



# TOASTMASTERS INTERNATIONAL NESMANORAMA

## Club's 5<sup>th</sup> Anniversary celebrated

Club # 1014428  
Nesma & Partners  
Toastmasters  
July 2012, Vol. 1, Issue 8

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### Club Deadlines/ Goals

#### Membership Renewal

30 September 2012

#### DCP Goal

Distinguished Club status: 31 December 2012

Select Distinguished Club status: 31 March 2012

President's Distinguished Club status: 30 June 2012

### Upcoming Event International Convention 2012

15-18 August 2012

Orlando Bonnet Creek Hotel  
Florida, USA.



The club's 5<sup>th</sup> Anniversary was celebrated on 21 June 2012 at Nesma Cafeteria. Mr. Imdad Gholmeh, CEO, Nesma & Partners Contracting Co. Ltd. attended the program as the Chief Guest. It was a well attended function filled with lively and entertaining segments including a cultural program. To know more, please read the full article at page 2 & 3 .....

### President's Message

Dear Fellow Toastmasters,

It is a great honor to be the President of a Toastmasters club. Coming together is the beginning; serving together is progress and achieving together is success.

It is not a matter of increasing the size of the Toastmasters club as an organization; but of making our training program available to everyone and helping them to improve themselves.

Dear members, it will be an exciting year; but there will be challenges ahead and we must be willing to participate to help one another to achieve our common goal which is to sharpen our public speaking and leadership skills. With your support and commitment, I am confident that we can all work together for the greater prestige and success of Nesma & Partners Toastmasters Club.

I look forward to your regular attendance, participation, co-operation & support to lead our club towards further success.

I am happy to see the Nesmanorama July 2012 issue in its full color mainly depicting the recently concluded 5<sup>th</sup> Anniversary Celebration. Thanks to our Editor TM Mohammad Safiullah for his diligence.

**Ahmed Al Kindi CC**  
President

### Editor's Desk

Dear Fellows,

This issue focused mainly on the recently concluded 5<sup>th</sup> Anniversary Celebration of our club. I am sure you all who attended the function enjoyed it very much. Unfortunately I missed this time as I had to be in Bangladesh considering the historical visit of Toastmasters International President Mr. Michael Notaro DTM and International Director Mr. Balraj Arunasalam DTM. However, my company with Mr. Michael Notaro & Mr. Balraj Arunasalam during their four days' stay in Bangladesh was once in a life time and wonderful experience.

Congratulations to you all for passing a successful period of five years with Nesma & Partners Toastmasters Club. Special felicitations to those who received the club's Annual Awards i.e. Toastmaster of the Year Award and the Best Attendance Awards. I am proud and delighted to receive the Toastmaster of the Year Award this time. I am grateful to you all for your wholehearted support and encouragement in my toastmasters endeavor.

Those who could not attend the Anniversary function, I hope, would enjoy the panoramic glimpse in the second and third page of this newsletter.

Enjoy reading this issue.

**Mohammad Safiullah CC, ALB**  
Editor

## 5<sup>th</sup> Anniversary Celebration



### Annual Award Winners: Toastmaster of the Year



Mohammad Safiullah

### Best Attendance Awards:



Alex Philip



Shekhar Tiwari



Ravi Karkera



Jinesh Padmanabhan



Premanandan Kurunthil



Mohammed Isha Rain



The 5th Anniversary of Nesma & Partners Toastmasters Club was celebrated with due solemnity and grandeur at Nesma Cafeteria on 21<sup>st</sup> June 2012.

The function was attended by the members of the club along with their family members. Besides, the dignitaries from Nesma and the Toastmasters fraternity also attended this memorable event.

The function was graced by the presence of Mr. Imad S. Gholmieh, C.E.O., Nesma & Partners as the Chief Guest. The dignitaries from Nesma companies & the Toastmasters Fraternity included Mr. Bechara El Hayek, Past Div. Gov. - Mktg. Saif Ali Sheikh DTM, Divn. F Governor TM TV Sunder, Club Mentor TM Feroz Fazal and veteran toastmaster Lancy D'Souza DTM.

The president of the club & Area 60 Governor (Elect) TM Alex Philip, in his welcome address, outlined the achievements of the club & its members. He expressed his thanks and gratitude to the club's EXCOM, members of the club, Toastmasters Governors, Club Mentor and other senior Toastmasters and specially the management of Nesma for their cooperation, support, guidance and patronage which contributed for the success of the club.

