: www.toastmasters.org)

By Najeeb Abdul Jaleel



TEAM means Together Everyone Achieves More!

Teamwork is the ability to work together toward a common vision. It is the fuel that allows common people to attain uncommon results.

The success of a Toastmasters Club is the team work of its Excom members. Excom of a Toastmasters Club consists of seven members elected for one year term: the President, Vice President-Education & Training, Vice President-Memberships, Vice President-Public Relations, Secretary, Treasurer & Sergeant-at- arms. Their position & responsibilities are given below:

1. President: Chief Executive Officer



The president holds the most important office in a Toastmasters club. President provides the leadership and guidance the club needs to meet its standards and to become a Distinguished Club. President of KEF Toastmasters Club is TM Raghavan CC, ALB, who works with Intercol Communications & IT.

2. Vice President Education & Training: Maintaining the Toastmasters educational program



The office of Vice President: Education is a critical office in a Toastmasters club. The Toastmasters educational program depends on the vice president education to carry out the club's mission. Vice President -Education & Training of KEF Toastmasters Club is TM Najeeb Abdul Jaleel who works with Qatar Telecom (Qtel).

3. Vice President Membership : Building and maintaining club membership.



As the Vice President-Membership, you are responsible for building membership and ensuring a strong membership base. Your role is vital to the growth and success of the club. KEF Toastmasters Club's VP-Membership is TM Ashok Unnikrishnan who works with Qatar Petroleum.

4. Vice President Public Relations: Promote your club!



As the Vice President public relations, you are in charge of the promotional activities for your club. Including the website & Newsletter. KEF Toastmasters Club VP-PR is TM Titus Kannan who works with Openway.

5. Secretary : Record keeping and correspondence



As the Secretary, you are responsible for keeping clear and accurate records of club business, including membership records and correspondence with TI and others. Secretary of KEF Toastmasters Club is TM Jacob Thomas who works with QAFAC.

