

The Gabbys Toastmaster Club
Area E3 | District 92



THE GABBYS NEWSLETTER

UBUNTU

I AM BECAUSE WE ARE



Contents

President's message	1
Editor's address	2
Area(E3) Director's message	3
VPED's message	4
Toastmasters International	5
The Gabbys TMC	7
Expressions	10
Testimonials	21

President's message

A sail against the stream

Dear Gabbys,

March 2021 approaches with a lot of excitement as it marks the completion of 6 months of the journey of 'The Gabbys Toastmasters Club'. Here is a sneak peek into our expedition.

Bon Voyage!

When the entire Toastmasters' fraternity was dealing with the challenges of virtual meetings, membership churn and the whole pandemic situation, a group of 23 loquacious people planned to come together virtually and chartered a new club. We named it 'The Gabbys'. That's how 'The Gabbys Toastmasters Club' came into official existence on 11th of September 2020.

With the tremendous support from the executive committee members, as well as the club members, I humbly stepped up for the President's seat which came along with a set of responsibilities. The expedition became interesting when a bunch of brilliant officers joined me to take up the challenges. Our continuous efforts to practice "Servant Leadership" brought in merriness and an invigorating experience for the club members.

As the quote goes, "As we look ahead into the next century, leaders will be those who empower others." – Bill Gates. We as officers of The Gabbys have empowered our members to an extent that they were able to successfully conduct a meeting without any of the officers present. The feedbacks received from our guests were exemplary.

From the time of inception, we strived hard to achieve the most while never compromising on the quality, and I can proudly state that each member of 'The Gabbys' contributed towards this goal. From grabbing the award for 'spooky speech contest' at area level or the debate competition at division level to winning the best speakers, role takers, auxiliary role takers, table topic speakers in several different clubs all across the area, division, district and regions, we have always performed our best. We not only achieved 10 'DCP Points', 38 'Educational Awards', 16 'Active Listening' awards and 3 'Critical Thinking' awards in this time frame, but we also ensured the President's DCP Club status by growing from 23 to 32 in number.

I am thrilled to announce that our VP Education, TM Sourav Dutta finished his whole pathway in 78 days, which is a spectacular and almost impossible achievement. A one of its kind record in district 92. Our voyage spanned a plethora of exciting events such as 'Open House Event', 'Linker's Meet', pathbreaking sessions, educational sessions and contests at various levels. We received a huge support from District Leadership team as well as the members of our sister clubs. All these facts helped the club members in enhancing their communication skills, expanding their network and exploring leadership in its true form.

This defines the fine exuberance which each member of The Gabbys Club brings to the table, despite setting a sail against the storm during the Covid times.

I sincerely thank every Toastmaster who stood with us during the journey. We are on our way to exemplify "How to make Mojito when life gives us lemons!" and I am sure, together we will have a blast, even if that's virtual! Let's continue to sail, to learn and grow together!

TM Nancy Goel,
President - The Gabbys



Editor's Note

"No one can whistle a symphony. It takes a whole orchestra to play it." -
H.E. Luccock



Beginning of February 2021, The Gabbys officers met to discuss a few crucial matters. The Newsletter being one of them. The officers came to consensus that release date should be on 6th March 2021 along with our 25th Meeting. With only a dead line ahead of me, and having almost zero experience as an Editor of a Newsletter , I set a sail. A boat sets a sail only when its parts come together and work as a single unit. Hence I went in search of an enthusiastic, ebullient and dependable team.

On 6th February, couple of our members came forward to volunteer and be part of the "GABEDIT" team. What fascinated me was, each member knew exactly what their strengths were and hence work was divided accordingly.

We had three teams - Content collation, Proof reading and Design and internal timelines were set for each team.

Then came the big question - "WHAT IS THE THEME" . We had some interesting entries like - **UBUNTU, Milaap, Cup Shup, Chat-eria and Gabbster** . Since no other word could describe a club that has grown by building strong bonds with clubs around the globe and collaborating with them, we unanimously selected "**UBUNTU - I am because WE are**".

It was impressive to see how smoothly the boat had set a sail from the very onset. The content collaboration team efficiently and diligently followed up with each member of the club for articles, the proof reading team put on an extra pair of glasses to ensure nothing escapes their X-ray vision and finally the design team went through a complete transformation from being naïve to experimenting, exploring and learning the art of designing a newsletter.

Overall UBUNTU Volume 1 is the result of the assiduous, extensive and sterling effort put in by the "GABEDIT" team. We would like to thank our President, TM Nancy Goel and VPED TM Sourav Dutta for their constant support and meticulous follow ups with our guests and external members.

This work of art wouldn't have been published if it was not for the enthusiasm and zeal of THE GABBYS TOASTMASTER CLUB members to submit their articles on time. Yet again we proved "**I am because We are**"

GABEDIT TEAM

Proof Readers



TM Kowser

TM Ritu

Content Collaborators



TM Shrilakshmi

TM Akanksha

TM Rinku

Designers



TM Lakshmi

TM Bindhu

Area Director's message

A BIG BANG

A Big Bang is a cosmic phenomenon that created the universe we live in.

A Big Bang also happened in the year 2020 in District 92, Toastmasters International - the most unlikely year to hope for good things -

"The Gabbys Toastmasters club".

At start, I believed this is like any new club that gets chartered - Naïve, shy, and always in doubts. But within a few days of meeting them, I was proven wrong. A big shout out to the club officers for not just setting sail this year, but also steering towards several key milestones in full mast.

The one thing I learned from The Gabbys, is always stay hungry to learn. Despite being a new club, they showed a fierce hunger to learn and explore everything about Toastmasters. At times, they made me wonder if my understanding was right!!

The other thing is to give back to your support system. I see many important initiatives by The Gabbys to help their members get an all-round learning and development in the club and outside. The success of the special session for IMPA, holding Linkers meet with multiple foreign clubs, becoming a buddy club for Kongsberg TMC or having a Pathbreaker within 3 months of chartering are the testimonials of the impact this toastmasters club has left in our community.

I thank the Gabbys for their support and trust shown in this initiative.

