



PINNACLE

Volume 3, Issue 2

October 2012

The official newsletter of Active Minds Toastmasters Club

Club-2446, Area-62, Division-I, District-20

8 Health - taken for granted or a choice?

11 Leadership is a State of Mind

12 Joined Toastmasters? Here's what to do next

Member Showcase
The Ladies of Active Minds toastmasters
Page 6

President's Message

Dear Leaders,

'Achieving Our Goals Together' is the slogan that I have chosen this year. I have chosen this four word slogan also for at least the same number of reasons. (1) The slogan addresses the power of the 'now' yet defines our goals ahead; (2) it addresses our unique identity; (3) given the wealth of resources our goals are specific, achievable and with a time frame (4) it believes in the strength of unity and teamwork.

ACHIEVING Our Goals Together (*POWER OF THE 'NOW'*). To say 'ACHIEVING Our Goals Together', like any other slogan, is action oriented and believes in the power of the now – the gift of the present. The word is a verb used in the present tense and in fact, calls for positive action moving forward. While we are enjoined to think ahead and move forward, it is our belief in the power of the 'now' that keeps our regular meetings filled with enthusiasm and excitement which makes learning fun. That also keeps our failures, or whatever 'speech mishaps' bearable.

Achieving **OUR** Goals Together (*ADDRESSING OUR DIVERSITY*). Our club remains to be one of the most diverse clubs in Kuwait. There are at least Twelve (12) nationalities in our current member base of more than Thirty (30) club members. Our members also come from varied occupational backgrounds, age and religious affiliations. It may be safe for me to

assume and address that our members have different individual goals in joining Toastmasters. The challenge is to address these individual goals, align them with our club goals while ensuring we continually shape our club's own unique identity. An identity that continues to shape for the last Ten (10) years, yet united in the mission and vision of Toastmasters.

Achieving our **GOALS** Together. The goals that we have set for the club revolves around the Distinguished Club Program (DCP). While this is the goal of the club, the challenge of this leadership is to achieve results by giving priority to the needs of individual members- be it to become a better communicator, a better leader or to reach their individual professional and personal goals. We are steadfast on our membership campaign and will work to maintain a strong mentoring program for new members. We look forward to our members advancing in the communication and leadership track of the Toastmasters system. The aim is to achieve the President's Distinguished Club status, to recruit new members, taking full advantage of an improved website and other social networking sites, send out newsletters quarterly and be an outstanding Ambassador of the Toastmasters brand in the region.

These goals are specific, measurable and achievable. These same goals have been excellently achieved in the past,



Raymond Hernandez, CL
President, Active Minds

an inspiring legacy left by our past leaders.

Achieving Our Goals **TOGETHER** (*TEAM WORK*). In Latin, '*Fortitudo In Unitate*', or there is 'Strength in Unity'. As said, our members are diverse in terms on nationality, country of origin, race, color, age, professional backgrounds, yet, there is the binding force behind our unique 'oneness'. We are united in steadfastly working towards achieving the mission of Toastmasters, which is to provide an environment that will improve the communication and leadership skills of our members. One of the thrusts of Toastmasters is that we constantly learn from each other, and that takes a team effort! As we learn as a team, we grow and as we grow we realize our potentials and achieve our goals. That is also the vision of Toastmasters, and in the process we find the courage to change – one member at a time.

Let us do this together!

IN THIS ISSUE

President's Message	2
From the Editor's desk	3
Feedback of July Issue	4
Division I Governor's Message	5
Member Showcase: The Ladies of Active Minds Toastmasters	6
Health—Taken for Granted or a Choice?	8
Pictures	10
Leadership is a state of mind that can be taught	11
You've joined Toastmasters. Here's what to do next	12
Joint Meeting - Timbre Talkers & Active Minds	14
Club Awards and Achievements	16
Educational Sessions	16
Welcome on Board	17
Good Bye	17
Words of the Quarter	17

From the Editor's desk

Releasing the second issue of the 'Pinnacle' in a single Toastmasters year is a unique moment in the history of Active Minds and I am delighted to be part of it.

