



Since  
1924

THE GABBYS NEWSLETTER

UBUNTU 4.0

100

CELEBRATING US!





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# The Editorial Team



UBUNTU 4.0 is my first newsletter as the VP PR and what an experience it's been!, its not everyday you get the opportunity to celebrate each member who makes Gabbys what it is and I'm happy i got the chance. I'd also like to Thank my team for the unparalleled support & dedication.Happy reading all! - **TM Aparna Raja**

I worked on newsletters previously so when Aparna asked me to be a part of UBUNTU 4.0 team, I said ok.I contacted members for content of their interests.It's great to know other side of our members through their articles.I want to thank our members for their support and thank Aparna ,it's great working with them.It's a great learning experience

- **TM Shrilakshmi Hegde**



The Gabbys newsletter is like an amalgamation of our members experience and understanding. Being part of the editing team has always been fun as it helped me learn and fine-tune written skills, this time was even better as this is our 100th meeting- **TM Vikram Rao**



It has been a privilege to work with an enthusiastic and creative team for making this newsletter highlighting our members. I hope that everyone who reads this newsletter will have fun. I would like to thank TM Aparna, our club VP PR for this opportunity and experience. Happy Reading!

- **TM Susmita Baidya**



Working on this newsletter gave me an opportunity to know different shades of Gabbys' members. Every member of Gabbys is unique with vibrant qualities and they have a great skill of expressing themselves.

- **TM Karthik Venugopal**



The newsletter is a testament of the creative prowess of the club, which is already famed for its leadership and communication. Through this newsletter a reader gets a closer look at the enthusiastic members who have driven the club towards the glory of reaching the 100th meeting.

- **TM Saurabh Joshi**







Since  
1924

UBUNTU 4.0 | 2  
SEP '22

# We, The Gabbys

## **Toastmasters International Mission**

We empower individuals to become more effective communicators and leaders.

## **District Mission**

We build new clubs and support all clubs in achieving excellence

## **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.

## **Toastmasters International Core Values**

Integrity  
Respect  
Service  
Excellence

## **THE GABBYS**

**Club Number - 07806290**

**District 92, Area B1**

**Charter Date - Sept 11, 2022**

## **The Gabbys Vision**

Our vision is to promote dynamic, high-value, experiential learning by exhibiting the Toastmasters Core Values, through **EXCELLENCE, EMPATHY & ENTHUSIASM.**



# From the Division Director's Desk

*Sourav Dutta, DTM*  
*Division B, District 92*



## *RISE AND RISE, UNTIL LAMBS BECOME LIONS*

23 lambs, with no clue of where to graze and where to grace, started off their Toastmasters journey two years back. A shaky start, a tumultuous ride and jitters on the way - all that could go wrong, did go wrong. Not once, but multiple times. But when we reflect back what do we see - a club full of glitter and glory, shining on the DCP Dashboards, glittering at the awards nights and winning hearts and happiness.

2 years is a very important landmark, it does call for massive celebrations and The Gabbys, you deserve it ... you deserve every moment of it. Being a President's Distinguished Club twice in a row, being a Super Club winning all three Membership awards.

But this is also a pitstop, an opportunity for you to take a pause, refuel, recharge, retrospect and most importantly, reflect.

One of the most important things to reflect on - is being Distinguished same as achieving Excellence. Or do we need to look beyond DCP? Look at the goals and interests of each member. Look at their individual aspirations, opportunities & challenges.

On behalf of Division B District 92 of Toastmasters International, I want to thank each member of The Gabbys for this landmark 2nd Anniversary and the 100th meeting. Continue to hold us, the District, Division & Area leadership team, accountable. Continue to excel and shine and RISE.

Nothing less would do. This is **'The Gabbys'**.





# From the Area Director's Desk

*TM Prerna Lakhota*  
*Area B1, District 92*



## *ALONE WE DO SO LITTLE.....*

**Alone we can do so little; together we can do so much. - Helen Keller**

The Gabbys has received numerous awards, including Spirit of 92, Golden Gavel Club D'elite award, Promote award, Smedley award, Beat the clock award, Talk up toastmasters award, DCP points, and so on. Having accomplished so much in just two years is no joke. The club truly deserves a grand celebration.

I believe the club is what it is today because of its members, who go above and beyond to ensure that the club shines in all aspects, whether it is achieving membership goals, educational goals, or displaying their creative side. Every time I attend the club meeting, I come back learning something new from each member. The best part about the club is that, despite being one of the best clubs in District 92, there is a sense of ease and comfort that allows any guest or member to open up without a fear of being judged. Yes, the club has won numerous awards but the club's success is defined by making a difference in the lives of its members.