I strongly believe that this is just the beginning and one can hope for many great things from you. With a prayer that your energy continues to soar for days to come, I wish to see you shining bright amongst the stars and above all make everyone know that you are here to stay.

Regards

Ashwin Raghunath

Area Director E3

District 92,

Toastmasters International



VP Education's Message

TOASTMASTER IS FOR... EVERYONE!

Very frequently I've come across this question, is Toastmasters for me?

The doubt stems from what we do, who we are and sometimes, how we speak. For instance, I am an engineer. My day job doesn't need me to interact with more than a couple of people at work. Do I benefit from being a Toastmaster. Or, I am a homemaker, a full time mom, why should I join Toastmasters or I speak so well, have been keynote speaker for a decade now, then why TOASTMASTERS? Is there anything that I can really get out of this?

The answer to all these questions is - YES, you can benefit from being a Toastmaster. Unless, you are a Robinson Crusoe and you are stuck up in a God forsaken island, totally on your own, with no access to internet!! But then, in that case, there's a slim chance you'd be reading this. So if you're reading this, Toastmasters is for you.

Whoever you are, whatever you do, wherever you stay and irrespective of how awesome or awful speaker you are. There are doubts and some myths about public speaking and here I'm making an attempt to bust some of those.

First, "Public Speaking is for leaders and lawyers and teachers. If I'm an individual contributor at work or a homemaker, I don't need public speaking." Nothing could be further from truth. If you're interacting with even three people in a meeting or raising a toast at your friends marriage, public speaking is for you.

The second myth, public speaking is a natural talent and you either have it or you don't, but you can't learn it. This holds back many and they call themselves glossophobic. The fact is Public speaking is a skill, that you can develop, hone and keep excelling at. And the learning never stops even if you have made 100, 1000 or 10,000 speeches because your biggest room is still the room for improvement.

The third myth, Toastmasters is only for Public Speaking. Out of all the myths this is the biggest and farthest away from truth. Yes, public speaking is the platform and anything that we do in Toastmasters is centered around public speaking. But there is so much more to it. One, there are 11 paths that cover a gamut of skills that you can hone like Coaching, Mentoring, Leadership, Strategic Relationships, Innovative Planning, Influencing and so on. And it's not just the education and pathways. When you pick up a club officer role you get a real world hands on learning experience of doing many corporate jobs. The Club President is the role of a CEO. The VP Education is as good as playing the role of a Chief Operating Officer and Chief Learning Officer. The VP Membership role gives a hands on experience of sales and business development. And the VP Public Relations is like the Chief Marketing Officer. And why even a Club Officer role. In club meetings as an Evaluator you learn to give feedback, as a TMOD you learn how to execute well, as a Timer your time management skills get better, Aah Counter & Grammarian roles enhances your command over the language.

So, to conclude, the benefits of a Toastmasters Club goes much beyond the pathways and speeches. The benefits can be derived by anyone and everyone who's ready to invest in fun and fearless learning.

So start your toastmasters journey TODAY! Because **"what is not started today is not finished tomorrow"**.

TM SOURAV DUTTA
VP Education,
The Gabbys Toastmaster Club





TOASTMASTERS INTERNATIONAL

WHAT ?

Toastmasters International is a nonprofit educational organization that offers a proven education program that helps improve communication and build leadership skills through a worldwide network of clubs

WHY?

Whether you are a mature manager, student, young professional or career advancer, Toastmasters is the most efficient, supportive, enjoyable and affordable way of gaining great communication, networking and leadership skills.



HOW ?

A typical Toastmasters club meets once a week and encourages its members to participate by taking up meeting roles, speaking in table topic and prepared speeches and by offering/receiving constructive feedbacks.












There are 11 pathways(educational programs) that Toastmasters provides to its members. Each pathway is meticulously planned covering every aspect of the respective Pathway

TOASTMASTERS INTERNATIONAL

With Toastmasters, you will:

	Improve public speaking skills		Build leadership skills
	Practice writing speeches and presenting in a group setting		Gain a competitive advantage in the workplace
	Networking opportunities in a small and supportive environment		Build self-confidence and self-awareness
	Allows for unlimited personal growth		Ability to maximize your potential

The 11 Pathways - Education program

 Dynamic Leadership	 Effective Coaching	 Engaging Humor	 Innovative Planning
 Leadership Development	 Motivational Strategies	 Persuasive Influence	 Presentation Mastery
 Strategic Relationships	 Team Collaboration	 Visionary Communication	

THE GABBYS TOASTMASTERS CLUB

UBUNTU - "I AM BECAUSE WE ARE"



ABOUT THE GABBYS



A relatively new club that was chartered in September 2020 with a bunch of 23 enthusiastic and ebullient Image Consultants and Soft Skills trainers. Ever since, we have been meeting online every Saturday morning. Along with the eloquent speeches, impeccable evaluations and outstanding table topic sessions, its the theme based DRESS code that adds an extra flavour to our meetings .

We are where we are today because of two main reasons, a leadership that LEADS with an example and members who trust and support their leaders.

Transparency in every decision that is taken, actionizing the valuable feedbacks of our members and a strong MENTORSHIP PROGRAM has uplifted and thrust our growth.

IN just 6 months!!

- A pathbreaking speech by TM Sourav Dutta in just 78 days
- 2 successful Linkers meet
- An Open house for Image Management Professionals Association.
- Collaborated with ~30 clubs worldwide
- Members have won ~80 best speaker, best role taker awards in other clubs
- 25 marvelous meetings
- 10 DCP Points
- 38 Educational Awards.
- Trailblazers and Fast five awards
- ~ 90% renewals
- 100+ LinkedIn and Facebook followers

Join our GABBACIOUS MEETINGS



Day - Every Saturday
Time - 10 AM to 12 Noon IST
(GMT+5:30)
Online - ZOOM





OFFICERS

Not just a random girl NANCY
PRESIDENT



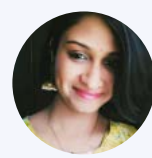
The Simple and Sociable SOURAV
VP EDUCATION