The fantastic feedback received from Toastmasters and Non-Toastmasters alike in response to the first issue encouraged me to bring out the second of its kind. It was joy in the making.

The support that I have received from my fellow club members in the form of article contributions was welcoming. I would especially like to thank my husband – **Reuben D'Lima**, for being my biggest fan and support in getting this issue out.

I am glad to release a newsletter that is content rich and aligns with the mission of Toastmasters – it provides an environment where members can express themselves in writing and can develop 'written' communication skills. There is a lot to learn from fellow member's articles.

For example, the article on 'Health-Taken for Granted or a Choice' by **Biji Gittens** is actually her Speech Project 9 (Persuasive Speech) that she delivered at a meeting. After that meeting ended, most members kept away from the cake and fried snacks served. That was an indicator of how effective her speech was!

If you are new to Toastmasters, then the best place to start is on Page 12, where VP-Education, **Reuben D'Lima**, shares simple yet effective ways to begin your journey in Toastmasters.

I trust that you will enjoy reading the newsletter as much as I and contributors enjoyed preparing it.



Arlene Pinho, CL

VP-Public Relations,
Active Minds

MISSION OF THE CLUB

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment, in which every member has the opportunity to develop and practice communication and leadership skills, which in turn foster self-confidence and personal growth

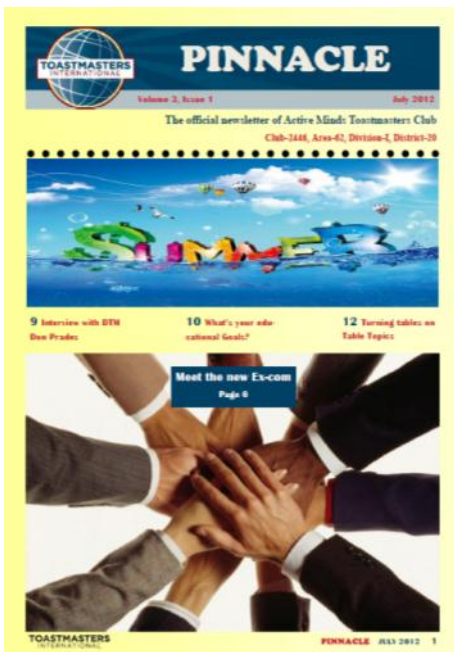
Feedback of July Issue

Congratulations for bringing out such an exceptional quality newsletter.

Salu John, DTM - Division I Governor

It is well done and very informative too. Articles are very simple and a first time reader who is introduced to Toastmasters will want to see more and grab the next issue too.

Francisco Pereira - Guest



DEVISION I (Kuwait) 2012-13				
Division Governor - Saleh Jaha				
Area 14 Governor Deepak Bhandal	Area 16 Governor Sudhakar Chatterjee	Area 43 Governor Colleen Lopez	Area 17 Governor Rishay Parakkal	Area 19 Governor Yousif Alkhamis
Clubs Kuwait Pearl of the Gulf Al Ghanim Am High	Clubs Kuwait Challengers Desert Pioneers Al Bahar Anchors Thomas Dubois	Clubs Active Minds Al Kout Kuwait Advanced KAKO	Clubs Bright Horizons Times Talkers Musa Springs Noman Masterminds	Clubs South Kuwait Cognit Speakers Arabian Articulators Thomas

14 WHERE LEADERS ARE MADE

Congratulations! You have just raised the bar a notch higher for our newsletter. The lay-out is fantastic and the articles are par excellence. I was expecting it to come out end of July at the earliest and you have just done it in record time. I am most impressed and as one who has invested a lot in this club, thank you very much.

Don Prades, DTM - Founding member of Active Minds

Wow !!!!! That is all I could get out of my mouth..... Superb!!! Exciting!!! Interesting!!! Informative!!! Friendly!!! WHAT CAN I ADD? THOUSANDS MORE.

JOB WELL DONE

Colleen Lopez, CC, CL - Area 62 Governor & IP President of Active Minds

Message from the Division I Governor



Salu John, DTM

Division I Governor

Dear Toastmasters of Active Minds'

Congratulations on bringing out the second issue of your club's News Letter while some of the clubs are still working on their first issue.

