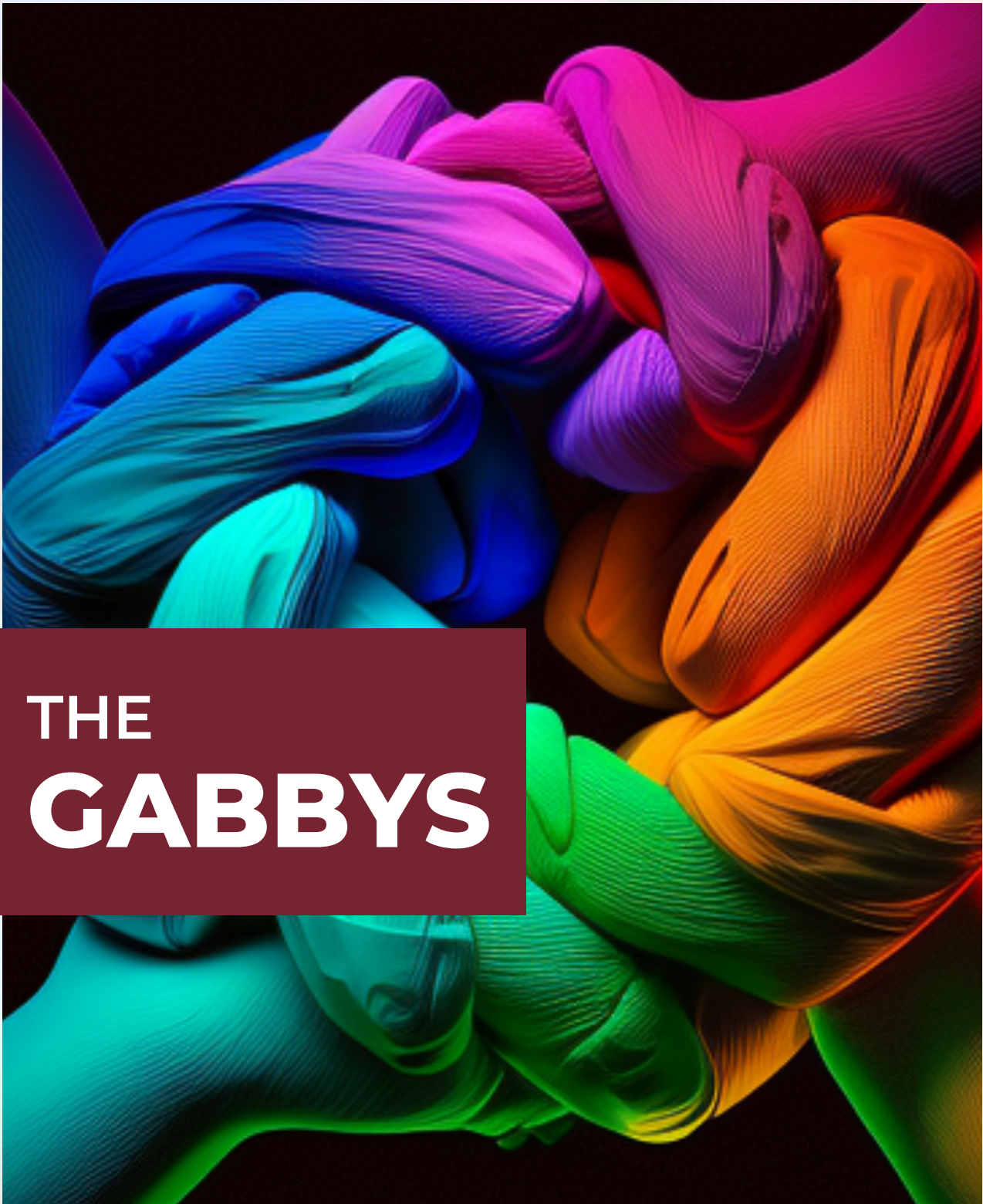


TOASTMASTERS  
INTERNATIONAL

Since  
1924

# UBUNTU



THE  
**GABBYS**

ISSUE 05, MARCH 2023





PHOTOGRAPHY BY RITWIK RAJ



THE GABBYS | UBUNTU 5.0 | MARCH 2023

# EDITOR'S VIEW POINT



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

# EDITOR'S LETTER



The Journey at The Gabbys has been always exciting, enriching and insightful. My second meeting at The Gabbys was the 100th Milestone meeting as a new member. I joined Toastmasters in Covid lockdown, as there was nothing much to do at home other than online meetings. Since then I have enjoyed each and every meeting as audience, speaker, evaluator and role taker in various hats. In this close to three years' time, I recognized why quality of meetings is a crucial factor in the expedition of communication, public speaking and Leadership . The Gabbys is a gold mine and abundance of wisdom, knowledge and exemplary leadership.

I am honored and privileged to Lead the Ubuntu 5.0 and its Launch at 125th Milestone Meeting. I would like to acknowledge the significant contributions of The Gabbys Executive Committee, Members, Toastmasters and ex-members in preparation and launch of Ubuntu 5.0

Hope you will enjoy It !

**SAYYAD BADESAHAB**

**VP PUBLIC RELATIONS - THE GABBYS**



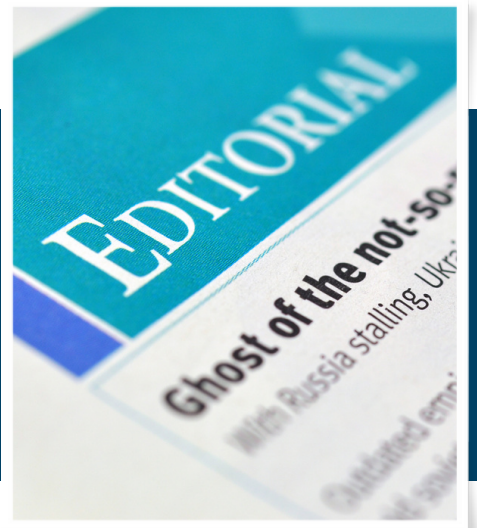
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# EDITORIAL TEAM



**TM SAYYAD  
BADESAHAB**



**SOURAV  
DUTTA, DTM**



**TM UTKARSHA  
VAIDYA**



**TM APARNA  
RAJA**



**TM DHWANI  
ADESARA**



**TM ANNIE  
MAHAJAN**



**TM CHAITANYA  
PRASAD**



**TM ANKIT  
TYAGI**



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# LEADERS SPEAK



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## THE DISTRICT DIRECTOR'S NOTE

# RISHABH MEHTA, DTM

**DISTRICT DIRECTOR - DISTRICT 92**



"Words are, of course, the most powerful drug used by mankind. Not only do words infect, egotize, narcotize, and paralyze, but they enter and color the minutest cells of the brain."

When Rudyard Kipling said the above statement, he didn't just compare words to drugs to describe the persuasive effect words can have on another person, but he also described the ability of a person to use words to change the way another person thinks and feels, to influence that person to do or feel things that are not normal for that person — just as drugs would do. Words are natural. And the entire job of communication rests on the shoulder of these little yet powerful words. But then an excess of them, does not help.