The Chief Guest Mr. Imad Gholmieh and the Division F Governor TV Sunder appreciated the outstanding achievements of the club and lauded the roles of the club's Executive Committee and the members for the success of the club.

Mr. Imad commended the role of the club towards development of communication & leadership skills of Nesma employees. He lauded the club for achieving President's Distinguished Club Award. He also commended the initiative of TM Mohammad Safiullah for opening the first ever Toastmasters Club in Bangladesh which resulted the historical visit of Toastmasters International President to Bangladesh.



## 5<sup>th</sup> Anniversary Celebration



Mr. Imad appreciated the club for adding 10 new members to the club during the year. He congratulated TM Ziad Bou Alwan and TM Riyadh Al Alwan for securing 3<sup>rd</sup> position at the Division Contest. He also congratulated the Club President TM Alex Philip for being elected as the Area 60 Governor. He pointed out that he believes that the members who have been in the Club for a longer period are now qualified to give training to others to gain easiness in public speaking and to develop their communication skills. He advised the members to enrich the teamwork philosophy keeping in mind that no organization can succeed or prosper without having this spirit amongst its employees.

The newly elected President TM Ahmed Al Kindi, in his speech, thanked the club members for putting their confidence in him by giving him the opportunity to lead the club. He vowed his commitment for the success of the club and urged the EXCOM, the past Presidents, members of the club, Toastmasters Governors & the veteran Toastmasters and Nesma management to extend their support, guidance and patronage.

The entertainment session got underway with the fun session conducted by Lancy D'Souza DTM. This was followed by a lively Table Topics Contest, conducted by TM Lancy. Toastmasters as well as members of the audience were called to speak on various interesting topics. Teenage Youth Leader Prateek Pujari mesmerized the audience with his presence of mind and charismatic speech and won the contest.

The much-entertaining Cultural Program included Indian dance, songs, music by Arabian Oudh, Guitar, flute, etc.

The program ended with the distribution of awards and trophies. The attraction of this segment was the Toastmaster of the Year Award and Best Attendance Award. Toastmaster of the Year Award went to TM Mohammad Safiullah while six other members got the Best Attendance Awards.

Sumptuous dinner, consisting of a variety of delicious dishes from Nesma Catering, was served at the end.

The function was indeed a well organized and entertaining one, enjoyed by everyone present. It will remain in memory for long.



## New EXCOM's Induction

### New EXCOM



### Outgoing EXCOM



## TMI President Mr. Michael Notaro's historical visit to Bangladesh



The Induction Ceremony of the newly elected Executive Committee of the club was held on 5<sup>th</sup> July 2012. Area 60 Governor TM Koya Anachirayil conducted the Induction Ceremony.

### New EXCOM

Mohammed Isha Rain – Sergeant @ Arms  
Riyadh Al Alwan – Treasurer (*not in picture*)  
Jinesh Padmanabhan – Secretary  
Bushra Abu Salem Fathallah – VP Public Relation  
Premanandan Kurunthil – VP Membership  
Shekhar Chander Tiwari – VP Education  
Ahmed Al Kindi – President  
Alex Philip – Immediate Past President

### Outgoing EXCOM

Jinesh Padmanabhan – Sergeant @ Arms  
Mohammed Al Ahmad – Treasurer  
Premanandan Kurunthil – Secretary  
Ahmed Al Kindi – VP Public Relation  
Shekhar Chander Tiwari – VP Membership  
Azhar Saeed Butt – VP Education (*not in picture*)  
Alex Philip – President  
Ravi Karkera – Immediate Past President

It was a historical event, for the first time in Bangladesh, when Toastmasters International President Mr. Michael Notaro DTM and International Director Mr. Balraj Arunasalam DTM visited Bangladesh from 28 May 2012 to 31 May 2012 to promote Toastmasters in Bangladesh. It may be noted that TM Mohammad Safiullah, Past President - Nesma & Partners Toastmasters Club, initiated the formation of CMA Bangladesh Tigers Toastmasters Club, the very first Toastmasters club in Bangladesh, on 13 September 2011.

The Joint Chartering Ceremony of CMA Tigers Toastmasters Club and Dhaka Toastmasters Club, the 2nd club in Bangladesh initiated by TM Shuvo Hridayesh, in April 2012, was held on 28 May 2012 at the ICMAB Auditorium. Mr. Michael Notaro & Mr. Balraj Arunasalam attended the function as the Chief Guest and the Special Guest respectively. Toastmasters International President's visit has undoubtedly given a big boost to the Toastmasters initiative in Bangladesh. Hopefully there will be more toastmasters clubs established in Bangladesh.