I consider myself fortunate to have the club in my area for the year 2022-2023, and I look forward to many more surprises from the club.





# Club President's Address

*TM Ritu George*  
*The Gabbys*



## *STANDING ON THE SHOULDERS OF GIANTS*

If I have seen further, it is by standing on shoulders of GIANTS. And these GIANTS, and these GIANTS collectively, we call **The Gabbys**. Now before you start assuming this outrageous bragging, let me decode the GIANTS – “Get Into Action, Not Talking”. Yes, even if we are The Gabbys and we love to talk, we are a club with a strong action bias. Guests from within and outside the Toastmasters fraternity, in every interaction have consistently said this about our club - we run the club like a corporation. And we do, we have well-defined processes, policies, protocols and practices and we always strive to execute them with perfection. We take great pride in our resolve to practice the Toastmasters values, in letter and in spirit and with EXCELLENCE, EMPATHY & ENTHUSIASM.

Leading a club of this calibre is a pride in itself and that moment of pride landed on my plate overnight, literally. One call, one discussion and here I am penning this thought from the President’s Desk, of The Gabbys Toastmasters Club. A two times President’s Distinguished Club, a Super Club, a club with highest Education Awards, a club with highest number of District awards, a club of Contest Champions, District Officers and now DISTINGUISHED TOASTMASTERS, so many accolades and recognitions. This is our Gabbys! Congratulations Gabbys for living up to the promise of being the finest club we can possibly be ... and thank you all for standing with us.

We are because you are ... UBUNTU!





# Executive Committee

## July - Dec 2022



**TM Ritu George**  
President



**TM Preeti Jain**  
VP of Education



**TM Reena Verma**  
VP of Membership



**TM Aparna Raja**  
VP of PR



**TM Shristi Kedia**  
Treasurer



**TM Dhvani Adesara**  
Secretary



**TM Nishi Goyal**  
SAA





# A letter from the past

I was clearing my desk to get ready for my next meeting with a client, half an hour from then. There, I found this crumpled piece of paper lying deep inside my drawer. On straightening out the paper, I read what it said and it went like –

*Date: 12th May 2018 Time: 10:47 p.m.*

*Hey Rani,*

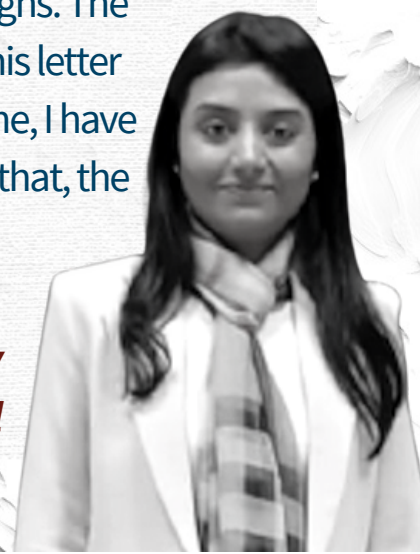
*Hope you are in the best of health and happiness. Touchwood, you are living your dream the way you promised me you would. Leaving behind your lazy days, fighting your fears and finally finding the ‘ONE thing’ which you are absolutely passionate about.*

*It has been my dream to see this naturally pleasant side of yours; seeing you create your own happy place, filled with what you love. You’ve fought your battles like a warrior, and protected your integrity like a barrier. With compromises and adjustments, you achieved your inner peace and learnt to fly high; by escaping and setting free, forgetting behind you- the world filled with judgments and critiques.*

*I knew I could trust you with this. I am proud of you; or should I say I’m proud of my future self?*

This letter got back all the past phases of my life that I was going through while writing this letter 4 years ago. Be it sharp lows or bumpy highs. The smile on my face and the butterflies in my stomach on reading this letter today, are the complete proofs of how, through the course of time, I have finally become the person I promised myself to be one day. And that, the “one day” my past self, was patiently waiting for ever since, has finally become my present self today.

**By**  
**TM Rani Jindal**







# Road Schooling

Road schooling, as the name suggests, refers to teaching your kids while you are traveling on the road.

Last year we had planned a 2000+km long road trip across 4 states – through Karnataka, Andhra Pradesh, and Odisha, finally leading to West Bengal. Our 6 years old daughter enjoyed the whole trip, made new friends, explored local culture, and connected with nature. She was exposed to so much more and learned, through experiences, the things about life that she could have not learned in school. To give an example, she was a choosy eater before. While on the road, one day I asked her “What do you want to have for lunch today?”. We were thinking of taking a lunch- stop based on her answer. But she told me, “I will eat whatever you will give me”. We wondered when she became so mature!