6. Treasurer : Book keeping and financial reporting



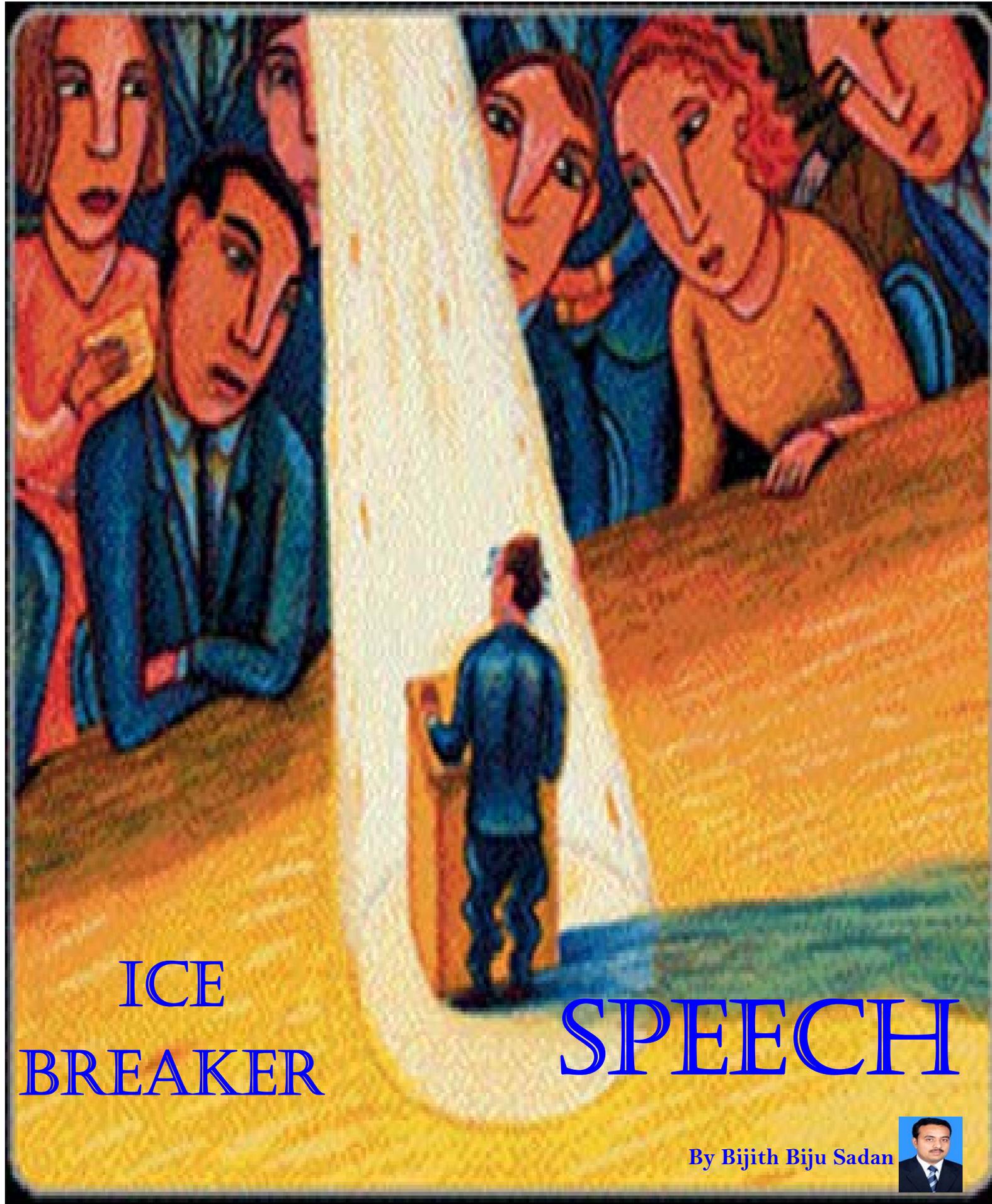
Treasurer is responsible for keeping clear and accurate financial records of club business and for seeing that the club remains financially stable. Treasurer of KEF Toastmasters Club is TM Bijith Biju Sadan who works with Jaidah Group.

7. Sergeant at Arms : Keeper of club properties



Sergeant at arms is responsible for maintaining club properties, arranging the meeting room and welcoming members and guests at each meeting. Sergeant at arms of KEF Toastmasters Club is TM Abdul Wahid who works with KSB AG.

TM Najeeb Abdul Jaleel is the VP-Education of KEF Toastmasters Club. Contact him at najeeb_aj@yahoo.com



ICE BREAKER

SPEECH

By Bijith Biju Sadan



The first step in the Toastmasters program is to give the Ice Breaker speech. It doesn't matter how well written the speech is or even how well it's given. The main goal is to overcome the initial fear of speaking in front of others. Once you've gotten up and done that, you're ready to move on to the next steps.

Projects 2-9 in the Competent Communication Manual build on each other starting with how to build a speech and moving on to using gestures and props or conducting research. While Toastmasters does not require that members go through the manual's projects in order, I do recommend it as they each build on the previous exercises. Each of Projects 2-9 has a 5-7 minute time limit. Adhering to time limits is important because nobody is ever given an unlimited amount of time to give a speech.

Finally, as with any new skill, it's important to practice, practice, practice. Beyond practicing your speech before a mirror, it's important to practice giving speeches before an audience. The more you give presentations, the better a presenter you will become.

A sample of an Ice breaker speech delivered by me in KEF Toastmasters Club is given below as a sample.

Speech Title: Vasco Da Gama

There are certain journeys which got marked in the history of Man Kind. One such journey was done by Famous Portuguese sailor Vasco- Da -Gama. Inspired by the rumors existed among the Europeans, about India as land rich with gold and treasures. The sailor decided to travel to india . The journey had a fruitful ending, when he reached Kappad, a sea side village of Calicut in the year 1498 .