TM Mohammad Safiullah is also the Sponsor & Mentor of CMA Bangladesh Tigers Toastmasters Club while TM Shuvo Hridayesh is the Sponsor & Mentor of Dhaka Toastmasters Club. TM Md. Ali Haider Chowdhury is the President of CMA Bangladesh Tigers Toastmasters Club while TM Nahida Akter Rimi is the President of Dhaka Toastmasters Club.

Nesma & Partners Toastmasters Club is one of the two sponsoring clubs of CMA Bangladesh Tigers Toastmasters Club, the very first Toastmasters Club in Bangladesh. The members of Nesma & Partners Toastmasters Club are proud to be a part of this history.

# Corporate News

New Projects awarded to Nesma & Partners Contracting Co. Ltd.



Together we Build Excellence!

## Iftar Party held



**Mustapha Raafat Merhi**  
Employee of the Year  
Nesma & Partners Contracting Co.



**Mostafa Kamal H. Al Shahabia**  
Employee of the Year  
Nesma Trading Co.



Award winners with the dignitaries

Recently two new projects have been awarded to Nesma & Partners Contracting Co. Ltd. by Sadara Chemical Company:

1. Sadara Power Distribution
2. Sadara Steam Generation



The Iftar party of Nesma & Partners Contracting Co. & Nesma Trading Co. was held on 12 Ramadan 1433H corresponding to 31 July 2012G at Nesma Village, Al Khobar. Sh. Abdulaziz Al Turki, President – Rawabi Holding Co. attended the Iftar party as the Chief Guest. Mr. Imad Gholmieh, CEO – Nesma & Partners Contracting Co. and Dr. Marwan Gholmieh, CEO – Nesma Trading Co. were present at the occasion as the Special Guests. A large number of senior managers and employees of both the companies attended the Iftar party.

As usual both the companies announced the Employees of the Year and the Distinguished Employees. Crests and prizes were handed over to the winners.



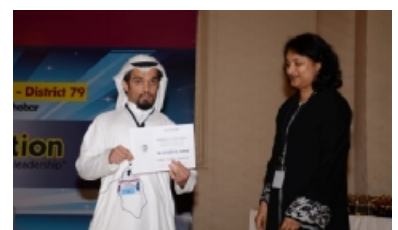
# Division F Annual Speech Contest 2012



The Annual Speech Contest of Division F was held on 20<sup>th</sup> April 2012 at Al Gosaibi Hotel, Al Khobar. Area Contest winners from various clubs under this division took part in the four contests: i) Table Topics Speech, ii) Evaluation Speech, iii) Humorous Speech and iv) International Speech. TM Ziad Bou Alwan and TM Riyadh Al Alwan represented Nesma & Partners Toastmasters in International Speech and Table Topics Speech contest respectively. Both of them secured third position at the contest. Congratulations to them.

Some of our members also took up various assignments in organizing this big event.

Besides various speech contests several educational workshops were also presented at this function.



## 10 Tips for Public Speaking



### How to find your confidence

- ✓ Know your material.
- ✓ Practice, Practice, Practice!
- ✓ Know the audience.
- ✓ Know the room.
- ✓ Relax.
- ✓ Visualize yourself giving your speech.
- ✓ Realize that people want you to succeed.
- ✓ Don't apologize.
- ✓ Concentrate on the message – not the medium.
- ✓ Gain experience.



Fortunately, public speaking is a skill that can be learned.

Feeling some nervousness before giving a speech is natural and even beneficial, but too much nervousness can be detrimental. Here are some proven tips on how to control your butterflies and give better presentations:

1. **Know your material.** Pick a topic you are interested in. Know more about it than you include in your speech. Use humor, personal stories and conversational language – that way you won't easily forget what to say.
2. **Practice. Practice. Practice!** Rehearse out loud with all equipment you plan on using. Revise as necessary. Work to control filler words; Practice, pause and breathe. Practice with a timer and allow time for the unexpected.
3. **Know the audience.** Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.
4. **Know the room.** Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
5. **Relax.** Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. ("One one-thousand, two one-thousand, three one-thousand. Pause. Begin.) Transform nervous energy into enthusiasm.
6. **Visualize yourself giving your speech.** Imagine yourself speaking, your voice loud, clear and confident. Visualize the audience clapping – it will boost your confidence.
7. **Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative and entertaining. They're rooting for you.
8. **Don't apologize** for any nervousness or problem – the audience probably never noticed it.
9. **Concentrate on the message – not the medium.** Focus your attention away from your own anxieties and concentrate on your message and your audience.
10. **Gain experience.** Mainly, your speech should represent *you* – as an authority and as a person. Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need in a safe and friendly environment.