That weird girl APARNA
SECRETARY



The Sweet and spicy NETRA
VP MEMBERSHIP



Affable and Dependable AKANKSHA
TREASURER



The Gregarious SHRILAKSHMI
SAA



Resilient and Radiant LAKSHMI
VP Public Relationship



OUR WARRIORS

The Calm and the Kinetic KOWSER



The Titleless Leader BINDHU



Ambitious & Perseverant LEENA



Love thy name MOYNA



The Zesty and Zealous ROHITA



Vivacious and focused RITU



Resourceful and Resilient RINKU



Bubbly and Charismatic NEELU



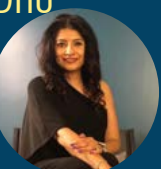
Adenturous and Adaptable MADHU



Diligent and Scrupulous MAMATHA



The girl with wings GITANJALI



Irreplaceable and Unique ROHINI



Golden Heartt and a Stardust Soul REENAA



Vibrant and Cheerful VIDYA



The go getter Attitude girl TRISHLA



Witty and Logical SAI



Jubliant VEENA



Friendly and Adventurous PREETI

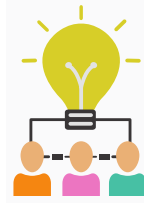
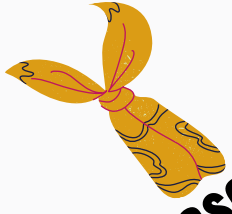


No Nonsense SANDHYA





Theme based dressing



Meetings and awards



EXPRESSIONS

Building a personal brand on Social media

The power of Social Media - we all know it! Especially in times like this, digital platforms have become a crucial part of our lives, as well as any business. With everything around us turning digital; having a strong presence on social media is inevitable and it's a must!

Social presence not only showcases your brand but also helps in reaching a wider audience. It crafts an online persona that reflects your values and professional skills.

Since visitors & prospective customers form an opinion about you based on content posted on your social media pages, it is important to be mindful of how you conduct yourself online. Here are a few tips for building a strong presence on social media

1) Find your Niche- The first step is to identify your area of expertise and target audience by narrowing down the options. Curating unique content that resonates with your target audience will not only earn you loyal followers but position you as an expert in a particular field. Stick to your niche by keeping the professional page separate from the personal. This will help you create a strong brand identity without unnecessary clutter or noise.

2) Create original & Engaging content - In the world where "Content is the King", duplicity may not be very helpful. Reposting is good, but when done frequently, it may show a lack of originality. Create engaging content through pictures, thought-provoking write ups or simple yet useful tips. Develop a unique style by expressing your views and sharing ideas. Asking questions, inviting suggestions and crowdsourcing can be some of the great ways of connecting and interacting with your audience. At the end of the day everybody looks for "what's in it for me".

3) Be consistent - Consistency is the key to create a strong brand identity. Be consistent with your ideas and the ways you present. A uniform brand voice, image & tone across all the platforms can make you memorable and trustworthy. When it comes to posting content, overshare can make you look desperate at the same time posting less may impact your brand recall. Posting 3-4 times a week is ideal for individuals.

Creating a personal brand on social media isn't easy. It's a long-term process which requires a lot of thought, research and consistency. More than how you look or what you own, it's about what you stand for and what people should expect when they visit your page. Create a memorable brand for you on social media!

Let's go DIGITAL!!



Madhulika



Aparna Raja
Club Secretary

THE BIG LITTLE VOICE

The stage stands tall and dark,
An epitome of promise and fear.
Stringing words in my head,
Shattering ice, a task more menacing than I feared.
And then the little voice said,
But that's how Orators are made.

Spanning paths untrodden,
Knowing not what lies ahead,
Wondering if it was to make me a fool,
Or bring forth a hero;
And then the little voice said,
But that's how Leaders are made.

Pushing boundaries farther than deemed possible,
Sharing dreams and inhibitions with my newfound kin,
Hoping on hope
This path leads me to a pedestal with my name on it.
And then a little unwavering voice said,
That's what Toastmasters make.

Discovering myself

Toastmasters is a platform to practice your public speaking skills, getting rid of stage fear and gaining confidence to face people. This is what I knew about toastmasters. It was a good enough reason for me to take the plunge and join this institution. I was yet to witness the magic of Toastmasters. A few of us joined hands to start our journey and created this magical club called 'The Gabbys.'

We ventured out because we had a leader in whom we all trusted, Sourav Dutta, the father of The Gabbys. His passion and conviction were contagious and all of us, the officers and the members were soon infected. Every meeting was a mission, which concluded as a celebration. Learnings from every meeting were incorporated and we improved every week. The excitement did not lessen but only increased with time. Targets were set and achieved, awards won by the club and the members. Our new club became the talk of the town. Being a part of The Gabbys became a matter of pride for all of us.

A TM club is not an organization but a family. Every Saturday meeting is awaited the whole week. Amidst the pandemic, The Gabbys meetings have become a safe haven for all of us. Personally, being a part of the EC, I discovered my strengths, networking and building relationships. Being a treasurer and then VP Membership, I learnt, people do not buy what you sell, they buy what they believe. Toastmasters turned out for me, a place to grow, to challenge myself, a place where I felt safe opening up about my insecurities, where I am not judged but where people help me in becoming a better version of myself.

The following quote by Carol Dweck is the perfect description of The Gabbys club and its members, "Love challenges, be intrigued by mistakes, enjoy effort and keep on learning."



Netra
VP Membership

Taste of Toast

"Oh! It's already 9, Sharmila! take the bread out, fast, please" I said, looking at the kitchen clock. "Yes ma'am, I know you have your toastmasters meet today, which is why I came early" said my cook with a big grin on her face. "Shall I quickly make some coffee for you ma'am?" "Coffee? make that later, I want to eat something before that " I answered.

My younger sister had come over the night before, to spend the weekend with me. She overheard the conversation as she walked into the kitchen. "Aapaa!" she exclaimed, "you always hated cooking, right? How come cooking classes? Tables have turned, haha! I'm rather shocked to hear this."