Dear Toastmaster of the Day, Fellow Toastmasters & Guests....Good Evening .

You might have wondered , what is my connection with Vasco Da Gama. Yes there is a connection.“Kappad “... where the Sailor's journey ended is from where I began my life's journey. it was in the year 1979 April 17 I was born . In my child hood days every weekend my father used to take me to Kappad beach. And this story of Vasco Da Gama is one of the inspiring stories I heard from my father Mr. B soman Pillai, who was a History teacher. Thiruvangoor High school, is one of the oldest schools in our area. My mother P Bhavani Amma was a teacher

in this school. I did my schooling in the same school .Being my mother's colleagues, I had received a better attention and mentoring from them during my school days I believe this had a very strong influence in my character developments.

Mine was a nuclear family with my parents & 3 sons including me. While inspiring us to study better my father used to remind us always on his unsuccessful ambition of becoming an engineer. Strength of his desire could be the reason that today all his three sons are engineers. My immediate brother Sujith ,Is a research engineer & my youngest brother Srejith is a Software engineer.

I did my Mechanical Engineering from the Bahubali college of Shravan Belagola, in Karnataka. I got an opportunity to work with Hyundai motors as sales in-charge for premium branded cars Sonata & accent. I was really excited by the opportunity , with long drives & relation establishing & travel.

A year later, I got an offer to join Saud Bahwan Group of Muscat, in Lexus division. 2006, was an year which gave a new turn to my life...my wife Anitha joined my life . Anitha is a management graduate and a banker by profession. Early 2007 I moved to Qatar , currently I'm with Jaidah group , in their heavy equipment division , as Sales Engineer for Kmmatsu brand , leaders in earth moving equip & fork lifts. I'm also in charge of Nissan Diesel trucks. In 2008 we got blessed with our baby boy Adithya.