### Visit a Toastmasters meeting!

Toastmasters groups meet in the morning, at noon, or in the evening in communities and corporations all over the world. No matter where you live, work or travel, you'll likely find a group nearby.

## Executive Committee

(July 2012-June 2013)

**President:** Ahmed Al Kindi

**VP - Education:** Shekhar Tiwari

**VP - Membership:** Premanandan Kurunthil

**VP-Public Relation:** Bushra A S Fathallah

**Secretary:** Jinesh Padmanabhan

**Treasurer:** Riyadh Al Alwan

**Sergeant @ Arms:** Mohammed Isha Rain

**Immediate Past President:** Alex Philip

### About Our Club

Charter Date: 12 June 2007

Club Type: Corporate Club

Meeting Frequency: Twice a month

Meeting Day: Thursday

Meeting Time: 01-30 PM to 03-00 PM

Venue: Nesma Auditorium

Membership Eligibility: Any employee of Nesma Group is eligible.

Present membership: 39

### Why you should join Toastmasters!

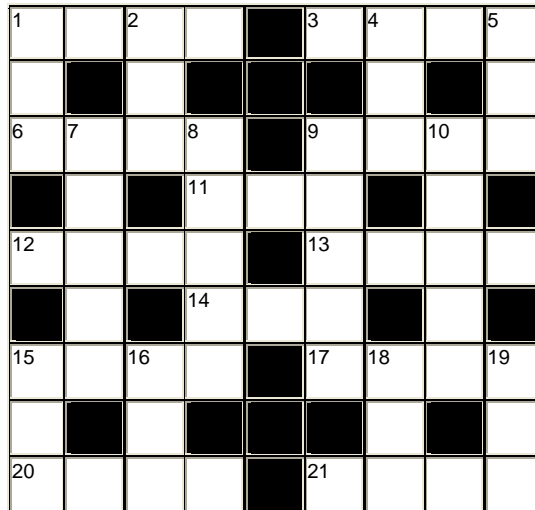
The Toastmasters program offers many benefits that help people in all walks of life. As a result of participating in Toastmasters, you will:

- Increase your self-confidence;
- Become a better speaker;
- Become a better leader;
- Communicate more effectively.

**Join our club and master the art of communication & leadership skills.**

Visit our club's website. Ctrl + click to follow.  
<http://nesmapartners.toastmastersclubs.org>

## Crossword Puzzle



### Down:

1. Large passenger vehicle
2. Prefix meaning 3
4. Legal system
5. Sweet potato
7. Long-necked bird
8. Squeeze between fingers
9. 1 layer of ice cream cone
10. Bring upon oneself
15. A lodging house
16. A convict (abbr.)
18. Umpire
19. Not the beginning

**Across:** 1. Chomp on 3. Participate in a sport 6. Large boat 9. Propel yourself through water 11. Incorporated (abbr.) 12. A grain 13. Said when in pain 14. Chief executive officer 15. 1/12 foot 17. Untainted 20. Not any 21. Slang for potato

### Answers to April 2012 Issue:

**Across:** 1.was, 3.tuna, 5.tale, 6.rose, 8.huge, 11.Uno, 12.role, 15.Lego, 16.pear, 17.wade, 18.son

**Down:** 1.wash, 2.stag, 3.terror, 4.ate, 7.sell, 9.urge, 10.Europe, 13.oars, 14.Eden, 15.law

### Excel Tips: Some short-cut key strokes

Insert Auto Sum formula	Alt + =	Move to the beginning of the worksheet	Ctrl + Home
Start a new line in the same cell	Alt + Enter	Move to the next sheet in the workbook	Ctrl + Page Down
Edit a cell comment	Shift + F2	Move to the previous sheet in the workbook	Ctrl + Page Up
Repeat the last action	F4 or Ctrl + Y	Select the entire worksheet	Ctrl + A
Fill the selected cell range with the current entry	Ctrl + Enter	Select the entire column	Ctrl + Space Bar

Contributed by: Mohammad Safiullah

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INTERNATIONAL

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