And that is why, our choice of words or even lack of it for that matter, can truly redefine what we wish to convey. There is so much more than being just vocal or loud while communicating. It is about making your listeners flow and imagine and read between the words as you say them. Remember, that our words are the biggest gamble that we place our bets upon day in day out and probably, these very words determine the multifold of how much our wins or losses would be.

Today, as I write this article for the members of The Gabbys Toastmasters Club, I wish that the club continues to keep providing a platform to fine-tune one's words worth as it has been all along. I truly hope that the club continues to foster a sense of friendship amongst the members and most importantly, help every single individual to grow and become a better version of themselves.

Best Wishes!



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**FROM THE DESK OF THE PQD**

# ROHIT KOKA, DTM

**PROGRAM QUALITY DIRECTOR, D92**



The Gabbys Toastmasters Club!

A club that not just sounds like an epic TV serial but emanates every aspect of what drives people to get addicted to those Saturday Morning sitcoms. Just attending their meetings or even interacting with their members will give you a huge dose of energy that can brighten your day!

Their enthusiasm, creativity & commitment towards the Toastmasters Mission is unparalleled and you will understand what I say the moment you attend their meetings!

Colorful, Classy & Courageous is how I'd describe their members as each one of them is prolific in their own sphere yet come together as a classy & courageous bunch called "The Gabbys" Don't believe me? Go attend their meetings and find out 😊



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**FROM THE DIVISION DIRECTORS DESK**

# SOURAV DUTTA, DTM

**DIVISION DIRECTOR - DIV B, D 92**



**“That’s some another level of a flag bearer club”.**

That was the reaction of the then CGD of District 92 and the current District Director, Rishabh Mehta, DTM . That day, 19th February 2021, The Gabbys completed 20 successful renewals, for the April - Sep 2021 cycle. Rishabh's reaction was justifiable, as The Gabbys became the first club in the district that Program Year, to renew 20 members, and also bagging the 10 Distinguished Club Points, thereby qualifying for the President's Distinguished Club, within 6 months of Chartering. That too, amidst a challenging time for Toastmasters and the world, and despite a rough start, as a club.

Over two years later, the club still stands out as a beacon of excellence in the Toastmasters community. It consistently tops every dashboard and awards charts for membership building, Pathways adoption, and education awards. The club's numerous commendable attributes could fill pages, but here I will pen down three reasons that make it truly stand out. Reasons that also reflect the aspirations of Toastmasters' legendary founder, Dr Ralph C Smedley.

**“While most of us may have entered Toastmasters to learn to make speeches, that benefit is but the beginning of the good which may come to us and the good which we may do for mankind.”, Dr. Ralph C Smedley.**

The Gabbys has consistently contributed to Toastmasters' District Mission by helping us in building new clubs and helping existing clubs achieve excellence. It has provided Club Coaches, CIC Volunteers, Club Mentors, and Club Sponsors to other clubs, besides supporting them as a Buddy Club or Sponsoring Club. Its members have taken up roles in other clubs, and The Gabbys has become the Go-To club, both within and beyond District 92. It is a fine example of members going the extra mile for the greater good of rising by helping others shine.

Contd ...



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**FROM THE DIVISION DIRECTORS DESK**

# SOURAV DUTTA, DTM

**DIVISION DIRECTOR - DIV B, D 92**



**Contd ...**

**"We realise that the two most important factors in Toastmasters is Mentoring and Evaluations, there is no doubt that if these two are done well and there is a good Mentoring program, your club will be filled with spark plugs ready to fire upon request.", Dr. Ralph C Smedley**

The Gabbys Multi-Level Mentorship Program is a runaway hit, and no wonder the club has consistently bagged several Master Mentor awards over the years. Ironically, the club that struggled initially due to the lack of proper mentorship has now become a club where every qualified & interested member mentors several budding Toastmasters, both within and beyond the club. The Evaluations are top-notch, their members are often invited to conduct education session on evaluations by other clubs.. Seasoned visiting Toastmasters help the club avoid the Dunning-Kruger effect.

**"You can profit by the wisdom of others, and you can give them full credit.",**

**Dr. Ralph C Smedley.**

The club's newsletter is called "Ubuntu", reminding its members twice a year, "We are because you are." More importantly, the club practices the same to the T. Every "Reflect on your Path" speech at this club is less about the Pathbreaker and more about how other members helped them on their journey. For me, the Gabbys are like selfless magpies, always eager to collect tidbits of knowledge from all over the world with humility and fierce resolve. Dear Gabbys, As your Division Director, who has also had the privilege to lead and charter this club, here's my earnest request - YOU BE YOU. Let not any criticism come in the way of how you continue to serve us all at Toastmasters, as Toastmasters. Remember, "There is only one way to avoid criticism - say NOTHING, do NOTHING, be NOTHING".

**Don't be NOTHING - Instead, Be The Gabbys !!!**



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**FROM AREA DIRECTORS DESK**

# TM PRIYANKA RANNOREY

**AREA DIRECTOR - AREA B1, D92**



Toastmasters mission speaks about empowering individuals, and every time I attend The Gabbys meeting, I see, I sense, an aura of empowerment in every individual, that makes The Gabbys special.

It's a treat to attend their meetings as every meeting has a different innovative theme encouraging everyone to press their creative side. They also ensure everyone; guests or members are equally involved. I believe the comradeship they share with each other and the effort by the Excom and every member have made this club President's Distinguished in a very short span and they truly stand by it in every way. Their journey is incredible. This is one of the club meetings I always look forward.

I would like to congratulate and wish the Club the Best in everything!!

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**THE GABBYS**  
**CLUB # 7806290**

**AREA B1**

**DIVISION B**

**DISTRICT 92**  
**KARNATAKA, INDIA**

**REGION 13**  
**INDIA, BANGLADESH,**  
**NEPAL, BHTAN, SRI**  
**LANKA & ASEAN**  
**NATIONS**

**TOASTMASTERS**  
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**WORLD HQ**



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## THE PRESIDENT'S NOTE

# TM REENAA VERMA

## CLUB PRESIDENT - THE GABBYS



**"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." - Ronald Reagan**

I am brimming with pride as I have the honour to lead as the 5th President of a Dynamic and visionary club The Gabbys. I want to lead by example to create a culture of service within our club and hence this is my third term as officer in Club Excom. I can't help but marvel at how far we've come since September 2020. From humble beginnings, we have made great strides in last 2.5 years and as a charter member of our club, I can personally attest to the transformative power of our club The Gabbys. As we celebrate our 125th milestone meeting and move forward, I encourage each and every member to continue to bring your unique perspective. Your contributions are what make our club so special and I am excited to see where our collective creativity and drive will take us. We should celebrate our success of winning President's Distinguished Club Award, Talk up Toastmasters Award, Smedley Global Membership Building Award, Renewal Rockstar, Fast five, 10/10 Distinguished points club and feel the pride of being part of one of the most exceptional Clubs in District 92. Each of us have adapted, we've learned new skills, and we've continued to support and encourage one another. Let's celebrate the fact that we're all still learning and growing, no matter how many candles are on our metaphorical birthday cake. My dear Gabbys let's pledge to stay focused on our goals. Don't let our success distract us from our vision and purpose. We The Gabbys will continue to stay motivated, stay committed, and stay disciplined to achieve even greater success in the future. I would also like to show my gratitude and thank the Executive Committee Club officers for their hard work, dedication, and commitment to our shared goals of serving the club and its members. My vision for The Gabbys is same as it is from its inception – Most HIP - High spirited, Iconic & Prestigious club of District 92. "The strength of the team is each individual member.