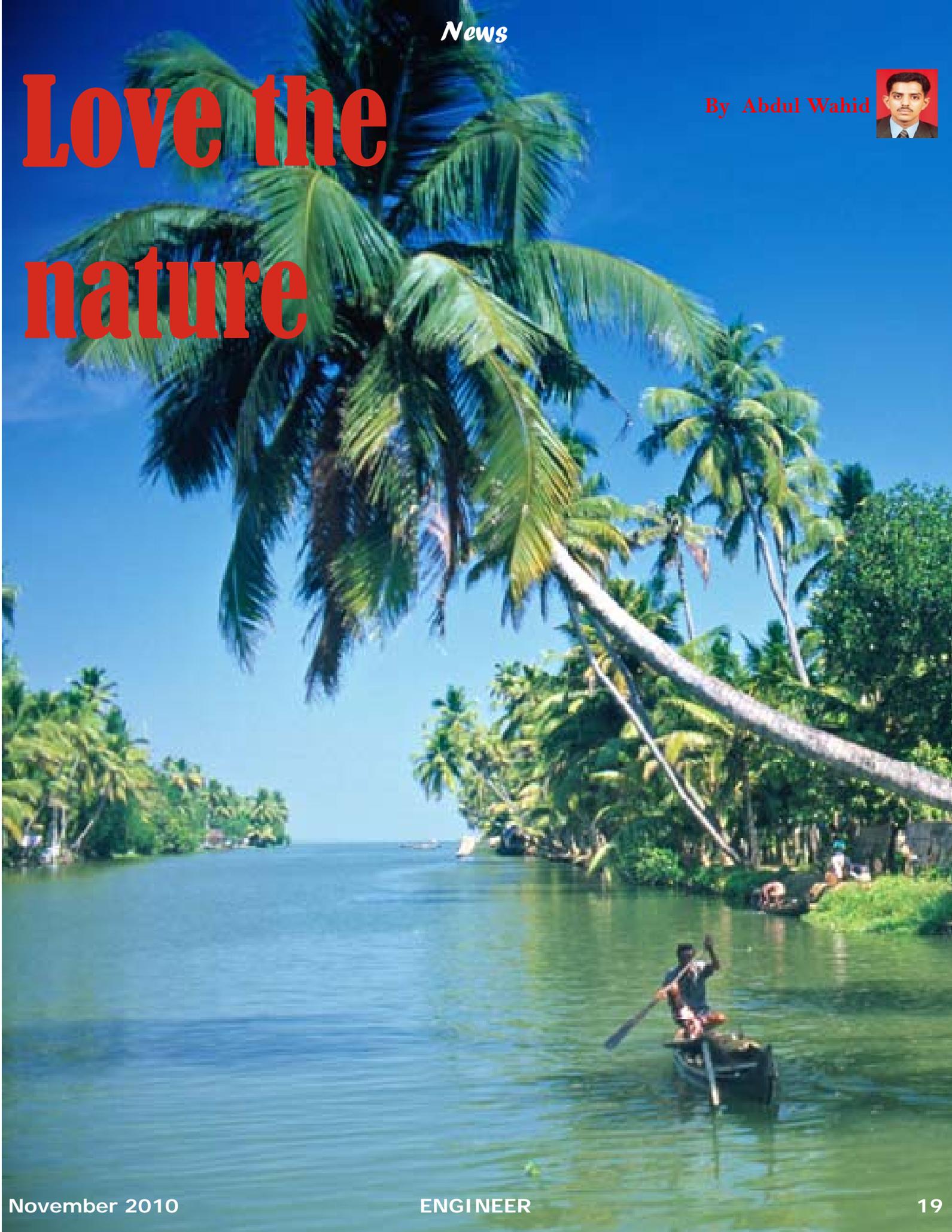
I believe in ' continuous improvements ' in whatever I do , both professional & personal . In last 3 years, I completed PGDBA program & MBA in Marketing. My plan for the next 5 year period is to get into a senior management role. From Kappad to KEF Toastmasters... that's my journey as on date. I have a long way to go & I'm sure KEF Toastmasters will equip me to continue my journey & reach my destination.

Over to the Toastmaster of the Day.

TM Biju Bijith Sadan is the Treasurer of the KEF Toastmasters Club. Contact him at bijith.biju@jaidah.com.qa

Love the nature

By Abdul Wahid





The beauty of nature is so simple and undemanding that we often fail to perceive it. Have you ever smelt a rose, touched the morning dew and listened to the songs of birds?

Kerala, in the South India is considered as one of the most beautiful place on earth..no wonder it's called God's own country. Kerala has it all, hills covered with luxuriant greens, beautiful beaches, back waters, acres of coconut palms, rice barges, temples and a lot more. You name it and Kerala has it all.

Naturally, when KEF Toastmasters Excom met for the first time, it was in an unusual location.. a place where we could smell the roses & could hear the soft soothing sound of waterfalls. Excom met in a garden in Doha (picture above). Excom discussed and agreed on some of the major decisions for taking our Club forward this year.

Some of the planned activities are Speech Craft program for the members, forming a Gavel Club for our children, conducting a YLP program for them, creating a website & newsletter for our Club. First issue of the Newsletter shall be released in November 2010 & the Website shall be launched by January 2011. It was also decided to have a membership drive to increase the member strength.

Excom's dream is to make our Club, the Best New Club in Qatar & win the Falcon Award in this category, this year.

Abdul Wahid is the Sgt-at-arms of KEF Toastmasters Club. Contact him at wahidismail@gmail.com



AFRAID?

to speak up



OVERCOME YOUR FEAR. LEARN THE ART OF COMMUNICATION.

Through

SPEECH CRAFT PROGRAM

KEF Toastmasters Club will be conducting a Speech Craft Program during the weekends (Fridays & Saturdays) in January, 2011.

What is Speech Craft program?