Road Schooling is not just about traveling, but is also about the real-life lessons kids learn from the people, places, and cultures they come across. Today, our daughter can easily adapt to all kinds of situations and environments. We have seen our daughter learn new things, through road schooling, and apply it to her formal education since then. She became a good storyteller.

If you also want to try Road Schooling your kids, involve them in the planning instead of just telling them where you are going. Share with them details about the places you are going to visit or read to them about the local attractions, histories, cultures and be ready to feed their curious minds by answering their ‘why’, ‘what’, ‘how’ and ‘when’.  
Happy Road Schooling!

*By*

**TM Susmita Baidya**





# Choices

Ladies and Gentlemen, how we live has always been our choice.

Yes! Life is all about choices, right from choosing to get married or not to get married, choosing to have a child or not. You will soon realise that everything in life is all about the choices you make! I want to share with you about that one choice which changed my life – the choice to become a Toastmaster! When I joined the Toastmasters 3 years ago, I was bubbling with enthusiasm, raising my hand to take up any challenge as a budding toastmaster and, that my dear friends, led to an incredible and extraordinary journey.



By  
**TM Bala Venkat**

I have now completed two pathways, delivered more than 100 speeches in various Toastmasters Clubs across the world, participated and won awards in speech contests, have taken up different Club Ex-com roles as well as District Officer roles. I am so glad that I made that choice because I do realise “The key to live your life fully is to accept your choices and take ownership of every choice you make, every single one of them – whether they are right or wrong”.

“*Accept your choices*”

My dear friends, you have made a choice to be a Toastmaster, own it and make it right!





By  
**TM Preeti S**

# Re-imaging

Some quick hacks to help enhance your self-image.

- How we perceive ourselves is important. That is self-talk. What we speak about us to others and to ourselves. Using affirmations to shift negative thoughts enables motivation. It influences our subconscious mind to access new beliefs.
- This helps us feel positive and boosts self-confidence.

“*Affirmations to shift*”

- Always have some 'me' time, working on ourselves, our image – We can do this by knowing our strengths and improvement areas. Once aware, it doesn't matter what others say as we already have built self-awareness

- Taking up new hobbies and challenging ourselves in all areas of our lives, be it riding a scooter, driving a car, scuba diving or learning any new skills and the list is endless
- Practising a mirror exercise at the end of the day by appreciating ourselves for all the things accomplished helps us build gratitude for ourselves
- Making new friends, being in the company of people who are motivating, encouraging, and positive.

Remember we are the average of 5 people we mostly spend time with. Being consistent in whatever we do and giving ourselves time will unfold the magic – one day at a time!

Slowly and steadily, we can improve our self-image and self-esteem and eventually we will be oozing out with confidence.



# Meta Skills

**The illiterate of the twenty first century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn**

**- Alvin Toffler.**



**By  
TM Dolly K**

Meta skills are higher order, general skills that enable you to develop new skills.

## **Meta Skill 1** : Learning Agility

Our ability to quickly size up a new situation or problem and decide what to do. It is about knowing what to do when you don't know what to do and it may be one of the strongest predictors of a person's ability to flourish in a VUCA(Volatile, Uncertain, Complex and Ambiguous) world.

## **Meta Skill 2** : Entrepreneurial Mindset and Skills

They can imagine a brighter future and have the determination to make it happen despite constraining circumstances. They have a positive and optimistic ability to see and experience problems as opportunities and create solutions. This enables them to be problem solvers and are action oriented.

## **Meta Skill 3** : Soft Skills

Being a good coach who listens without judgement and enables others to find direction by communicating in an articulate manner. Building the ability to make connections across complex ideas .

The key to acquiring meta-skills is to step outside our comfort zones, take on new and big challenges and see them through.

*(Source – What the heck do I do with my life book by Ravi Venkateshan)*

# SKILLS







# The ONLY Constant

**“Change is the only constant in life”.**

Cliché the quote be it always holds true. However simple it sounds, it is the most difficult to accept and adjust. Recently I had moved to Hyderabad to start a new phase of my life. It had brought with it many challenges.

A major one was coming out of home to start living alone and managing everything myself. Doing everything alone felt tough as I was not used to it, and there were no friends around to help. It led to a lot of frustrations and situations where I had no clue what to do.

But as time passed, things fell into place. I started adjusting to my new life, making new friends. I found that change indeed is difficult. But as we stick to doing our best, we can get through the challenges and it turns out to be fine.