Active minds had taken Toastmaster operations in Kuwait to higher echelons! Active Minds' is an exceptional club. It's known for its "versatility". It's known for its experienced faculty! It's known for regular representations in District Level Contests. It's known for maximum attendees in DTAC!! It's known for variety meetings!! Active Minds had a joint meeting with Timbre Talkers in July which triggered similar such joint meetings. More and regular interactions between clubs are catching up a culture never witnessed among toastmaster clubs in Ku-

wait.

It is now evident that the leaders of this club are determined to take the club and its members to much higher echelon. In two months time the club has secured 4CLs, 1ALB, and 2CC's highest educational recognitions among all the clubs in Division I. 7 of their got trained in the Club Officers Training!! It has already secured Smedly Award! Leadership foresight is evident from the very fact that Active Minds have already conducted three modules from "The Successful Club Series".

Clubs' first impressions, membership orientation, fellowship and communication, program planning and meeting organization, membership strength, dedicated mentoring services, members achievement

recognitions, and active participation in Distinguished Club Program are the key areas making this club a vibrant club. Let this club continue to grow as a versatile and vibrant club.

My hearty congratulations to VPPR- TM Arlene Pinho for coming up with the SECOND News Letter of the term! First News letter was very impressive and very informative!! I am sure forthcoming issue is going to set a new bench mark on "Quality News Letter"!!

Wishing Active Minds Toastmasters Club a fantastic run this year and years to come!

Salu John DTM is the current Division I Governor and a member of many other clubs in Kuwait.

Club & Meeting Tips

Pay attention to the meeting instead of your mobile phone.

If you are a Functionary, prepare in advance.

Bring your Competent Leadership (CL) Manual & get your role evaluated.

Member Showcase: The Ladies of Active Minds Toastmasters



Reuben D'Lima, CC, ALB
Member, Active Minds



Colleen Lopez, Emy Badiang & Arlene Pinho

We've heard it being said "Behind every successful man is a successful woman." When it comes to our Club, we need to modify that to read "Behind the success of Active Minds Toastmasters are a number of awesome women!!"

Active Minds Toastmasters is a club that has a good number of ladies as members – these wonderful women not only bring balance to the male-female ratio of the group, but they also bring the much needed feminine charm and warmth that makes our "club culture" so special. So here's celebrating SOME of 'The Ladies of Active Minds Toastmasters'.

Henelyn 'Babes' Collis CC CL – A woman whose name is synonymous with speech contests in Kuwait, TM Babes has served as the Chief Judge at literally every level of the Annual Speech contests. Her sincere hard work, dedication and motherly care are evident in everything she does for our Club.

Colleen Lopez CC CL – Unofficially known as 'The Cool, Calm & Collected One', TM Colleen successfully served as Club President during the 2011-12 year and is currently Area 62 Governor. As a leader, she believes in bringing out the best in her people, which was amply evident during the Annual Speech Contests earlier this

year when she mentored TMs Rhea Usman and Arlene Pinho to be Contest Chairs at not just the Club but also the Area level.

Emy Badiang CC CL – A woman whose cheerful and fun-loving nature conceal how 'strong' she is on the inside, Emy served our Club as VP-Education and VP-PR for the last couple of years. Her speech "I am strong" which won her a trophy up to Division Level during the 2011 Contest Season is a powerful reminder of what a person can achieve despite a humble beginning and numerous hardships.

Hazel Davids-Ruiters CC – Known for her fun-loving nature and her keen sense of observation as a Speech Evalu-



Henelyn Collis



Hazel Davids-Ruiters



Beth Awad



Dana Winner



Henelyn Collis, Rhea Usman, Maha AlSumaiti, Shermeine Esplana

ator, Hazel's 'squeals of laughter' are really something one must witness in person. ☺ PS. She also gives some of the best hugs you can possibly hope to get in Toastmasters.

Maha Al-Sumaiti – One of the youngest members of our Club, Maha is a model functionary because she takes up meeting roles and then performs them to perfection. She has served as Club Secretary and VP-Membership during the last couple of years.