My help, Devi, who purely believes in efficiency and dedication towards her work, was silently washing the dishes. This soul, who never utters a word unless necessary, suddenly turned around and with a giggle, told my sister, "Ma'am she's not learning cooking, she is 'Twist master', don't you know? She dances so well, even at this age, and now she is teaching twist! Isn't that correct ma'am?" she asked me confidently. None of this seemed funny to me at this moment. It was all one big ruckus which was agitating me and making me even more nervous. My head was literally spinning as I'd hardly slept the previous night. I was revising in my mind, my 'Ice breaker' speech. I was so tense that I broke out in a cold sweat. I asked myself, "why did you ever have to put yourself into this situation? Weren't you quite happy not being a toastmaster?"

My husband who was a little away at the dining table, probably overheard the conversation. But his ears had only picked up titbits of the whole conversation. He walked up to me saying "listen dear, I've already told you that I don't approve of alcohol in my parties. Raising a toast is completely out of question, and more over on our wedding anniversary? No ways! It's going to be a party with crispy Chicken Kebabs for starters, sumptuous Mutton Biryani, Rogan Josh, Nihari, Naan and Sevian for main course" and with a chuckle he adds, "and let me leave the dessert to your choice darling." And here, in my head, arose a hurricane. I could make no sense out of what he was saying. It was not the appropriate time to discuss this, damn it! Neither was it so urgent nor was I in a state of mind to discuss this.

My mouth was filled with dry bread toast and it refused to go down my throat. The coffee? it was too hot. Adding salt to the wound, my cook Sharmila extends her hand "one more toast ma'am." I rushed out of the kitchen, ran up the staircase, switched on my laptop, and logged in. "Good morning Kowser, you're looking awesome today," says a soothing voice, that was the dainty President of The Gabbys. At the end of the meeting, I hear the same voice again, "Best Speaker, Kowser Khan." Who on earth would regret becoming a TOASTMASTER?



Kowser Khan



Conquering the Goliath within

The hardest part is not to make a decision, but to take action after you've made one. Joining the toastmasters club was a conscious decision to polish the skills I had and learn the skills I did not have. It was the beginning of a new journey although it started with a lot of doubts. To begin with I wasn't even sure if I could take out time for the meetings, but my strong intent made it possible. I realized that I had to invest in myself if I wanted to grow further, discover this new person in me and advance my skills as an orator.

Speaking spontaneously has always been a matter of concern for me. I would run out of words for an out of the blue or a completely unexpected question. I would see stars and planets, but this journey with toastmasters has helped me realize the hidden potential in me. It provided me with a conducive environment to gain new knowledge, get better at receiving constructive criticism and embrace positive feedback during every session.

Whether you are flawless or not, members of The Gabbys TMC makes sure that your talents gets noticed and are nurtured. It is here where I find true encouragement to understand and reflect on my weaknesses. It presented me with a chance to confront my inner Goliath. With people always having my back, the way I saw myself earlier has now completely shifted.

It is such a relief to know that there is no one to drag us down with blunt remarks, but just a group of enthusiastic learners eager to support and help each other grow. The Gabbys TMC has provided me tremendous support and the positivity exhibited by the entire team itself makes one come back looking for more. The pleasure never ceases and the learnings too. I have learnt not just to deliver a speech but to deliver an engaging, passionate and well-structured oration to my audiences.

Abraham Lincoln quoted: "Give me six hours to chop down a tree and I will spend the first four sharpening the axe."

We are all here for a purpose and whatever purpose I'm called for, I'm sharpening my skill sets so that when the opportunity knocks, I'm ready to accomplish it meaningfully.



Leena Mary



Toastmaster Meeting Roles

I joined The Gabbys Toastmasters Club in October, 2020 and since then have taken up a few roles in the meetings we've had. Here is my take on some of those roles

1) Timer: A Timer is an extremely important part of any Toastmasters meeting. Without a timer the meeting can never be well coordinated or well balanced. However, according to me this is also the most unappreciated role in the TM meetings, especially in the virtual environment (well, that's the only one I have experienced!). As a timer you have the longest and most monotonous introduction speech, which you have to read while smiling and knowing that no one is paying much attention to it. You do not have the luxury to get lost in other's speeches made during the meeting. Most of your attention has to be on the unexciting stopwatch, not on the interesting events of the meeting. That constant pressure of changing the background from green to yellow to red, then finally stopping the timer and changing the background to blue again. Then repeating all this all over and over again throughout the meeting! I think the timer should get an award in every meeting - "Being Timer". Having said this, I feel a timer plays a key role in ensuring that we learn how to communicate effectively within a stipulated time frame.

2) Ah -Counter: Playing this role has made me learn a lot about my own "Ah-s", "So-s" and "And-s". After playing the Ah-counter multiple times I thought I had improved. When I was a speaker in a meeting, the Ah-counter noted that I had "unnatural pauses!" Those pauses are where the "Ah-s", "So-s" and "And-s" used to go and now I ...do not ... know...what to ... fill ...these... pauses...with?

3) Grammarian: This is the role that I have played the most. I have been a grammarian three times in the last five days already! In my school days, whenever I wrote to my Grandpa, he would mail the letters back to me with all the grammatical corrections in red. I think being a grammarian is in my blood and my Grandpa would be very appreciative of me taking the family legacy forward!

4) Evaluator: I have been on the receiving end of this role many times. I have been served a variety of sandwiches; from the thin layer of feedback patty in between the thick fluffy bread that was too sweet with praises, to the thin bland bread of praises with a thick spicy patty of recommendations (that almost made me cry). After all these evaluations, what I have learnt is that though the bread definitely needs to be sweet and fluffy, the real muscle growth is in the patty. So, the recommendations are extremely important to help us become better, even the ones that make us cry!

5) Table Topic Speaker: This is the most important reason why I am at Toastmasters and while I struggle with it, I have seen many members weave stories with proper introduction, body and conclusion on any topic they get. I am an incredibly good Table Topic Speaker an hour after the meeting has ended or even when I see a member start their story with a wonderful introduction but during the meeting when it is my turn to participate, well... I am still working on it!