*By*  
**TM Ayush Goyal**





# Chronicles of a DTM

## OUR VERY FIRST

1st July 2022 is a landmark date for The Gabbys. We had our first Distinguished Toastmaster, our Immediate Past President - **Sourav Dutta, DTM**. And our very own Distinguished Toastmaster, homegrown, someone who's been with the club from Day Zero. While being a President's Distinguished Club twice in a row is an elevating experience, having a DTM from within the club is a different feeling altogether. It is a proof that as we grow as a club our members are also climbing greater heights. What makes DTM Sourav's even more special ?, he hasn't been rising alone.



A perfect example of rising by lifting others, along the way he has mentored hundreds of Toastmasters within and beyond the club and hence his DTM Project was also on "**Mentorship**". Becoming a DTM in less than two years is no mean feat, but helping others excel

while achieving his goals, that's what being a Distinguished Toastmaster is all about. Congratulations Sourav Dutta, DTM for this incredible achievement of the fastest DTM of District 92.

You make us PROUD!

DTM  
Sourav  
Dutta





# Awards Galore

The District 92 Awards night saw 'The Gabbys' bag 21 awards. Club awards in various categories like Membership Renewal, PR etc including the coveted **President's Distinguished Club, Super Club, Smedley Membership Building, Talk-Up TMC, Beat the Clock, PRomote, Golden Gavel Clubs D'elite Award**. We also brought home not one but three **Spearhead** awards, four **Grandslam Master Mentors** and one **International Speech Contest** District First runner-up award.

Spirit of '92

3 Spearhead Awards

Open House Citation

ISC District First Runner - Up  
Magnus Retention Excellence  
Members Campaign Champion Club Gold  
Super Club **RENEWAL ACHEIVERS**

Talk-Up Toastmasters Beat the Clock toastmaster

**President's Distinguished club** Pathkeepers Gold

Golden Gavel Clubs D'elite Fast Five PRomote

Renewal Pioneers Membership Retention Esteemed 7

4 Grandslam Master Mentor

Membership Retention

Smedley Membership Award



# Awards Gallery



## AWARD WINNERS

Spearhead Award	Grand Slam Master Mentor	Triple Crown Award	Pathbreakers
TM Nancy Goel	TM Akanksha Srivastava	TM Akanksha Srivastava	TM Akanksha Srivastava, DL5
Sourav Dutta, DTM	TM Nancy Goel	TM Dhvani Adesara	TM Dhvani Adesara, MS5
TM Susmita Baidya	Sourav Dutta, DTM	TM Dolly Krishnappa	TM Dolly Krishnappa, LD5
	TM Susmita Baidya	TM Kamini Sharma	TM Nancy Goel, LD5
		TM Mamatha Rajeev	TM Preeti Shinagare, PM5
		TM Nancy Goel	TM Shrilaksmi Hegde, PM5
		TM Preeti Jain	Sourav Dutta, DTM, DL5, TC5, EC5
		TM Preeti Shinagare	TM Susmita Baidya, MS5
		TM Shrilaksmi Hegde	
		Sourav Dutta, DTM	
		TM Susmita Baidya	



This year's contest saw **TM Lakshmi Sujatha** win the **first place** at the **Area** level **Table Topics** and the second runner - up at the **Area** level **Evaluation** contest . She was also won third place at the **Division Table Topics** contest.



**TM Aparna Raja** won the **ISC** at the **Area** and **Division level**. She was also the **first runner-up** at the **District 92 International Speech Contest**



# Awards Gallery



## AWARD WINNERS

Date	Award	Name	Club
2-Sep-20	Best Evaluator	TM Bala Venkat	Ci Yuvan Toastmasters Club
26-Aug-22	Best Evaluator	TM Dhvani Adesara	Speech Weavers Toaastmasters Club
26-Aug-22	Best Aux Role	TM Dhvani Adesara	Speech Weavers Toaastmasters Club
1-Sep-22	Best Role taker	TM Dhvani Adesara	Quonverse Toastmasters Club
11-May-22	Best Speaker	TM Dhvani Adesara	NITK BHIVE TOASTMASTERS
30-Jan-22	Best Speaker	TM Dolly Krishnapp	Speakers Den Toastmasters Club
9-Jul-22	Best TTS	TM Lakshmi Sujtha	Howrah Prestigious Toastmasters Club
19-May-22	Best Evaluator	TM Nancy Goel	TCS MAITREE BANGALORE
11-May-22	Best Toastmaster	TM Nancy Goel	NITK BHIVE TOASTMASTERS
23-Feb-22	Best Role taker	TM Preeti Jain	ANZ MANYATA Toastmasters Club
3-Feb-22	Best TTS	TM Preeti Jain	APTUS Toastmaasters Club
16-Feb-22	Best Evaluator	TM Preeti Jain	ANZ MANYATA Toastmasters Club
19-Mar-22	Best Speaker	TM Preeti shingare	The Gabbys Toastmasters Club
12-Feb-22	Best Role taker	TM Preeti shingare	The Gabbys Toastmasters Club
3-Feb-22	Best Speaker	TM Preeti shingare	APTUS Toastmaasters Club
14-Apr-21	Best Speaker	TM Preeti shingare	Travelators
4-Feb-22	Best Speaker	TM Rani Jindal	The Gabbys Toastmasters Club
24-Jul-22	Best TTS	TM Ritu George	Waltair Toastmasters Club
3-Mar-22	Best Speaker	TM Ritu George	APTUS Toastmaasters Club
30-Apr-22	Best Role taker	TM Ritu George	Rising Speakers Toastmasters Club
9-Jul-22	Best Role taker	TM Shrilakshmi Hegde	Howrah Prestigious Toastmasters Club
25-Aug-22	Best Role taker	TM Sushmita Baidya	NETAPP Toastmasters Club