Shermeine Kay Esplana – Always cheerful and enthusiastic, Shermeine is serving as Club Secretary for a second consecutive year. Due to a hectic work schedule, she has become an expert in balancing work, play and Toastmasters.

Rhea Usman CL – She is

a superb example of the kind of transformation that members can expect to see in themselves if they consistently attend Toastmasters meetings and work on their speeches. Rhea also serves as the VP-Membership of Aim High Toastmasters Club.

Arlene Pinho-D'Lima CL – Having put a lot into Toastmasters, Arlene is currently seeing her efforts bear fruit as her employer has nominated her to be a coach for some of their high fliers. As current VP-Public Relations, she lets her work do the talking – the first issue of the 'Pinnacle' e-newsletter released earlier this year (at zero expense to our Club) speaks for itself.

Dana Winner – Author of 'Hardware, Software, Womenware', Dana has been with Toastmasters for quite some

time. She brings a wealth of experience, knowledge and expertise to our Club and is currently guiding some of our newer members as they work on a special Club Project.

Beth Awwad – With her fun loving nature and sense of humor, it's hard to imagine Beth as a teacher at University (we need more teachers who are like this...). As Sergeant-at-Arms, she perfectly sets the tone for our fun-filled, high-energy and productive Club meetings, while ensuring maintenance of 'law and order' at all times.

By Reuben D'Lima - VP-Education and husband of one these lovely ladies. ;-)



Shermeine Esplana, Colleen Lopez, Emy Badiang, Hazel Davids-Ruiters

Health – Taken for Granted or a Choice?



Biji Gittens, CC

Member, Active Minds



It was a dismal, distraught and disheartening moment to watch as my father waivered at us while being strolled into the operation theater; unsure whether he would survive the open heart surgery. A few hidden tears were shed by him and my family so as not to discourage each other's calm and composure. Those deep breaths that he took before slipping into unconsciousness would be final gasp of fresh air he would inhale in a very long time which would be in the next 72 hours.

As my family, I and my unborn child, tried to reminisce the events that preceded this gruesome incident in our lives, it was unbelievable that we had seen the signs but did not read be-

tween the lines. An irresolute smoker and industrious worker, my father neglected his health and the warning signs. We still recollect those nights when my father complained of shortness of breath and excessive bloating in his chest. To our dismay, it was only during the final stages of severe artery blockage that the doctors made us aware of his life threatening situation. Further, they told us that my father has had a series of silent heart attacks. But he miraculously survived through it all, living in oblivion.

In our society it is most common for people to take our own and our family's health for granted until something happens that challenges it. Then we usually begin the round of doctors and

health care providers trying to find an explanation and a way to recover the lost health. In other words, we don't believe that people just fall sick out of the blue. We see illness as the later, more visible, stage of a process of decline that usually began long before the person would be generally recognized as sick.

There are many factors that contribute to this decline of health over people's lives. Among others, these include unhealthy diet and lifestyle, emotional stress, exposure to toxic substances and chemicals, radiation, physical trauma, and suppressive treatments. Some of these health-impairing factors you can influence and some you can't. It was reported in the medical journal *Age* that 40% of

the factors affecting life expectancy can be controlled. The most important health factor that we can control is diet and lifestyle. But over a lifetime, diet and lifestyle are the factors we have the most direct control over.

Amongst the other common factors is the consumption of junk food. The latter has become an inevitable part and parcel of our lives. Modern day living is being savaged by the exponential rise of fast food chains and the lucrative advertisements by the corporate junkies. Based on a study by the Imperial College-London, Harvard University and the World Health Organization, Kuwait is ranked as 2nd in terms of obesity. Of the 4783 restaurants in Kuwait (inhabited