**Akanksha
Srivastava**
Club Treasurer





PARADIGM SHIFT

I was an introvert and extremely shy during school days. I would never take part in any extracurricular activities except during Christmas celebrations, since it was mandatory to participate as it was a convent school. After high school I never ventured into public speaking again. It all changed in August 2020, when under the guidance of my mentor and friend Sourav, we decided to start our own Toastmasters Club by the name of The Gabbys Toastmaster Club. With the support and encouragement from my friends Sourav and Netra, I took up one of the key roles as a Sergeant at Arms or SAA, a role which requires me to chair the social and reception committees. Over a period of time, I started gaining confidence and noticed immense improvement of my public speaking skills. Gradually, after a series of meetings I even started to take up various roles in other clubs. When I had begun my journey, the speed at which I delivered my speeches was way too fast. After continuous practice I overcame this and have started pacing my speeches well. I have noticed plenty of positive changes not only in my confidence and patience levels but also in my concentration and listening skills. These changes have helped me both professionally and personally. I am an Image Consultant and a Soft Skills Trainer by profession and my job requires me to conduct sessions in front of large groups of people. After being a member of Toastmasters I feel I have undergone a three-hundred-and-sixty-degree transformation from freezing on the stage as a child during a performance to being able to stand in front of a large audience and speak confidently. Those around have started paying compliments to me and I have also been receiving plenty of positive feedback from my family, friends, peers and senior members of the club. Recently, I met a friend after a long time who also appreciated the changes she observed in me. I have now started taking part in International Clubs and have had the opportunity to interact with their members as well. My mentors Sourav and Lakshmi ensure that I continue to grow along with them. I feel I have come a long way but there are greater heights still to be achieved. I will be ever grateful to The Gabbys Toastmasters Club for nurturing me in my journey and for inspiring me to continue to strive to do better each day.



ShriLakshmi Hegde
SAA

WHAT IS IT, THAT MAKES US GROW IN LIFE?

We all want to grow and be better versions of ourselves, but what is it that we are looking for in life that helps us grow? There are several things that contribute towards this, like positive mindset, flexibility in approach, eagerness to learn, and the ability to improve. But there is one thing that is most important, if you want to grow and become better in life. That is the presence of positive and like-minded people around you, who are also working and striving to better themselves each and every day. We all have family and friends who love us and support us, but to grow in our own chosen fields we also need a tribe which thinks alike, which has, if not the same, at least somewhat similar goals, which understands your goals and exchanges ideas on how to improve and reach towards that goal every single day. It used to be difficult to find your tribe. Even though you found like-minded people it used to be difficult to connect and communicate with them. But in the present era of social media, it has become easier than ever to find people who have similar interests and people who follow similar passions in life. It has become even more easy to exchange ideas and connect. It might take some time to find your own tribe, but when we find one that helps us grow, it makes our journey that much easier and helps us grow that much faster. They cheer when you achieve something, they console you and fill you with hope when things don't go your way. Together as a group we grow, we cherish, we bloom and we thrive!!!!



Rohini

Who Am I

A quintessential question many have asked and many have consciously chosen to shy away from asking. This one question turned my life upside down, inside out and haywire. Flashback... My life was a clockwork of work and leisure. A marriage and two lovely kids, work routines, home chore routines, weekend mall and restaurant routines, planned holiday routines, outings with social circle, my life to outsiders was just perfect. A perfectly synchronised urban nuclear family fairy tale. Something was brewing inside though, like a silent mutiny, planning an attack for freedom from a well-planned clockwork of life as I knew it or was conditioned to live and love. A brief encounter with a revolutionary thinker and influencer (through his works) broke this silent mutiny into a full-blown revolt inside me and brought me to ask for the first time "Who am I and where is my life going with all this?" This influencer, though, was not the reason, but a trigger. Psychologists like to call it a mid-life crisis, but I call it the fundamental Awakening that every life is meant to experience in every lifetime. As Elizabeth Gilbert says, "Ruin is a gift, ruin is the road to transformation." As I asked myself the question "Who am I", I chose and still choose to stay with the answer - I don't know. The beauty of life is, in the unknown. The unknown is scary yet beautiful at the same time. One of my coaches says, "doubt is good, suspicion is not. Doubt opens you up to possibilities and possibilities is where real expansion of life is." So here I am, on my journey to the unknown to recreate ME with my mission and purpose of this lifetime. Not with the yardstick of success of the society. One belief that has become my guiding light is that in every moment you either lean onto the universal love, faith or fear. Every moment is a choice. The emotions and thoughts are a result of this choice. This quest of finding myself also kickstarted the quest of finding the ever-elusive concept called - Happiness. After all, aren't we all seeking that? Isn't happiness the reason we do everything we do? We seek that better job, that better car, that relationship, that "own" apartment, holiday and whatever else. I did it too. But once we get these "Happiness goodies", how long are we able to sustain the feeling? Arielle Ford, the author of "Wabi Sabi Love" says, "you become a teacher of the lesson you are meant to learn the most." So, a series of unrelated events led me to become a Happiness Coach. Today this is my purpose, my mission and my journey - helping people experience real happiness. With this understanding, I help them lean into universal love rather than fear and lead a life truly fulfilling.



Moyna Gopal

Fortitude

"Leap, and the net will appear." -John Burroughs

A regional language from Karnataka, which I didn't speak, working with a set of complete strangers in a small town and facing the camera for the first time...yes, I am talking about my debut on screen in a Kannada movie called 'Senapura'!

"Did I want to back out?", "Did I want to refuse the role offered?", "Did I break out into cold sweats learning a difficult Kannada dialect?"....."YES, I did!!!" It wasn't just challenging but also way out of my comfort zone. As it's said, "If you want something you never had, you have to do something you haven't done!" Opportunities don't come knocking at your door every day. Finally mustering all my courage, I recently finished shooting for the movie 'Senapura' and was appreciated a lot by the director and cast of the film, for my dedication and acting skills. I now say to life, "Bring it on.....!"



Reena Verma

Let there be Hope with Passion

Every time I start over again after a fall, I find myself fall again. Then I break into pieces & fix them to rise again, to a stronger me.

When the memories of my painful past comes gushing, a few drops of tears spill out. But no one notices it, all that they see is a smiling me. They do not know about the times I have stayed in a closed room, the sleepless nights and the lonely drives where I have vented out my tears and fears.