**The strength of each member is the team." UBUNTU I AM BECAUSE WE ARE!**



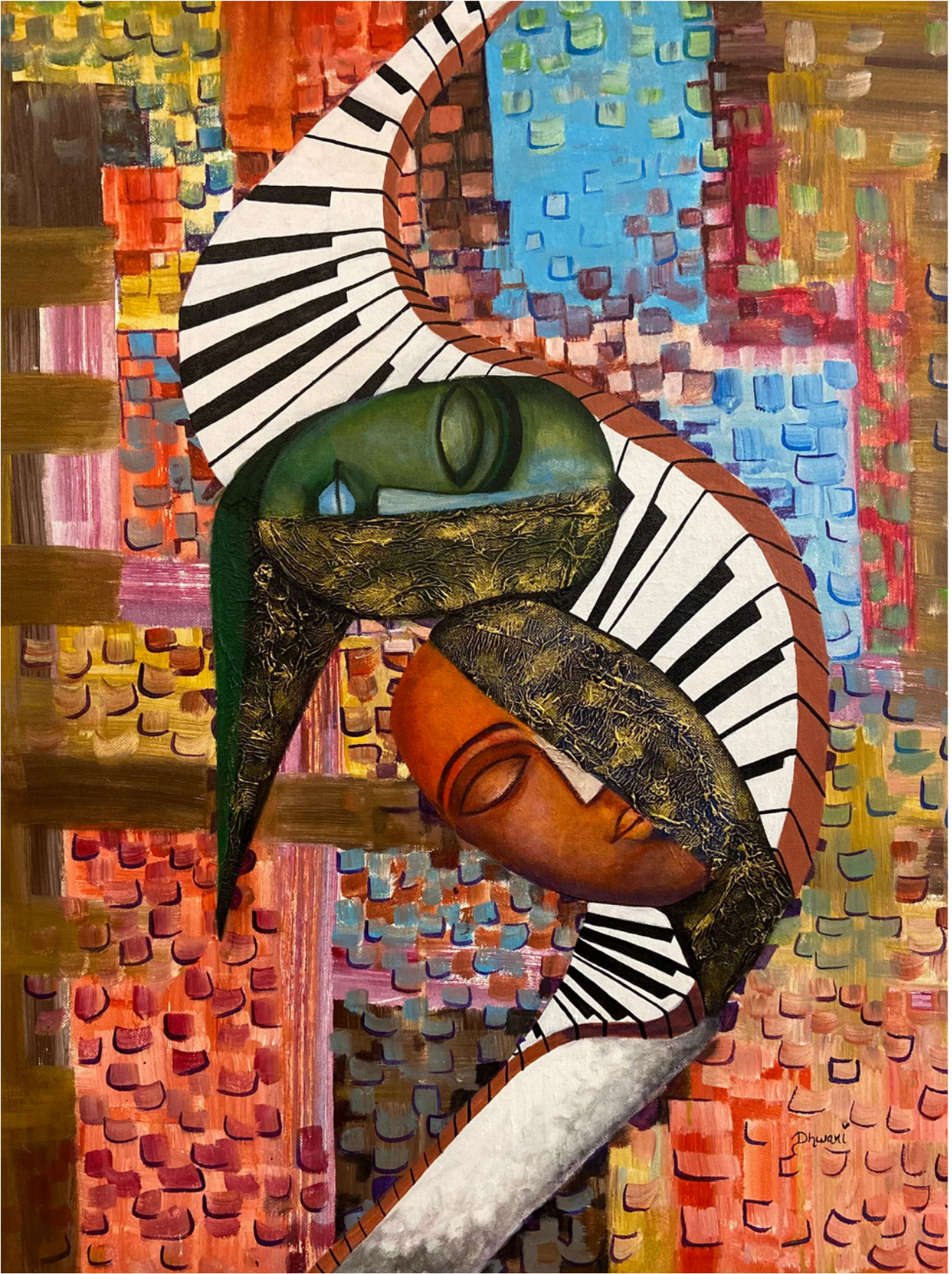
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# ABOUT US

## THE GABBYS



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**TOASTMASTERS**  
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**280 K+**  
MEMBERS



**14,700 +**  
CLUBS



**144**  
COUNTRIES

## MISSION

We empower individuals to become more effective communicators and leaders.

<https://www.toastmasters.org>



**DISTRICT 92**  
KARNATAKA, INDIA

## DISTRICT MISSION

We build new clubs and support all clubs in achieving excellence

<https://www.tmdistrict92.org>

# THE GABBYS

**#7806290 | AREA B1, DISTRICT 92 | CHARTER DATE - SEP 11, 2020**

## CLUB MISSION

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



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# THE GABBYS EXECUTIVE COMMITTEE

JAN- JUNE 2023



**PRESIDENT**  
TM REENAA VERMA



**VP EDUCATION**  
NANCY GOEL, DTM



**VP MEMBERSHIP**  
SOURAV DUTTA, DTM



**VP PUBLIC RELATIONS**  
TM SAYYAD BADESAHAB



**SECRETARY**  
TM DHWANI ADESARA



**TREASURER**  
TM DOLLY KRISHNAPPA



**SERGEANT AT ARMS**  
TM UTKARSHA VAIDYA



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**TM Chitrakshi Vij**



**TM Aparna Raja**



**TM Dhwani Adesara**



**TM Preeti Jain**

# OUR CLUB CHAMPIONS

## ALL THE BEST CHAMPIONS



**APARNA RAJA**

**ISC, EVALUATION & TABLE TOPICS**



**CHITRAKSHI VIJ**  
**TABLE TOPICS**



**PREETI JAIN**  
**ISC**



**DHWANI ADESARA**  
**EVALUATION**



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TOASTMASTERS  
**PATHWAYS**  
 — learning experience —

**CLUB AWARDS**  
 OCT 22 - FEB 23

MEMBERS WHO GOT US EDUCATION AWARDS  
 (OCT 22 - FEB 23)

- Nancy Goel, DTM
- Sourav K. Dutta, DTM
- Shaifali Singh, EC1
- Shrilakshmi Hegde, EC5
- Preeti P. Jain, EC5
- Susmita Baidya, DTM
- Chitrakshi V. Vij, PM5
- Dhwani Adesara, PM1
- Neha Jain, PM2
- Shilpa Reddy, PM1
- C D Vijayalakshmi, PM1
- Badesahab N. Sayyad, PM4
- Shristi Kedia, PM2
- Lakshmi Sujatha, VC3