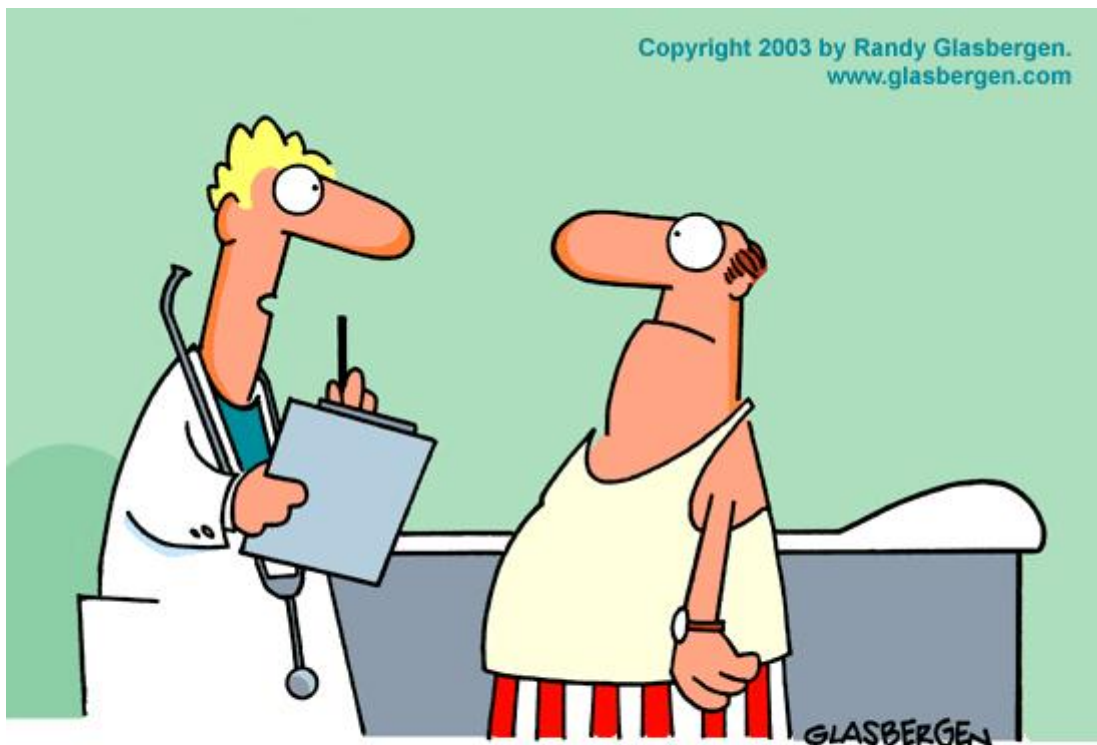
by 3-3.5 million people), there is one for every 230 people unlike in the US, where there is one for every 600 people.

The two years that ensued following my father's bypass surgery were the most challenging years for my family. However, my father survived through it all and today he has become his normal self, but the trauma of it all still lingers and triggers a very dark yet enlightening chapter of our lives.

To summarize, we have choices. You can choose to eat healthily and live a healthy lifestyle - it clearly makes a difference over the long term. If your health is already impaired, these choices can make a difference now. Only you can choose a

better and healthier life. It is about making one good choice after another. Choices have a significant influence on whether our health declines quickly or slowly. It is about making one choice at a time. Just start now!

This is a transcript of Project # 9 (Persuade with Power) from the Basic Communication Manual delivered by **Biji Gittens, CC** on 31 July 2012 at the Joint Meeting between Timbre Talkers Toastmasters & Active Minds Toastmasters



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

PICTURES = MEMORIES



Leadership is a State of Mind that can Be Taught

What kind of thoughts would you think? What Decisions will you make? How would you behave? What actions will you take? When you become aware that you literally become what you think about.

William James the founder of the psychology school in America once said “The greatest discovery of my generation is that human being can alter their lives by altering their attitudes of mind.” In this article I strive to convey the truth behind this fact.

Every human being has the potential within them to be whatever they want to be, achieve their most desired goals and become whoever they dream to become. All it takes is the right thinking and the motivation to pursue it and that’s what I was fortunate to grasp from my mentors.

To some people thinking as a leader comes naturally, intuitively, or even by accident and they go on to become great success stories such as Albert Einstein, Thomas A. Edison, Opera Winfrey and many others. On the other hand other people need a prod in the right direction and must be taught to think in the same way of thinking intellectually and deliberately become leaders.