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# Gabbys can GROOVE



“FUN is serious business”

Dancing to our tunes!



Vivacious Vikram



Laudable Lakshmi



Gentle Shri

Amazing Akanksha



Sounds of Dhvani



LiveWire Reenaa

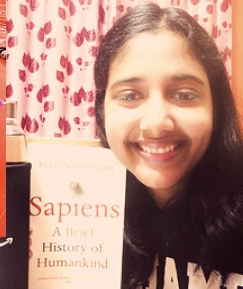
Sassy Sourav



Bright Brunda



Suave Sushmita



Sawvy Srishti



# Fun & MORE

It was raining awards for the Gabbys



Natural Nancy



## Level 4

### Cue - Matched Suit

- Initiative
- ve
- rmal



The Art



Dating Dolly

Elegant Ritu



The Artist Nishi



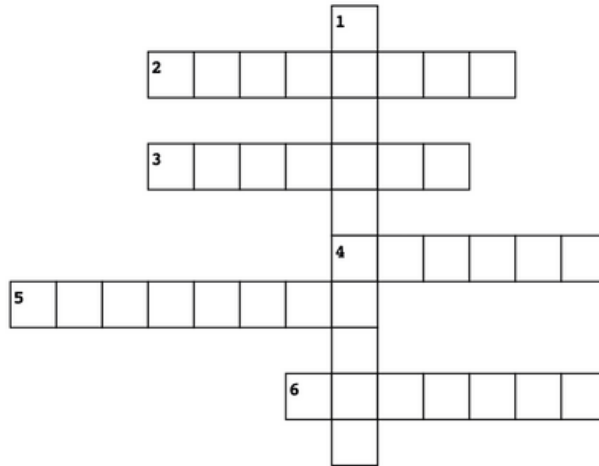
Image Coach Rani



Enterprising Aks



# Let your hair down

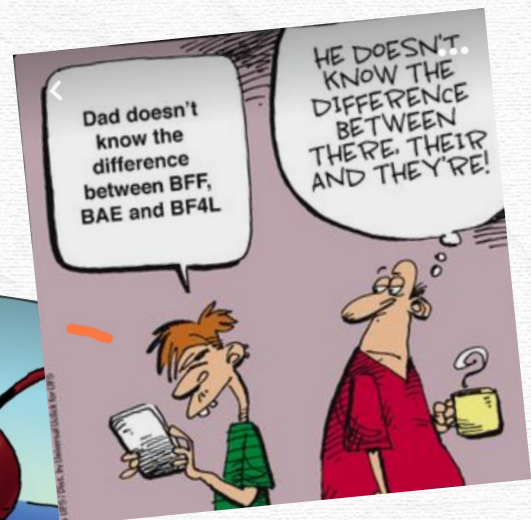


### Across

- 2. Place where toastmasters is head quartered
- 3. Theme of our 100th meeting
- 4. month in which Gabby's was born
- 5. This Role is a special addition in our meetings
- 6. Name of the toastmasters education program

### Down

- 1. The in-depth report for this role in Gabbys is well known in many other clubs



That's all folks!



# THANK YOU!

For queries regarding the newsletter and the club

**Mail** : [gabbys.toastmaster@gmail.com](mailto:gabbys.toastmaster@gmail.com)

Join us every Saturday from 10AM - 12 noon

**Facebook** : <https://www.facebook.com/gabbys.india.9>

**Instagram** : [@gabbystoastmasterclub](https://www.instagram.com/gabbystoastmasterclub)

**LinkedIn** : <https://www.linkedin.com/company/thegabbys>