**10 OF 10  
 DISTINGUISHED  
 CLUB POINTS  
 2022-23  
 (THRICE IN A ROW)**



**SMEDLEY AWARD  
 5 NEW MEMBERS**

TALK UP TOASTMASTERS  
 MEMBERSHIP DRIVE



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**THE GABBYS**





**THE GABBYS**  
AREA B1, DISTRICT 92

**LOVE IS IN THE HAIR**

SAT, 4TH FEB  
10 AM IST (GMT + 5:30)  
[bit.ly/thegabbystmc](https://bit.ly/thegabbystmc)

TMOD  
TM CHITRAKSHI

# MEETINGS & MEMORIES

**WE MEET ONLINE EVERY SATURDAY**  
10 AM IST (GMT + 5;30)

**REGISTER NOW >**



**[BIT.LY/THEGABBYSTMC](https://bit.ly/thegabbystmc)**

**SCAN THIS QR CODE TO JOIN OUR GUEST GROUP**



**EMBRACE EQUITY**

**THE GABBYS**

SAT, MAR 4TH  
10 AM GMT + 5:30  
[BIT.LY/THEGABBYSTMC](https://bit.ly/thegabbystmc)



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# The DTMS JOURNEY



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

# NANCY GOEL, DTM

## The Magic of Pursuing Passions



**“The only limits to the possibilities in your life tomorrow are the butts you use today.” -Les Brown**

From someone who once took 78 days to deliver her icebreaker speech to someone who can now speak at a moment's notice; from someone with limited experience in leadership skills to someone who has successfully led a team of highly experienced professionals as President of the club and a council of 12 professionals from diverse domains, I have truly come a long way in the past 2.3 years. I owe my progress to the support and encouragement of the incredible people around me. When my curiosity combined with the remarkable ideas of like-minded individuals, it ignited my passion for learning, growing, and leading. Although I faced several daunting challenges along the way, I am grateful for the unwavering support, love, and motivation that I received from my home club, The Gabbys Toastmasters Club, and its members. Driven by my eagerness to learn and serve the larger community, I embraced numerous challenges and took on various roles such as serving as Club President and Vice President Membership of The Gabbys, Area Director for Area E2, Speechcraft Coordinator for Kongsberg Digital Squadrons and Yahoo, Club Mentor for Phillips, Speechcraft Project Manager for Division B, Keynote Speaker Training Program Coordinator, and Educom Lead for District 92. The most magical part of my journey is that I never aimed to become a Distinguished Toastmaster, yet pursuing my passions and the credited roles helped me achieve the prestigious Distinguished Toastmaster status. I am grateful beyond words for the incredible support, love, encouragement, and motivation that I received from The Gabbys Toastmasters Club, its members, my friends outside the club, and most importantly, my mentor, DTM Sourav Dutta.

**“Volunteering is the simplest way to learn what you don’t know already. Taking accountability for the volunteer work seals the deal.” - Nancy Goel**

Cheers !

**EDITOR'S  
comments**

**DTM Nancy Goel is the Charter President of The Gabbys, the Second Distinguished Toastmaster of The Gabbys and the second fastest DTM of District 92**



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# SUSMITA BAIDYA, DTM

## My journey



**“It is good to have an end to journey towards; but it is the journey that matters, in the end.” – Ernest Hemingway**

My memorable journey with Toastmasters started in 2018 when one of my colleagues in my previous organization suggested me to join Toastmasters. Previous week I was delivering a high level presentation in my office which did not go well as I could not articulate my ideas concisely and clearly. I was looking for a way to refine my communication skill. So, I did not think twice to join the corporate Toastmasters club our organization was having that time.

I still remember, it was my first official day in Toastmasters as a member on 1st April, 2018 when the then club President TM Praveen asked me to take up club officer role (secretary) as there was a vacancy then. I volunteered to be the club officer on my first Toastmasters Day without knowing what's I am getting into! The journey started.

Since then, I attended regular weekly club meetings and started delivering speeches, receiving feedbacks and working on those to become a better speaker and leader. I learnt servant leadership. I served hundreds of members as club officer, Area Director, District Extended team member. I have had the pleasure of connecting with many experienced Toastmasters across the world from diverse background. I learnt a lot from each of them! I lost a few sadly! I am still recovering the loss. Overall, I am enjoying my Toastmasters experiences both in success and failure. It has taught me various life lessons and made me a stronger person that I am today.

Regarding my DTM journey, I wasn't in any rush. Wasn't even sure I wanted to be a DTM. It just happened as I fulfilled most of the criteria few years back. Then I had a rough times when I struggled a lot, failed miserably, almost gave up and lost interest and took a sabbatical. In the process, the only pending criteria of DTM award was completed in last year Q4. Eventually I submitted the DTM awards and was awarded in December 2022.

Contd ...



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# SUSMITA BAIDYA, DTM

## My journey



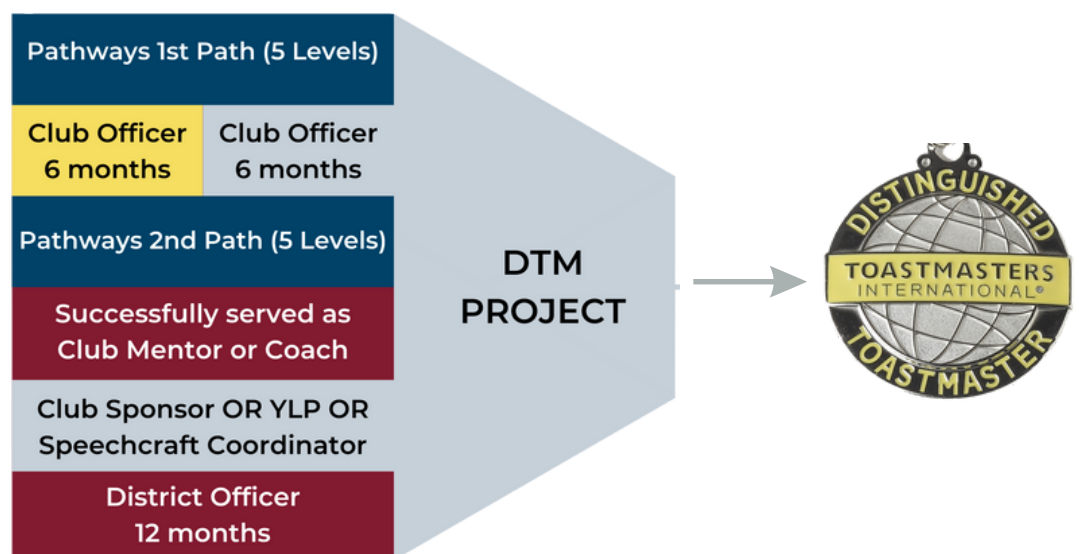
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Huge Thanks and my heartfelt gratitude to all those Toastmasters members who have been instrumental in my Distinguished Toastmasters (DTM) journey.

I want to dedicate this award to an individual whom I always admire as a speaker as a leader as a person. Thank You!