A Speech Craft program is a fast track practical course in public speaking, specifically designed by Toastmasters International for the novice speaker. You will be joining a select group of people who want to learn the basics of public speaking & communication skills quickly in a supportive, friendly environment. Everyone is involved in all the activities at each session. You will make new friends, the

learn new skills, and have lots of ways to improve your communication skills and start your public speaking career! The Speech Craft program will run for 8 sessions with a grand finale on the 8th session. This event will showcase the participants newly acquired skills and will be followed up by a presentation ceremony, where you will receive a Certificate of Completion from Toastmasters International. I'm sure that all our new members will get benefited from our Speech Craft program.

NV Raghavan CC,ALB is the President of KEF Toastmasters Club & Editor of "ENGINEER". Contact him at ragu3009@gmail.com

QUIZ

WIZ



By Jacob Thomas



Name these six powerful ladies of past & present : (Clues: 1.Some of the pictures are taken during their younger days; 2.Colour photos are converted to back & white for consistency;3.Some are Toastmasters & some are not)



1



2



3



4



5



6

Answers

1.Mother Theresa, 2.Pat Johnson DTM: Toastmasters International President, 3.Sonia Gandhi, 4.Subha Anupindi CC,CL: Division E Governor, 5.Indira Nooyi: CEO of PepsiCo, 6.Uma Radhakrishnan DTM: District 79 Governor.

Jacob Thomas is the Secretary of KEF Toastmasters Club. Contact him at simplyljac@gmail.com

LUNGI

National Dress of Kerala !!!



Just as the national bird of Kerala is Mosquito, its national dress is the 'Lungi'. Pronounced as 'Lu' as in loo and 'ngi' as in 'mongey', a lungi can be identified by its floral or window-curtain pattern. 'Mundu' is the white variation of lungi and is worn on special occasions like hartal or bandh days, weddings and Onam.

Lungi is simple and 'down to earth' like the mallu wearing it. Lungi is the beginning and the end of evolution in its category. Wearing something on the top half of your body is optional when you are wearing a lungi. Lungi is a strategic dress. It's like a one-size-fits- all bottoms for Keralites.

The technique of wearing a lungi is passed on from generation to generation through word of mouth like the British Constitution. If you think it is an easy task wearing it, just try it once! It requires techniques like breath control and yoga that is a notch higher than sudarshan kriya of AOL. A lungi when perfectly worn won't come off even in a earth quake of 8 on the richter scale. A lungi is not attached to

Wearing a lungi 'Half Mast' is when you wear it exposing yourself like those C grade movie starlets. A mallu can play cricket, football or simply run when the lungi is worn at half mast. A mallu can even climb a coconut tree wearing lungi in half mast. "It's not good manners, especially for ladies from decent families, to look up at a mallu climbing a coconut tree"-Author unknown.

The 'Lungi Wearing Mallu Union' [LUWMMU, pronounced LOVE MU], an NGO which works towards the 'upliftment' of the lungi, strongly disapproves of the GenNext tendency of wearing Bermudas. Lungi provides good ventilation and brings down the heat in the body. A mallu supports the measures in tackling global warming more than anyone else in the world.

A lungi can be worn any time of the day/night. It doubles as blanket at night. It also doubles up as a swing, swimwear, sleeping bag, parachute, facemask while entering/exiting toddy shops, shopping basket and water filter while fishing in ponds and rivers. When these lungis are decommissioned from service, they become table cloths.

Long live lungi, the national dress of Kerala !!!



Coffee drinkers who like a frothy head on their morning caffeine fix could soon be able to order a "camel-ccino" or cappuccino with camel's milk. Coffee and camels — two icons of Arab heritage — have been brought together not only to create a hot beverage, but to help the country achieve food security.

The UAE has more than 300,000 camels that produce 40,000 metric tonnes of milk annually but relatively little commercial use has been made of it till now. Dr Louis Laleye, associate professor at the Department of Food Sciences, College of Food and Agriculture at UAE University in Al Ain, is changing all that by creating an array of camel's milk-based food products to stock supermarkets in the near future.