One of the essential keys you need to step in and put yourself in this progressive line of leadership thinking is BELIEF.

Leaders who made a change in this world, first and foremost had a strong believe in their unlimited potential and power. They understood that potential is within, it’s the power that is not yet unleashed and that it can only be discovered through THOUGHT and ACTION. They had full faith in their dreams and the unlimited supply of the Infinite Intelligence and no worries.



But, the majority of people who didn’t experience leadership believe that some people can and are able to while they can’t and not able, but if you analyze the lives of the people I mentioned you’ll discover that they had no Intellectual, Spiritual or Physical advantage on others. They come from humble and even poor backgrounds, with limited or no education. This evidently exposes the fact that leading is not about what you know but it’s about what you do with what you know. Equally as important is to understand that we are all equal in creation, we’ve been all gifted with the same creative power and it’s under our conscious control and direction all the time.

Doing therefore, not mere hope or wishing is the element that makes the difference. This



Omar A. Hosn

Member, Active Minds

is the time of the consent leaders. There is no time better than our days today that appreciate and support the leader who is always striving for change and human development. Doing is an expression of the body, this marvelous instrument through which thoughts and behaviors are being expressed in actions and physical form.

Most of you will agree with me that your actions is the factor that determines your current results and that you will never be in your life where you are now without actions, whether this place is considered to be good or bad. However, most people spend their adult life thinking and worrying about what they don’t want which is plainly demonstrated in their results.

It will forever start in thoughts. To do something is to decide on that something. Decision is a firm form of thought, and if that decision is based on the firm picture you see within about what you want to see in your life, and if that decision is backed up with the unwavering faith that you will achieve it the process will not fail. In fact, it’s impossible for the process to fail because “you WILL always become what think about.”

Try it by yourself and be convinced

Omar A. Hosn is a Personal and Business empowerment coach. Reach him at 6696-9597 or omarahosn@lifesuccessconsultants.com

You've joined Toastmasters. Here's what to do next.



**Reuben D'Lima,
CC, ALB**
Member, Active
Minds



You were introduced to Toastmasters by a friend or colleague or you happened to read an article about how it can help you improve one of your most important assets – the ability to communicate well in public. You visited a few clubs as a guest, liked what you experienced and have joined the club of your choice. The big question in your mind now is “So what’s next? Where and how do I begin the process of becoming a better communicator?”

Since every member who joins Toastmasters for the first time probably feels the same way, I reflected on my own experience and would like to share

a handful of ideas here which might help new members get started.

Ask for a mentor

The entire Toastmasters ‘way of doing things’ can seem quite confusing to a newcomer what with all the jargon (CC, CL, ALB, DTM, Evaluation, Table Topics, Area, Division, District and so on) and with quite a lot of action packed into a typical club meeting. Instead of trying to make sense of everything yourself, ask for a mentor. The club will be happy to assign an experienced member the task of orienting you to the Toastmasters Educational System, the role players at a meeting, the parts of a typical meeting, how you

can plan and begin your journey to becoming a better speaker, etc. This member will extend a helping hand and guide you for the first 3 to 6 months.

Set some goals

Although you will be assigned a mentor, knowing what you want to achieve will help both you and your mentor to chart out a course of action which will get you there. Your goal may be to take up a job in sales where you will have to regularly make presentations to prospective clients for which you need to improve your presentation skills or you might want to learn how to use a bit of good-natured humor as you prepare to raise the toast at your best

friend's wedding 6 months down the line.

Do give some thought beforehand to what you want to get out of your time in Toastmasters (at least doodle it on a notepad...anything in writing is better than a brilliant idea which is not in writing) and how much time and effort you can afford to devote to this pursuit on a fairly regular basis. Your mentor will greatly appreciate this and some months down the line, you will too, when you realize that you achieved what you set out to.

Observe and make notes

When you attend a Toastmasters meeting, practice paying attention to the proceedings, instead of your smartphone. Observe and look for things done or said well. Listen to what speech evaluators say – you will learn what makes a good speech as well as the common areas which can be improved with some practice.