So, what's next? As I am actively engaged in various volunteering activities, the learnings from Toastmasters come in handy. Everything that I learnt from Toastmasters I would experiment in my volunteering engagements. Be it leading an organization level mentoring program for 100+ University students across 10 Middle East countries or leading cross cultural 1000+ women engineers in our organization or presenting CSR proposal in front of board to get fund approval of 20Lakh INR for the Karunashraya volunteering project which I am leading. These interactions need tremendous persuasive skills, leadership skills and public speaking skills. In fact, in a lot of my pathways projects, I am using actual case studies from my volunteering engagements to prepare the speech. I then apply the feedback received in actual settings and it works every time! I will continue to do so.

May we together achieve our goals, and help each other achieve theirs being there always in highs and lows. Let's use our skills and learnings from Toastmasters for the community to make this world a better place! Thank You!



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# MEMBERS MUSINGS



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# A DUMMY'S HUMORNAMA

**APARNA RAJA**

'Oh! you're so funny!!!' Is a compliment I have never received, no matter how hard I tried. The worst of it all is when you try really hard to make jokes, prep them in your head, wait for an opportunity, risk every bit of self-respect and blurt it out at the exact moment AND no-one....I mean no-one even flinches a smile muscle.

Awkward!!!!

Well, I'm relentless or some say shameless, whatever, To-ma-to to-mae-to, so I learnt a few humour techniques to bother people with.

## **Technique 1: Pun with homonym**

Warning :Use it only amongst people that are as silly as you are.

Example: Q- Why couldn't the elephant go on a holiday?

A- Because it was impossible to pack his trunks.

See the use of the word trunk ?? Hilarious right?? if you don't get the joke, it's time to move on to the next technique.

## **Technique 2: Comparison**

Warning: You simply have to time it right or you end up having to explain the joke which is worse than instant coffee

Example: Q-What is the difference between ignorance and apathy?

A- Don't know, Don't care!

Hahaha I love this one! You mostly end up explaining it and everyone suddenly acts as if they already knew it and you feel like a snob. But this is self-entertaining at the least.

Contd ...



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# A DUMMY'S HUMORNAMA

APARNA RAJA

Contd ...

## 'Technique 3: Knock Knock

Warning : None, it's the best kind of jokes there is and everyone plays along, usually, well mostly, I mean sometimes for sure!

Example: Me- knock! KNOck!

You - Who's there?

Me- Who!

You - Who who?

Me - That's what an owl says.

Great thing about Knock knock, everybody laughs and then they go to a corner to really understand the last line.

So, Me :Knock Knock...

You : Who's there ?

Me: Ya

You: Ya who?

Me : You sure are excited to see me :)

Yahoo..get it?

My friends still don't think I'm any funnier but they still laugh out of courtesy, well that is your cue to smile now, don't be a shrimp, you know, Shell-fish:-D you still don't get it, damn I'm out of here!



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# CREATING A PERFECT LIFE

**VIKRAM RAO**

Can each of us create our reality and a perfect life - You may ask how can I create reality? Isn't, reality just is! Each of us have a certain point of view of how our life should be, how our relationships, our careers and our looks should be.

Many times these are the exact point of views that create the most pain for us. They create the most pain for us as we always compare our life with others through social media like instagram, facebook - we look at others realities and then think why that cannot be our reality. What defines a perfect life for us is dependent on many experiences we have in our life, our upbringing and our lens of life. As we grow through our childhood, teens and adult life - our point of views become solidified. They get so solidified that many times we struggle with changing our lens of how we look at life. These solidified perspectives become our solid point of views.

We need to understand that our point of view creates our reality and reality does not create our point of view. For example there was a devastating hurricane in the south west of the USA in 1990 and it was truly a deadly one with thousands of people losing their homes , lives and livelihood. There were many people who were cursing god, the government , their luck and the list goes on . However in the midst of this madness - a press reporter was interviewing a man , he seemed to be standing in torn clothes.

Contd ...



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# CREATING A PERFECT LIFE

**VIKRAM RAO**

Contd ...

He was standing on the rubble of the place he called home. The interviewer asked him "Sir, this hurricane has been brutal, you must be devastated " - He replied , "You know I moved here because the other part of the US, where I used to live got really cold and my doctor advised me to come to this part of town as its much warmer. I moved here 2 weeks back and what you see this rubble was my house. however I am ok because I STILL GOT ME!!

I STILL GOT ME - Wow- who do you think will be able to tide over this crisis better . the folks who are cursing their luck or this person who says, he has got his own back. His point of view will create his reality and he hopefully will be able to get back to a semblance of normalcy.

If we are able to shift our point of view then we surely can create our reality, our reality does not have to be perfect because running after perfection is like running on a treadmill! How far do you get running on a treadmill - you are putting in a lot of effort but you dont move an inch. So let go of your perception of perfection and choose ease. Its possible if you let go of that painful point of view- think about it!





# HODOPHIL

## UTKARSHA VAIDYA

Travelling is not only about travelling to places and tasting food from different regions, but every big or small trip is an adventure in itself. I remember how my first solo trip changed my view to look at the world and people and how it helped to evolve as a good human being. Before planning any trip, we do a lot of searches and read a lot of blogs and watch YouTube channels. Here's the list of a few web series and YouTube channel that will revive your zeal for traveling.

### Travelling Monday

The person behind this vblog is one man army. He is a Traveller and photographer. With his distinct cinematography and storytelling, he will take you on a virtual tour of places.

### Monkey Magic

We hardly see people quitting their job and venturing on the journey without any idea what it will bring for them. He will take you to the different unheard and rear parts of India. His stories will leave the ultimate happiness on your face. Travelling is not an expensive thing; he will make you to believe in.

### Dhruv Rathee VLOG

This man is phenomenal. The way he explains the each and every aspect of the cities is incredible. His art will fill you with knowledge and places you need to book your tickets.

### Vega Bond

How I started loving traveling all credit goes to these two brothers. Storytelling, cinematography all is top notch. They explain each and every aspect of the travelling. Videos are lengthy but worth watching.



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# SPRING

## GOVARDHAN PINNI

Spring is all about joy, warmth, and unwavering love. While spring spreads its wings to elevate its moments, I swirl around my conversations, feelings, and thoughts from time to time. Here's a snippet for you all:

...for someone, love meant physical intimacy.

...for someone, love was a shoulder to sleep on.

...for someone, love became a possession.

...for someone, love was a game.

...for someone, love was an aid to bury themselves in.

...for someone, love was a rat race.

However, from all the above and the innumerable conversations over time, I could understand one thing: there is no one definition for love, and we should not run behind it. Every single conversation had some intention and interpretation in its own way, and there were moments I could never relate to.

Love is as much about inspiration. Only when it comes from within oneself will it last longer, and for an eternity. Of course, there will be slumps in anything, and feelings are no exception, yet the beautiful fact is that when the feeling is genuine, you'll find your way back. You'll fight for it, over and over again.

I have never been in a relationship, but there has never been a moment when I wasn't in love. The fact that I have adored myself is a testimony on its own about how simple and unconditional love can be. If love is all about loving a person of your choice, then so is their choice about accepting you.

What might sound ideal to you is what I have lived. I call this reality while I await and turn curious to listen to what you term it.