The Lockdown and the Pandemic was a top up for my ongoing plight. Then came a ray of hope. Yes! during lockdown, ICBI and Toastmasters were there to remind me of my passion, make me aware of my strengths and help me to move on and do well at work. This made me proud of myself and made sure that the me in me is still there.

I said to myself that you have already survived a lot and will continue to do so with whatever that will come your way. You are the chosen one by the almighty to shower his blessings. Never let yourself shatter after a fall - you fall only to rise back again. Rise up, empower yourself and take a step. The only way to know that you still have some amount of strength left in you after your fall, is to attempt to rise up again.

You do not discover your worth & strength unless you are made to. Always be proud of yourself, whatever comes in your life stay positive and keep moving with your head up and a smile on your face.

Stay positive & keeping moving!



Vidya

Resilience

Sometimes, life takes such a U turn that you are forced to start from scratch. It is at this point in time that you lose hope and faith in the almighty. My own life has taught me so many lessons that the 'never say die' attitude is now a part of my DNA.

From losing my brother to an accident, being diagnosed with a dual vessel Ischemic heart disease, to losing my voice due to an anesthetic reaction when I was just 28, life showed me that it wasn't going to be easy going against the tide. Losing my employment due to the loss of voice was an additional jolt that I received. My whole life was turning upside down.

It was due to the support of my parents and sheer determination that I decided to fight against the challenges life threw at me. I went for vocal exercises, and with a positive approach towards life, regained my voice within 6 months. That is when I realized that it was not just my voice that I regained but the strength to face all odds and to be resilient in life.

I went on to head sales for a Canadian telecom giant and my life started looking brighter again. I am not only a successful professional today but also a resilient human who has seen and done it all.

My biggest takeaway in this struggle is discovering my resilient nature and my emotional intelligence. The way I handled myself and rose from ashes is always an inspiration to myself and all the people who know me.

I spread this message of positivity to anyone who approaches me to learn...HOW TO MANAGE UPS AND DOWNS IN LIFE.



Sai Gopal



The Butterfly

It's been an incredible journey with twists and turns, rough patches, adventurous roller coaster rides and ecstatic moments. A life both dramatic and simple; rosy, bright and dark, I think I've experienced a myriad of eventful escapades and must say with no regrets. I am a typical MBA but surely not boring, who wanted to run away to Bollywood to become an actress but for her strict IIT educated, single minded academically focused father, I had to study further. My second choice, a career in fashion was also rejected vehemently. A rebel at heart I still wonder how I agreed and succumbed to my father's wishes. No doubt I was devastated then but I do realise the importance of good education now and am grateful to him. I got busy with my corporate career though I feel I should have followed my heart after completing my education. Thankfully, my creative juices kept churning with marketing and advertising jobs. I think I had a reasonably successful stint of 12 years, growing consistently in the corporate world working for companies like Canon, Spectranet, Airtel, I finally left as a Vice President of a British MNC, Serco. My head held high, I walked with many accolades and experiences in my tow. It had to be a love marriage for me. My life partner, my colleague then was going out with a friend of mine and we never saw eye to eye. He is witty and I could never win an argument as he has the gift of the gab. I remember telling my friend how annoying he was and that she should rethink her decision of being with him. But god had other plans. Since they belonged to different religions her parents didn't agree and she had to get married in an arranged set up. So he had my shoulder to cry on and out of sympathy for the first time I spoke to him politely. We became great friends and after a while started dating. In two years we were married and now have a 16 year old son, a teenager, need I say more! I joined my husband in Singapore in 2012 and lived there for slightly more than 4 years. I consulted on branding and marketing and that's when I came across a few perfumeries. I knew instantly what I wanted to do. I learnt how to create scents. I now own a perfumery called Studio Joie by G and create bespoke perfumes, scent journeys and perfume wardrobes. Along with this I am an image consultant and a personal branding expert. I've been able to bring my marketing, branding, digital marketing and image consulting experience into one package to offer a unique personal branding solution. I create complete transformations.

I am a personal stylist as well and style for occasions and create appearance makeovers. Apart from this I never gave up my passion for acting. I have acted alongside my career in many plays and digital ads. I have been trained by veterans like Barry John, Ranjon Ghoshal, Centre stage Singapore, etc. I have received the Global Style Icon Award 2019 and have won titles in pageants like Savvy Mrs. India. Now, I am a pageant coach and a member of the jury. I am an alumni of IIM Kolkata and a Toastmaster as well. I am enjoying the public speaking domain and wish to master it. My family, work, seeing my son grow into a responsible individual, music, theatre and vacationing are some of the things that give me joy. And what gives me joy is the art of creation. I am a lifelong learner and will always explore.

My tattoo reads "Alis Volat Propriis" which means she flies with her own wings. The butterfly in me will keep creating experiences and discovering the joy!



Gitanjali Singh

Dreams strengthen you and you strengthen your dreams!

Great and successful people have spoken and written a lot about dreams. Here are some quotes by great personalities.

"You have to dream before your dreams can come true."-Abdul Kalam

"All our dreams can come true if we have the courage to pursue them."-Walt Disney

"A dream doesn't become a reality through magic; it takes sweat, determination and hard work." -Colin Powell

I started to dream at a very young age even when I had no idea what it meant to dream. It was just the flow of thoughts that ran across my mind and these were nothing but the dreams I had about my future. As a child, I always dreamt of being highly educated, but unfortunately, the financial situation of my family at that time was not conducive enough to educate me. To make it worse, my community never supported a girl child's education.

I recall this horrible day of my childhood. I had passed my 5th standard and my parents told me that they had no money to pay for my further education. The government school fee was around 800 rupees and my parents barely had money to make both ends meet. I was determined to study further, come what may. I took up a two-month summer vacation job, earned two thousand rupees, paid my fees for the next academic year and also helped my family with the remaining amount.

Every time I came across challenges, I mustered courage and found solutions. My dreams gave me the wings to fly and lead a life of morals.

I not only had dreams, but I also had the courage to pursue them, the courage to stand up for myself, the courage to question everything that went against me and finally the courage to not lose hope and just forge ahead and achieve whatever I had dreamt of as a child. Once, when I was discussing the concept of 'courage' with my little daughter, she said, "Courage comes out of fear but fear never comes out of courage!" How true is that!!