Buy a notebook and carry it for every Toastmasters meeting. Jot down any interesting tidbits from speeches, inspiring or useful quotations, the word of the day, tips on good usage of grammar, ideas for future speeches, comments made by evaluators, etc. Ideas have this special quality of just taking

wings and vanishing into thin air if they are not captured in writing fairly quickly. I have an ordinary notebook which cost me just 200 fils, but which is worth much more today, thanks to the notes which I have been taking at every single Toastmasters meeting (even at clubs other than my home club) over a number of months.

Sign up for your first speech (The Ice Breaker)

While your New Member Kit is on its way from World Headquarters (California), your mentor or your club's VP-Education will be able to give you a copy of the first speech project – The Ice Breaker – that you will soon have to deliver. Read the assignment slowly a couple of times with a pencil in hand. Underline parts of the text which you feel are important, so that you can focus on these while drafting your speech. If you have never delivered a speech in public, you might feel nervous at first. It is helpful to bear in mind that while 'fear' may seem like a monster, it is a rather timid monster. The moment you stand up and look it in the eye, it backs off. Work closely with your mentor and aim to deliver your Ice Breaker latest by your 3rd or 4th meeting after joining. Once done, your confidence will surely

rise a few notches higher.

Consistency + Time = Results

Those who are familiar with physics know that it is difficult to get a stationary object moving, but once you get it moving, it is easier to keep it going. Once you have completed your Ice Breaker or your first role as a functionary, don't stop there. Keep moving. Giving a speech every 4th meeting while taking up a role or two in between is a good pace to aim for. Seemingly small actions performed consistently over a period of time yield massive results.

There you have it. A simple set of guidelines to get you started as a Toastmaster. If practiced diligently, they will also lead to the development of discipline and the habit of taking action – useful tools for any leader. Put this article down and start your journey immediately. Karen Lamb rightly said "A year from now, you will wish you had started today."

Reuben D'Lima CC ALB is the VP-Education of Active Minds Toastmasters and works in the field of Insurance & Risk Management. Contact him at reubendlima@gmail.com

Timber Talkers and Active Minds Joint Meeting



Tuesday 31st July 2012 was a historic day for Active Minds Toastmasters, as we joined hands with one of Kuwait's hottest and most talked-about clubs 'Timbre Talkers Toastmasters'. The 'joint meeting' was an evening that will be remembered for a long time by the members of both clubs who were present at the Better Bookstore and participated in a meeting that was not only enjoyable, but also incredibly inspiring.

TM Vinod Raman (VP-Education of Timbre Talkers) and TM Reuben D'Lima (VP-

Education of Active Minds) dreamt of a joint meeting and the members of both clubs helped them turn that dream into reality.

Our newest members TM Suzan Adel Zaki and TM (Dr.) Nermeen Shenoda took a huge leap forward in their development as speakers and leaders as they not only committed, but kept their commitment in spite of it being Ramadaan. TM Suzan kept everyone on their toes with her thought-provoking and at times puzzling Table Topics (she promptly picked on our very own TM Yogee Desai who just

returned to Kuwait after his vacation), while TM Nermeen performed her first role as a functionary as the Timer.

TM Biji Gittens delivered her 9th speech in style as she powerfully persuaded us to 'Get Healthy', while TM Arlene Pinho (General Evaluator) along with TM Dana Winner and TM Reuben D'Lima (Speech Evaluators) walked the fine line between whitewashing and criticizing.

TM Khaled Al Hashem and TM Rhea Usman were in the audience to cheer us on.

In true Active Minds style, we brought home the 'Best' rib-

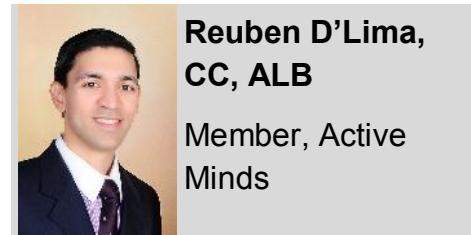
bons – TM Biji (Best Speaker) and TM Reuben (Best Evaluator).

DTM Salu John also presented TM Reuben with the long-awaited PRO Award for Best Newsletter Article which unfortunately got misplaced at DTAC 2012.