First in line is camel's milk powder that when mixed with water creates a regular glass of milk. The second is a differently processed camel's milk powder that targets coffee drinkers. Studies reveal that when whipped up, camel's milk creates a very satisfactory froth, a vital element of the cappuccino.

The patent for the cappuccino camel's milk powder is

still pending but initial consumer surveys conducted at Carrefour in Al Ain earlier this year were very positive.

Tasters reported a creamier taste and more stable foam that lasts to the last drop of coffee. To make it at home, the powdered cappuccino powder has to be mixed with coffee and water.

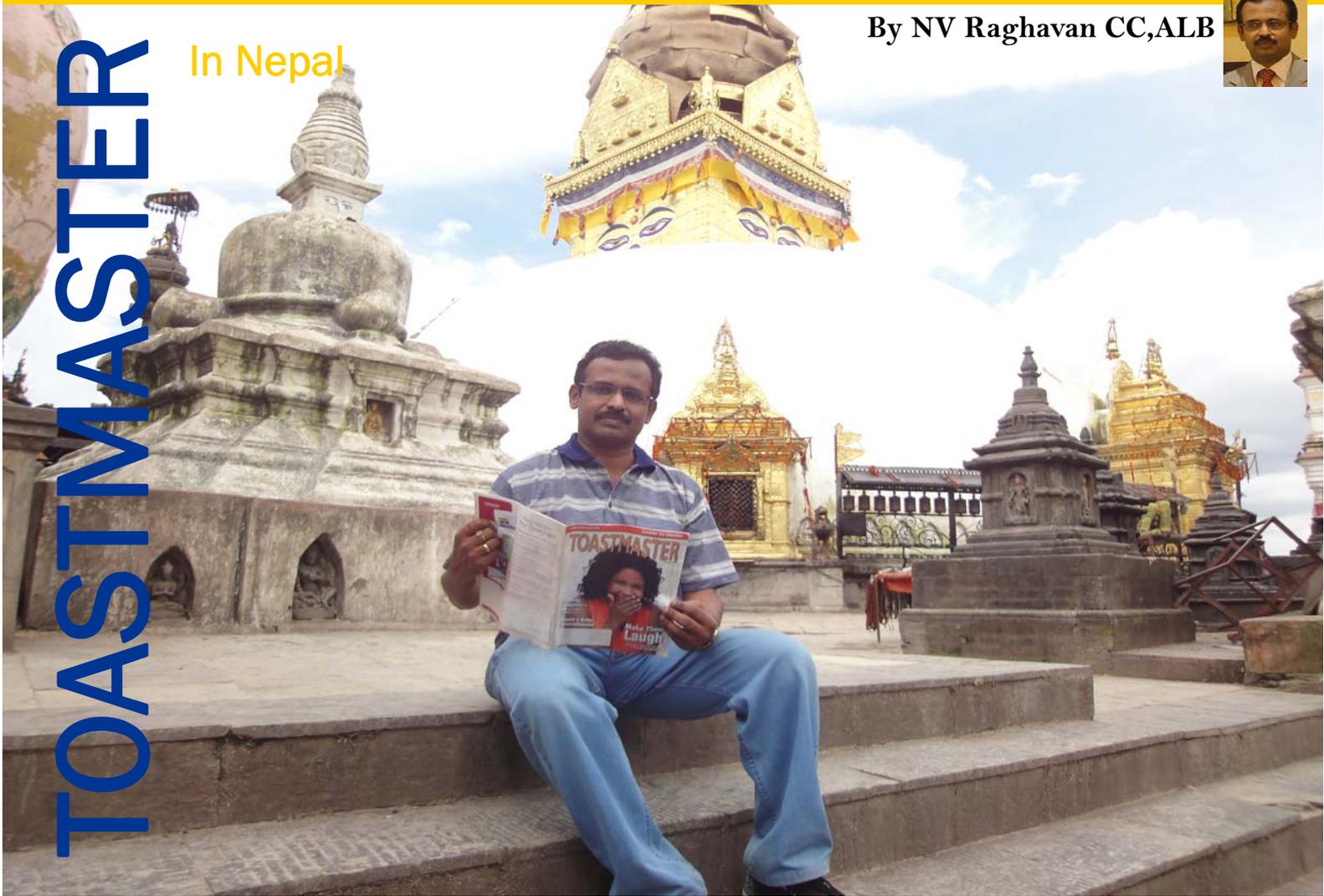
"Camel's milk proteins are better for you than cow's milk which can cause some allergies. Not too much work has been done on them but they have components which can help diabetes, cholesterol or obesity," said Laleye.