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# STARTING TO LEARN



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

# SPEECH CRAFTER TO PATHBREAKER

## Chitrakshi Vij



I am an Image consultant with about 6 years of experience now. The journey of helping others started when through my journey of helping myself. I was tall for my age, hence, I always stood out – Literally. That meant, I was naturally selected for the volunteer positions which needed to impress the guests at my school. So carrying a bouquet, getting awards on a tray, hospitality, they became my positions at school. I would feel awkward because I was not confident enough to talk. When my mother tried to prepare me for a talk on the stage, I would stammer, cry and come back. With time, I faced my fears, sometimes by choice and other times by chance. I slowly worked my way to being a communication trainer today.

As a trainer I listen for hours, talk for more and study endlessly. I evaluate, I help, I support, I guide and I help people in their transformation. As a trainer I have trained all sorts of individuals, the confident ones, the shy ones, the oppressed ones, the aggressive ones. But in my pursuit of helping others, I forgot to help myself. every time I asked for feedback, they were always impressed or awe struck and I believed. but where really was my chance to grow? Where was my honest feedback? Where was my scope of improvement. Having set these goals for myself, I joined toastmasters 5 months ago.

In these 5 months, I achieved 2 out of the 3 goals that I had set for myself. I was afraid to make videos of myself and post them on social media, even though it was the need of the hour and my work demanded it.

Contd ...



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# SPEECH CRAFTER TO PATHBREAKER

## Chitrakshi Vij



Contd ...

Not just my goals, I didn't know I could improve my evaluations so much. From giving myself 2 days of break before even thinking about the next speech, I am now creating speeches in my head right after the speech I delivered. I do the same with my videos. I have received feedback that I even know mattered, and it ended up making the world of a difference in my trainings.

In order to succeed in any domain of life, one must always plan because, failing to plan is planning to fail. If you have your goals clear in your mind and consistency a part of your discipline, nothing can stop you from being better than you were yesterday.

## WHAT IS SPEECHCRAFT?



- 8 weeks Program
- Individual Mentoring
- Structured Curriculum
- Hands-on Practice
- Education Sessions
- Toastmasters Certificate
- Program Credits
- Minimal investment



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# **SPEECH CRAFTER TO TOASTMASTER**

## **Shilpa Reddy**



Never knew that I should have started my journey as a soft skills coach only after mastering the art of Public Speaking, until I started my journey with Speechcraft Program. I never realized there was so many concepts to put into practice before I joined this.

This program with all the challenges, discipline and detailed evaluation helped me strengthen my public speaking skills. Three major things I have learnt from this program that really stood out for me are -

- 1 - There is always a better way of doing things, always a better person to learn from and always a learning to master a skill.
- 2 - To not give reasons or find reasons to escape from learning or being evaluated.
- 3 - Given the opportunity and liberty to choose variety of topics which I was not knowledgeable at or comfortable with helped me understand my areas of strength and weakness more in speaking as well as a person so I can work on them.

I was delighted to be a part of this boot camp and this experience did ameliorate my speaking skill. Thankful for the whole team for being so supportive, particular, objective and assertive.



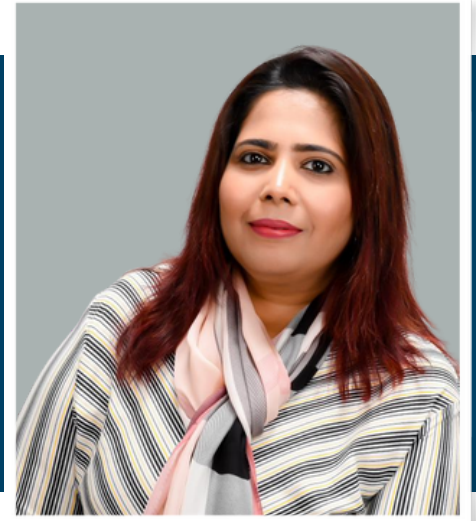
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# MY PUBLIC SPEAKING JOURNEY UNLEASHED

## Meenaakshi Todi



FROM FEAR  
TO POWER

As a child in class five, I froze when asked to speak. Mocked by my peers and English teacher, leaving me feeling weak. The anger became hidden and intense, residing in me. As I avoided the spotlight, fading into the black sea. The fear of the stage was deep inside me. Yet I smiled and nodded like nothing was wrong, trying to hide my misery.

Even as an adult, running a workshop for kids. I let my partner talk, afraid of what I'd forbid. With trembling hands, my heart would race. And drops of sweat running down my face. But fate had other plans; when I met Hrithik Roshan. I fumbled and shivered, feeling like a scared fawn. But he spoke to me kindly, and said it was okay. Even he fumbled sometimes, despite all his practice each day.

That was my first step to overcoming my fear. Of speaking in public and letting my voice ring clear. Even then, I still felt anxious during my TTT speech, My fingers twitched, and my back began to sweat and breach.

Contd ...



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# MY PUBLIC SPEAKING JOURNEY UNLEASHED

## Meenaakshi Todi



Contd ...

But with the Speech Crafter program and Toastmaster's Table Topics. I got the handholding needed to gain more confidence and not flop. Pushing through the obstacles, courage knocked at my heart. Telling me I had a voice to showcase my art.

I could use it to make a choice, speak my mind, provide insight. To inspire others, to create unique ideas, synthesis, and delight. So I took a deep breath and stepped up to the mic. And let my fear of public speaking take a hike. I felt the fear but refused to cower. Instead, I spoke with all my power!

I found the courage to shine so brightly like a glare. That I had never done, even for a dare. The more I spoke, the easier it became, and I used my voice to empower each speaking game. At that moment, I felt like a tower, Taking on challenges with all my power.

Now I stand before you, confident  
and bold,  
No longer held back by the fear that I  
once told.

I conquered my fear thanks to  
Speech Crafter's hold,  
And now I'm unstoppable, with my  
power ready to unfold.

So don't let fear hold you back,  
Take a step forward with grace  
and attack,  
And let your voice be heard,  
In every time and every place,  
don't be deterred.



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# BREAKING BARRIERS



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“

The Gabbys meetings are efficient, educational, entertaining and original.

The team members always make visitors feel welcome with words and involvement and certificates which make it a successful and memorable club.

A meteorite success. All good wishes for an equally successful future.

**TM Angela Lansbury**

**Bradell Heights Advanced TMC**

## CONGRATULATIONS !!!

Heartiest Congratulations to our member, **Toastmaster Bala Venkat** for winning at the Area Level Contests in District 80, Singapore

- International Speech Contest, Area B2, D 80
- Evaluation Speech Contest, Area T4, D 80
- Table Topics Contest, Area T4, D 80



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**TM Pragy Maheshwari**  
**Rajasthan Toastmasters Club**

“

Congratulations to The Gabbys toastmasters club for achieving the milestone of 125th meeting. On this occasion I want to extend my regards to the each and every Toastmaster who directly or indirectly participated in this journey of 125 meetings. I also attended couple of meetings of this highly active and enthusiastic club and learnt a lot from it's incredible members. I must appreciate the members of The Gabbys they are toastmasters beyond club boundaries. Always ready to help members beyond club. They truly showcase the core values of toastmasters. My best wishes to The Gabbys to achieve more milestones in their upcoming journey.