All in all, it was an evening where members of both clubs had the opportunity to see the

effect of co-operation, teamwork, camaraderie and mutual respect.

Special thanks to TM Praveen Madhavan (President – Timbre Talkers), TM Vinod Raman (VP-Education – Timbre Talkers) and the members of both clubs for their co-operation, support and work behind the scenes which made this ‘Joint Meeting’ possible.





Club Awards & Achievements

Club Educational Awards

Competent Communicator

1. Biji Gittens—August 2012

Competent Leadership

1. Emy Badiang—July 2012
2. Raymond Hernandez—July 2012
3. Reuben D’Lima—July 2012
4. Arlene Pinho—August 2012

Advanced Leadership Bronze

1. Reuben D’Lima—August 2012

Distinguished Club Program

Distinguished Club Program goals				
	Goal	Actual	Needed	Met
1. Two CCs	2	1	1	
2. Two more CCs	2	0	2	
3. One AC Bronze, Silver or Gold	1	0	1	
4. One more AC Bronze, Silver or Gold	1	0	1	
5. One CL, AL Bronze, AL Silver or DTM	1	1	0	✓
6. One more CL, AL Bronze, AL Silver or DTM	1	4	0	✓
7. Four new members	4	4	0	✓
8. Four more new members	4	5	0	✓
9. Officers trained (both required)				
June-August	4	7	0	
December-February	4	0	4	
10. Submit on time (both required)				
October or April dues renewal	1	1	0	✓
Club officer list	1	1	0	
			Total Goals	5

Congratulations! With 5 out of 10 points, we are now ‘Distinguished’.



Educational Sessions The Successful Club Series

1. Toastmasters Educational Program
2. Meeting Roles & responsibilities 1
3. Meeting Roles & responsibilities 2

WELCOME ON BOARD!

1. Arash Jan Nesar
2. Enrique Nuguid
3. Hesham Eissa
4. Nada Al Mehasneh

5. Nawaf Al Marzouq
6. Nermeen Shenouda
7. Rodel Cuaton

GOOD BYE TM BIJI GITTENS, CC



Wish you All the Best
in your future
endeavors

WORDS OF THE QUARTER

JULY	AUGUST	SEPTEMBER
Prevaricate To stray from or evade the truth	Refrain To hold oneself back, to restrain or hold back	Reap To get something as a result of action
Optimistic Hopeful about future and expecting good things.	Elucidate To make clear or plain, especially by explanation; Clarify	Diversity The state of being diverse; variety



About Toastmasters International

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Founded in October 1924, the organization currently has more than 270,000 members in 13,000 clubs in 116 countries. Each week, Toastmasters helps more than a quarter million people of every ethnicity, education and profession build their competence in communication so they can gain the confidence to lead others.

CLUB CONTACTS

Raymond - President

mondhernz@yahoo.com

+965-6603-5054

Reuben - VP Education

reubendlima@gmail.com

+965-9994-6193

Hazel - VP Membership

haizy@webmail.co.za

Arlene - VP Public Relations

arlenep@gmail.com

Shermeine Kay - Secretary

kay.esplana@gmail.com

Maha - Treasurer

Beth - Sgt-at-arms

bethawwad@yahoo.com

FORTHCOMING ATTRACTIONS

Club Meetings

Meeting #	Date	Time
217	5 October, 2012	6 PM—8 PM
218	19 October, 2012	6 PM—8 PM
219	2 November, 2012	6 PM—8 PM
220	16 November, 2012	6 PM—8 PM
221	7 December, 2012	6 PM—8 PM
222	21 December, 2012	6 PM—8 PM

We want to hear from you!

Send us your thoughts,
ideas & feedback at

arlenep@gmail.com

Guests are most welcome to visit us.

We are a community club and meet every
1st and 3rd Fridays of the month from 6pm-8pm.

Meeting Location: SPCL-HD Center in Rumaithiya
(Block 2, Sate Al Husairi St., next to Abu Tamam School).

<http://2446.toastmastersclubs.org/>

join us on  Visit us on  Facebook