When all your fears are dead and you are filled with courage, you are all set to create magic. Magic happens when you are determined to achieve and when you are filled with self-confidence and the urge to achieve!

Another turning point in my life was the entry of my school teacher into my life. He walked along with me on the path of success, guided me and protected me like a father. He is like a supreme being for me and I remember him with the word UBUNTU (I am, because you are). Today I am a happy wife to my best friend, proud mother of two munchkins and a loving daughter of my in-laws. I am an engineering graduate, a makeup artist, an image consultant and a soft skills trainer. In spite of facing many obstacles in life, I have emerged out a winner and finally, today, I have excelled professionally and personally, all because of my dreams which I dreamt before they came true. It takes determination, grit, dedication, self-discipline and efforts to realise your dreams.

IF YOU CAN DREAM, YOU CAN ACHIEVE.



Neelu



TESTIMONIALS

At my first virtual visit to Gabbys Toastmasters Club, I was greeted warmly. The TMOD brought members into mood of the meeting and carried it on until the end. The TTM had an array of topics that were spooky yet gave scope for speakers to explore their creative side. My role was to evaluate the TTM, give tips and comment on the TT speakers. It was a meeting of minds as there was an exchange of ideas and thoughts. The project speakers spoke well and their evaluators gave excellent feedback, that was not an eye wash. The GE & LE are very analytical and gave good practical tips.

In summary, it was a night to remember. I look forward to visiting the club again.



DTM Bhramakumar Balakrishnan
Division U trainer, District 80, Singapore



DTM Terence Nunis
Division G Director, District 80, Singapore

I have visited the Gabbies Toastmasters Club twice, as both project and language evaluator. For me, it was an insight into how clubs in different parts of the world run, and the nuances of communication in a cross-cultural context. The members of the Gabbies Toastmasters Club impress with their eloquence, their enthusiasm, and their commitment to meeting so often, in their quest to become effective, committed communicators, pugilists of the spoken word. In that, they are an example for many of us.



DTM Chimmu Kutty
Indiranagar Pride TMC, Bangalore

I recently attended the club meeting at Gabby's. I have found that this club is filled with enthusiastic members who are very active both in and out of the club. Several Toastmasters from Gabby's have attended TM Indiranagar Pride. I was impressed by their skill and level of speaking. I wish Gabby's a long and illustrious journey.



TM SrinuBabu
District 92, Area B1 Director

Just two days away to run the club meeting but only 4 active members. I still wanted to run the meeting. I waited with fear and anxiety as none of the roles were filled. Suddenly a group of people jumped in and ran a top notch quality meeting. I was mesmerized and asked "How many years back you people joined in toastmasters, your team has done a fabulous job". I received a stunning answer. They said it's just 2 months. Even today, this team still helps us run meetings in Kongberg. Team called "The Gabbys". I am so fortunate to meet these amazing personalities in my life. You people proved that commitment matters more than experience. Their commitment & energy levels are completely different. Their strength is their amazing "Team Work". So far I never heard NO from this team. This team created a ray of hope in me to come out of any situation. I can proudly say my area club Kongsberg Toastmasters is in safe hands. My sincere thanks to president TM Nancy & Vice president Education TM Sourav Dutta for leading this team with amazing support. You people are true leaders who serve your club and your buddy clubs equally. I am sure with all your combined efforts you will move "The Gabbys" to a different level. My sincere thanks to each and every member of The Gabbys for all your mesmerizing support shown so far.

Be passionate. ... Be consistent. ... I am sure your team creates wonders in your personal and professional life. Wish you all the best, Keep rocking - Keep creating waves what you do.

TESTIMONIALS

For me Gabby Toastmasters Club has been an enigma. At every club I visit including my club, Toastmaster Sourav is omnipresent in different roles and speeches. We both have developed a mutual respect for each other. I had the privilege of giving a speech and taking role at Gabby Toastmasters Club. The positivity, proactivity and energy of each of Gabby member caught my attention. Now I observe in addition of TM Sourav, other members of Gabby Toastmasters Club are also making their presence felt at multiple clubs as well as Division contests. Considering the quality communication skills of Gabby Toastmasters Club, I refuse to believe that Gabby Toastmasters Club was Chartered only in September 2020. I eagerly look forward for perpetual interaction with members of Gabby Toastmasters Club. Wishing Gabby's all the best in their Leadership and communication journey.



DTM Milind
Speech Weavers TMC, Bangalore



DTM Navin Kumar Parwal
Jaipur TMC
Singapore Hindi Parivar TMC

The pandemic has caused havoc globally, however, it has been a blessing for a lot of Toastmasters globally, we have all connected with each other globally on virtual platforms. I had the privilege of virtually attending the chapter meeting of newly chartered Online Toastmasters meeting of 'The Gabbys Toastmaster Club', on 16th Jan. I had the pleasure to celebrate the spirit of 'Kite Festival' which was the theme. I would like to acknowledge Toastmaster Netra Gupta for inviting me to attend the meeting.

It was a lively meeting with young and enthusiastic members, the agenda was very well setup with three project speakers and there were some roles of 'Listener' and 'Joke master' which were a takeaway for me to introduce in my home club. The guests were introduced and welcomed and the whole theme of the meeting including the word of the day and the Table Topics were amazingly conducted with the theme of 'Kite Festival'. I have noted down some of the humorous table topics which were presented. The project speeches were delivered very well with experienced evaluators and there were wonderful role players who judiciously carried on their tasks. I wish all the best for this club and I am sure that they will set an example of how to conduct lively and effective meetings for many new upcoming clubs.