## THE GABBYS EVERYWHERE !!!

In this Program Year alone, The Gabbys members have taken up roles in more than 100 meetings outside their home club.

Our Members have taken up Chief Judge, Voting Judge & other roles in more than 50 contests outside the home club.

More than 50 Educational Sessions have been conducted by our members for other Clubs & Districts, including District TLIs for District 9, 126 & 92 in this Program Year



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My first visit to The Gabbys was during their club contest as the Chief Judge. Based on the social presence I got the vibe that it was a happening club. I realised why it's a happening club after meeting the members.

A club becomes great because of its members. The Gabbys had one of the friendliest yet competitive members which elevated the club to a superior level. A club, where you feel welcomed and respected throughout. The attention to details during the club contest also reflected the club's commitment to service and excellence. The Gabbys in true sense is a Quality club. I look forward to joining the meetings of this club to further savour the essence of the club.

Wishing The Gabbys Toastmasters club heartiest congratulations for reaching the milestone of 125th Quality meetings. I am sure it will go a long way emanating the values of Toastmasters and improving people's lives.

**Dr. Somsubhra De, DTM**  
**MUCM TMC & ALTO TMC, District 102**

## THE GABBYS

# SERVING BEYOND THE CLUB



**SOURAV DUTTA, DTM**  
**DIVISION DIRECTOR**  
**DIVISION B, DISTRICT 92**



**TM NAGESH**  
**RAMAMURTHY**  
**AREA DIRECTOR**  
**AREA B4, DISTRICT 92**



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It is a pleasure to know that The Gabbys Toastmasters Club is achieving the distinction of holding its 125th milestone meeting.

I have had the privilege of attending their meetings since inception and watching the club grow under the able guidance of dedicated members and mentors.

The members of The Gabbys are quite creative and energetic in their meetings. They have been involved in various productive activities within their district and with other districts. It's a wonderfully managed club .

I wish them all the best in times to come and look I forward to contributing my part to the growth of The Gabbys

**Navin Parwal, DTM**  
**Jaipur Toastmasters Club**

## THE GABBYS

# SERVING BEYOND THE CLUB



**NANCY GOEL, DTM**  
**EDUCOM LEAD**  
**DISTRICT 92**



**TM APARNA RAJA**  
**BUDDY CLUB CHAIR**  
**DISTRICT 92**



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First of all, I want to congratulate the Gabbys for successful 125 meetings. It's a huge milestone and I wish you more.

The Gabbys is a strong and organized club. All the members are very sincere and talented here. I have done TMoD and other roles here. The meetings are well organised, all the role players do fantastic job.

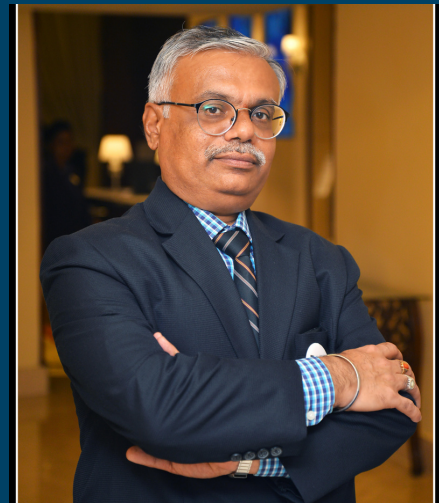
In a short span, The Gabbys have raised the bar to a level where many other Toastmasters clubs have an opportunity to adopt some best practices from them.

The Gabbys- keep it up

**Saurabh Tiwari, DTM**  
**Spellwizard Advanced Toastmasters**

## THE GABBYS

# SERVING BEYOND THE CLUB



**TM NAGESH R**  
**CLUB MENTOR**  
**KONGSBERG**  
**TOASTMASTERS**



**TM DHWANI**  
**ADESARA**  
**ASSOC AREA**  
**DIRECTOR**  
**AREA B1, D 92**



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If my memory serves me right, The Gabbys was one of the first online clubs to be chartered during the Lockdown years (Sep'2020) in District 92. During a period when most Toastmaster Clubs were facing difficulties to adapt to the online mode of Public Speaking, The Gabbys became a model club for engaging interest of members and growing from strength to strength.

The USP of course goes to the energy, enthusiasm and willingness of its members to innovate and to make Public Speaking and learning subtleties of effective communication fun. One thing I admire the most besides the speeches of Aparna and Table Topics session of Lakshmi is the thought-provoking perspectives provided by a number of it's members in their speeches and actions. That is one reason that compels me to attend The Gabbys Meetings on a Saturday morning.

**TM Oreojit Ghosh**  
**Hoodi Toastmasters Club**

## THE GABBYS

# SERVING BEYOND THE CLUB



**TM BALA VENKAT**  
**CLUB SPONSOR**  
**KONGSBERG**  
**TOASTMASTERS**



**SUSMITA**  
**BAIDYA, DTM**  
**CLUB COACH**  
**SPEECH WEAVERS**  
**TOASTMASTERS**



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The Gabbys is one of those clubs which has never disappointed me in terms of quality of meetings and enthusiasm of members!

The innovative meeting themes, the personalised invites, the post meeting connect and many such small but important aspects of The Gabbys are learnings and takeaways for many of us!

Despite being formed during the online stopover and being mostly an online club, The Gabbys stands as a true example of teamwork and one-team-one-dream stance; of course, the dream of excellence, where the club has given as eminent and important leaders and speakers.

More power to the club! And of course, all of my love.

**Abhisikta Chakraborty, DTM**  
**Division Director, Division C, District 92**

## THE GABBYS

# SERVING BEYOND THE CLUB



**NANCY GOEL, DTM**  
**CLUB MENTOR**  
**PHILLIPS**  
**TOASTMASTERS**



**TM APARNA**  
**RAJA**  
**CLUB COACH**  
**POWER SCHOOL**  
**TOASTMASTERS**



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I remember, I was part of initial meetings of The Gabbys, now its celebrating 125th meeting is a great achievement.

A real happiness is not only with self-achievement, also important what impact was created to others. The Gabbys and members have made a huge impact on Toastmasters all around the world. I always wonder how these members have same energy and excitement and looking for new learning and being example of others week after week. That's how the club stand out tall.

I was part of 50th meeting, 100th meeting and now 125th meeting. I am glad to be associated with The Gabbys and wishing more and more successful meetings to create more powerful and confident speakers and leaders in our society.

**TM Rajesh M S**  
**Dell Sukti Toastmasters Club**

## THE GABBYS

# COMMUNITY OUTREACH PROGRAMS



## TOASTMASTERS SPEECHCRAFT EXPERIENCE

We ran 4  
Speechcraft  
batches in  
partnership  
with Division B,  
District 92 for  
the members of  
IMPA.

More than 20  
Speech-crafters  
graduated from  
the program, 4  
of them went  
on to become a  
Toastmaster.



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I got invited by my dear friend Nancy to attend one of the meetings of The Gabbys Toastmasters very recently and I must say that I loved the experience.