It has been said that camel's milk is the "white gold" of the desert. Camel's milk is lower in fat and higher in vitamin C compared to cow's milk as well as being rich in unsaturated fatty acids. It can boost the overall immune system, is non-allergenic and has been proven as the closest substitute for mother's milk. Camel's milk is easily digestible as it does not curdle in acidic environment such as the stomach



TOASTMASTER

In Nepal



When I planned to go on a holiday trip to Nepal with my family in September 2010, the very first thing I did was to search the internet to look for the Toastmaster Clubs in Nepal. I found that there are two Toastmasters Clubs there :Everest Toastmasters Club & Kathmandu Club. I took down the address & names and phone numbers of their Presidents, because I wanted to attend any of their meetings, if time permitted. Also they are my friends in a foreign country, if I need any help.

Nepal, the adobe of snow, is one of the most picturesque regions in the world. In the northern part, you have lofty mountains almost talking to the sky and in the south stretches the limitless lands of grass, as far as horizon. Between them lies the kingdom of Nepal, the land of temples and pagodas.

The Kingdom of Nepal offers different genres of attraction for the visitors. On one hand you have Buddhist heritage sites that attract tourists from Indo-China re-

gion and on other hand there are famous Hindu temples that are very popular among Indians. Both of them attract droves of westerners. These include casual tourists as well as researchers. Then there are palaces erected by the various dynasties in Nepal. These places are famous for their distinct architecture and decoration works.

Among the temples, Pashupatinath attracts the major chunk of visitors. One of the most famous Buddhist temple is the Swayambunath Temple (pictured above).

When we boarded our return flight to Doha, apart from the beautiful sceneries we saw, what remained in our hearts were the smiling faces of the beautiful people of this beautiful country .

NV Raghavan CC,ALB is the President of KEF Toastmasters Club & Editor of "ENGINEER". Contact him at ragu3009@gmail.com

Dates to remember

2010-2011

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Club meetings & events

ICC Kolkota Hall on every second & fourth Sundays
(7 PM to 9 PM)

Speech craft program: January 15, 2011 onwards

Youth Leadership Program: January 15, 2011 onwards

Area Contests

PEC School, March 18, 2011

QTAC (Qatar Toastmasters Annual Conference)

Qatar, May 13, 2011

DTAC (District Toastmasters Annual Conference)

Amman-Jordan, May 26-28, 2011

Toastmasters International Convention

Las Vegas, USA, August 17-20, 2011

Before signing off...

Dear Toastmaster,

Hope you enjoyed reading our inaugural edition of our Newsletter, "ENGINEER". We have taken all efforts to make it interesting to read. We welcome your suggestions for change or improvement . Also request all members to provide articles for the coming editions. Last, but not the least, let's understand & practice the Vision & Mission of the Toastmasters International (given below) in it's true letter & spirit.

Finally.....till we meet again in the January 2011 edition of your Newsletter: ENGINEER.Good bye.... & Happy Toastmastering...

NV Raghavan CC.ALB

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 it's 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.