It was a very pleasant surprise to see the virtual gallery filled with lovely ladies dressed in red to mark the Valentines day! I had a wonderful session interacting with a few club members and realized that the main club office members were not present and the other members conducted the meeting flawlessly. The prepared speeches were insightful, engaging and informative. A few members were multitasking and were doing it with utmost ease. All in all it was a lovely Saturday morning spend in the company of energetic and fun loving toastmasters..All the very best to each and every member of Gabby's Club



TM Arundathi Sen,
President, Dubai Royals TMC



TM Jayasmitha
President, GSK TMC, Bangalore

From "mentorable" to "guide by the side"; from a speaker from another club to appreciating the creativity of this person; from being a competitor to being rebutted in debate, knowing Sourav has been a real pleasure. He not just delivers a speech or shares an anecdote in table topics, rather he creates a legacy for himself. A legacy of excellence, a legacy of exquisite speech writing, a legacy of ardent delivery. He has taught our club a lot and all we have for him is gratitude.

There are many toastmasters we meet in this journey, and some makes that mark of Excellence. Sourav is that.

So more to hearing him, more to G2 summits between Gabbys and GSK, more to toastmasters.

TESTIMONIALS

When I was the president of Mercury Toastmasters, we had a meeting where all of our speakers canceled their speeches one day before the meeting. Of course we panicked because how are we supposed to find speakers 24 hours before the meeting. No way we could find. A speech needs preparation and practice. That was when our VPM suggested reaching out to international clubs for speakers. That is how we were introduced to Gabys. This club provided us with two speakers who delivered incredible speeches the next day. We were so surprised that they were able to help on such a short notice yet the quality of their speeches was not affected in any way. In addition to that we were surprised to know that this club chartered only in September, during the global pandemic. We couldn't help but feel inspired. Meeting after meeting members from Gabys joined us and we were constantly amazed by their passion and commitment. One day I was invited to visit a Gabys meeting. Honestly, that meeting was very organized. It was very professional. It was warm and full of passion and love. I felt at home. Gabys to me is the true manifestation of the idea of looking at the half full. Kudos to such a great team and great members



TM Thouraya
Mercury Toastmaster club, Beirut



TM Sridhar S
Talk Magic TMC, Bangalore

Energy, Enthusiasm and Elegance are the three words that come to my mind to describe Gabby's TM Club. Young and dynamic Toastmasters all passionate to seamlessly conduct insightful sessions.

The best part is the genuinity shown by each and every Toastmaster here, beautiful themes, very well managed sessions, and solid attendance.

Have seen Gabby's Toastmasters attending other clubs and delivering speeches, taking up roles, positively taking feedback for improvements and displaying all best practices in their sessions.

I had the opportunity to attend few sessions and I should indeed say it was worth it. Roles like Jokemaster and Table Topic Evaluator in young clubs being effortlessly taken up, when matured clubs face challenges to fill up normal roles - is commendable. Kudos to excom of Gabby's and each and every member of Gabby's. All your efforts help the club deliver. Great work done and a very long way to go..All the very best !!!

What is Toastmasters? A platform to improve public speaking skills and communication skills. There is something more to it. We in Toastmasters fraternity embrace change with both hands. When pandemic struck suddenly and physical meetings came to abrupt halt, we never knew our reach to Toastmasters will increase by multiple folds. One such great opportunity was interacting with Gabby Toastmasters club members. We were privileged to host the members in our meeting. Bengaluru and Vishakapatnam is 1000 kms apart geographically but Toastmasterly? Never apart. We felt Saurav who attended our meets regularly as our own member. Every club has a flavour just like how for every 100 kms the dialect, food habits and culture changes in this beautiful country India. He knew our flavour instantly and his taste buds responded appreciatingly. We wish the pandemic restrictions end but the bond with this beautiful club called Gabbys Toastmasters club does not end.



Vikrem Rajagopal
President
Waltair TMC, Vishakapatnam



TESTIMONIALS

On a Saturday morning when I volunteered to be the General Evaluator at The Gabby's, little did I know what a fine impression this club would have on me.

This is the best dressed club with everyone dressed to their nines in ethnic wear to celebrate the meeting themed *Kite Festival*.

I was greeted and welcomed warmly. The organisation of their meeting was noteworthy, everything from email reminder to detailed agenda was provided before hand. One after another, I witnessed their creativity unfurl throughout the Toastmasters session.

Everyone had taken the effort to prepare and make the session a display of their talents. Time management was exemplar, table topics master had prepared such wonderful topics based on the theme, that I still remember them now a month later. Every person-whether a member or guest was given an opportunity to speak.

They say Toastmasters is a friendly and supportive lab to experiment with your communication and leadership skills- a platform where you fail your way to success. The Gabby's was a shining example of it.

Kudos to all the members and leaders of this young and happening club!



TM Deepa
President,
Speech weavers TMC, Bangalore



TM Suresh
Talk Magic TMC, Bangalore

I first heard of Gabbys Toastmasters Club in September 2020. Their VP Education joined an online meetings of ours as a guest grammarian. He was so exceptionally good in his role that one couldn't help but wonder about the club he represented. Then, in the following weeks, a few other members from Gabbys chose our club to deliver their prepared speeches. And boy, did they deliver?

By now, my curiosity about Gabbys was sufficiently aroused. I went over to their club on the pretext of being a speech evaluator whereas in actual fact, I wanted to check out how such a new club could spread so much enthusiasm and verve amongst it's members.

The answer was pretty obvious. Gabbys are a driven and cohesive lot. The weekly meetings are taken seriously and the planning is meticulous and done well in advance. The communication with guests taking meeting roles are precise and done with utmost courtesy. It's no wonder then that the meetings at Gabbys go like clockwork.

The most striking feature about this club however is the ease and skill with which they execute action on improvements discussed during previous meetings. The result is that significant upgrades and advancements are achieved meeting after meeting.

Gabbys have accomplished so much in so little time. It's a tribute to the esprit de corps of it's members and it's a delight to offer my congratulations on the completion of 25 remarkable meetings.

It has been a privilege for us at Aon Bangalore toastmasters club to be associated with Sourav, Lakshmi, Sri Lakshmi, and the whole of Gabbys club.

Thank you so much for taking up roles at our meetings and helping us despite our last-minute requests. We love your spirit and it has been infectious! The speeches you give at our meetings have inspired us to step up our speech levels. Attending your meetings have taught us a lot about how well-organized meetings can be. Thank you for everything and we look forward to being associated with you guys in times to come. More the merrier!



TM Manasa
President, AON TMC