Right from the TMOD to the presiding officer, not just were all the role players so well-prepared but I also noticed how warm and welcoming all the members were towards all guests like me and even the newer and less confident members of the club..

I learnt so much from those 2 hours of the meeting I attended that day. I would highly recommend attending at-least one meeting of The Gabbys for all Toastmasters.

This is totally worth experiencing and cherishing.

**Ekta C Shetty, DTM**  
**JPKU Toastmasters Club**

## THE GABBYS

# COMMUNITY OUTREACH PROGRAMS



## OPEN HOUSE FOR MEMBERSHIP BUILDING

On the eve of International Womens' Day, we partnered with a non-profit from Maharashtra, India for an Open House session.

Post the Open House we have added 5 new members and counting.



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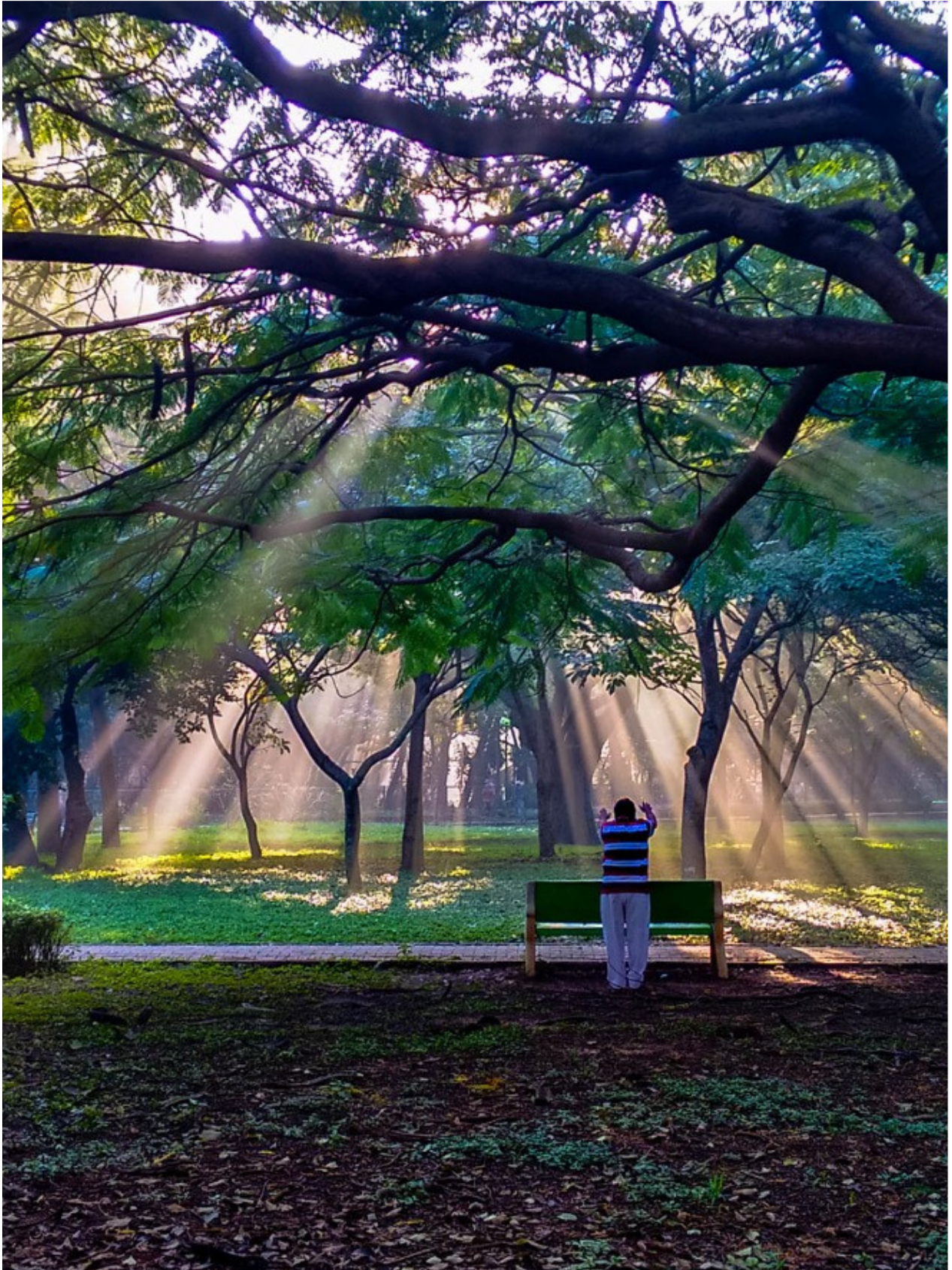
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# REMINISCING THE GABBYS



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**KAUSER KHAN**

# THE LOST LINK

**EDITOR'S  
comments**

*TM Kauser Khan was one of the 23 Charter Members of The Gabbys Toastmasters Club, who played an active role in chartering the club right from scratch.*

Has any one of you been away from home for a considerably long period of time, as you had no choice but to move out? And to make it worse, not having a clue as to when the winds of destiny would blow you back into your cozy abode.

Yes, at least me!

Contd ...



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Contd ...

The gabbiest of the Gabby's!!! Kauser Khan. Ask her, and she will bring alive all the interesting characters and the wonderful memories of the Gabbys family!

Nancy Koel! I mean the Goel whose speech wove threads of melody. Omg! He flashes across my mind time and again like nobody's business! Where do I start? Even a patta(leaf) never moved without the consent of Dutta, the rave, which The Gabbys always rave about!

And the aka, also know as the born joke master. Did her humour leave a single computer screen unshattered with the uproar of laughter?

Then goes someone as smooth as the strings of a Veena, luring anyone into doing anything for her; obviously !that's Reena.....guys.

Good Lord! How could I ever miss-out-on-thiss? King George VIII also would never hesitate, to go on his knees to ask her hand in marriage, impressed by her eloquence in speech. Do I need to mention her name? Well, who? Other than Rithoo.

Never to forget the two Lakshmis, the brackets protecting The Gabbys, one the opening bracket who is an epitome of grit, zeal and determination. And the other, the closing bracket, a calm and quiet damsel, who so often pulled in laurels for The Gabbys.

Last but not the least, the 'Up arna, because whom the Gabby's will, for eternity, have an upper hand over all the other Toast Master clubs.

These were just a few to mention. However, every 'Gabbyite' is a unique gem so to say; studded in the Royal Crown of The Gabbys.

So you idiot! Your relationship with The Gabbys family doesn't just end with a wine glass drama as a joke master or a few costumes which you showed off to get the 'Best Costume' award every week.

There's so much more to do.

Get back home, soon, soon, soon!

**Darling Kauser !!!**



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# PAST MEMBER ALPANA DAS



I was part of The Gabbys only for few months, but I was highly impressed by the level of dedication members had and the quality of the club is unmatched.

## THANK YOU !!!

The Gabbys Members, the members of the Club Executive Committee and the Editorial Board of UBUNTU 5.0 expresses the most sincere and deepest gratitude to all the 23 Charter Members and all the Past Members. UBUNTU !!!



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