



AREA 11 | District 105 Newsletter

Issue No.10

March 2024

Area 11 | Division D |
District 105

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Deadlines

Membership payments due
31st March 2024

Club's visits
31st May 2024

DTAC 2024
11th May 2024

Toastmasters
International
www.toastmasters.org



BE A GOOD COMMUNICATOR



Toastmasters International Where Leaders Are Made

AREA 11 CLUBS:

1. PDO Toastmasters Club.
2. PDO 2 Toastmasters Club.
3. RAHRC Toastmasters Club.
4. National Metalcans Toastmasters Club.
5. Oman Online Toastmasters Club.
6. ICEM Toastmasters Club.



AREA Director Message



**PDO Toastmasters Club
president: TM Mel Dulam**

**PDO 2 Toastmasters Club
president: TM Ahmed Al
Abri**

**National Metalcans
Toastmasters club
president: TM Chaitanya
Khimji.**

**Oman online
Toastmasters club
president: TM Maryam Al
Maskari**

**ICEM Toastmasters Club
president: TM Wafa
Gharibi**

**RAHRC Toastmasters club
president: TM Saidulu
Banothu**

Area 11 Director Message



TM Moosa Al Farsi

I would like to take the time to officially acknowledge and thank our team of Clubs presidents who, over the past few months, have dedicated their time with the clubs' officers and members to write and submit the associated reports on the Toastmasters International website. These reports which have been received in this round, enable the Division-D Director and the District D105 Executive Committee to monitor clubs progress for each Areas and identify areas where extra support and guidance may be offered to assist with Clubs achievements.

The annual contests were successfully conducted by all clubs, Area level & Division level as well. Thanks for all contestants who participated in the contest. I would like to take this opportunity to congratulate all winners and wish our Area 11 winners all the best for next level contest in May 2024.

As a reminder to all clubs' members to renew the due membership for sustaining their respective clubs & looking forward for participating in the coming event DTAC 2024.



Clubs' Presidents Messages

PDO Toastmasters Club President Message



TM Mel Dulam

**“ Nothing is Impossible.
The word itself says
‘I’ m possible!”**

Aundrey Hepburn

I am excited to share some wonderful news with you all! The PDO Toastmasters Club is experiencing a surge in membership. It is heartening to see so many new faces joining our ranks, eager to develop their communication and leadership skills. This growth is a testament to the high quality of our meetings and the enthusiasm our members bring to delivering speeches.

Each meeting is an exchange of vibrant ideas, constructive feedback, and supportive encouragement. Whether seasoned speakers or beginners, everyone pushes their boundaries and grows in confidence.

As we celebrate the holy month of Ramadan, I want to extend my warmest wishes for a blessed Ramadan Mubarak! May this time of reflection and spiritual growth bring you peace, happiness, and the perseverance to reach your goals.

Let us take this time to reflect on our communication journeys within Toastmasters. May we continue to cultivate the spirit of patience, understanding, and compassion in our interactions.

I am looking forward to seeing you all at our upcoming meetings, where we will continue to learn, grow, and celebrate the power of communication.



Clubs' Presidents Messages

OOTM Toastmasters Club President Message

Oman online Toastmasters club had remarkable achievements last few months, which are listed below:

Conducted Club contest: was the first ever face to face club contest. It was held on the Grand Mall, Youth center. The facilities were arranged professionally and well appreciated by the division director and the area director. At the end of the ceremony certificates for winners and participants were distributed.

Organized Face to Face team building session:

Since all the club members were connected virtually, the club officers organized face to face session with members. The aim of this event to build a relationship between members who are living far from each other's and connect them in a physical place. A meeting room in Grand mall was booked for this purpose and snacks has been provided to the audience. A short table topic session was given to the audience and ribbon of appreciation with gifts distributed to them.

Participated in Area contest:

Was held on PDO Knowledge world. The contestants were capable enough to win the contest and passed it to the division level. In another hand, toastmaster Widad was part of the Contest organizers, and played a role as "a timer".

Participated in Division D Contest:

Was held Modern College of Information technology and science. Three contestants competed in the division Contest: Zahra Al Hajri for International speech contest, Ahlam Al-Marjibi for table topic, and Mishaal Al Estanbooli for Humorous.

TM Maryam Al Maskari
Oman Online Toastmasters Club President



Clubs' Presidents Messages

PDO2 Toastmasters Club President Message



TM Ahmed Al Abri

PDO 2 Toastmasters club is gifted with members who are passionate about the Toastmasters program, the club and above all serving each other, the fraternity, and the community as a whole.

We had a wonderful get together arranged by Area 11 director TM Moosa Al Farsi in the Youth Center which was appreciated by all our members who attended this special event along with PDO toastmasters & ICEM club members.

We are very proud for completing the Club officers training COT 2 by all our 7 club officers to serve our club professionally.

As we have completed the annual contest, I would like to take this opportunity to congratulate our PDO2 contestants for winning Area 11 level & wish them to continue for the coming years.

Looking forward for the coming DTAC 2024 event & wish all members to complete their pathway levels by delivering the speeches of each level.



AREA 11 CONTEST



**“Working hard
for something
we don’t care
about is
called stress.
Working hard
for something
we love is
called passion”**

Simon Siinek

AREA 11 Annual Speech Contest 2023-24

The annual speech contest was completed successfully on 19th January 2024 at PDO Knowledge world, Fahud theater hall which was attended by the Division D Director TM Yaqoub Al Abri.

Special thanks to the Chief judge DTM Sheikha Al Harthy & the judges TM Fatma Al Barwani, TM Lakshmi Ajit & TM Varghese Cheeran for their support to judge our Area 11 contestants.





AREA 11 CONTEST



The Contest Chair TM Ahmed Al-Abri make the event wondouful & inspiring for all contestants, audinace & judges.

Special thanks to all the roles players who activly engaged prior to the event including the preperation.

Table Topics winners:

- TM Ahlam Al Marjeby
- TM Amit Sijiria
- TM Saif Al Hadifi

Evaluation winners:

- TM Chaitanya Kimji
- TM Amit Sijiria
- TM Said Al Manthri

International Speech winners:

- TM Zahra Al Hajri
- TM Mel Dulam
- TM Amit Sijiria

Humorous Speech winners:

- TM Mashal Estanbooli
- TM Amit Sijiria
- TM Saif Al Hadifi



Walt Whitman



AREA 11 CONTEST

HUMOROUS SPEECH WINNERS



INTERNATIONAL SPEECH WINNERS





RAHRC OPEN HOUSE

**“ You have to be
where you are
To get where you
need to go”**

Amy Poehler

RAHRC Toastmasters Club Open House Event



The Open house was arranged successfully by RAHRC Toastmasters club during the open day in RAHRC. Thanks to DTM Daniel Appiah & the club president TM Saidulu for the arrangement.

The event was attended by many residents from PDO camp along with external guests.

**RAHRC TOASTMASTERS**
Club Number: 6727821, Area 07, Division D, District 105
<https://rahrc.toastmastersclubs.org/>



JOIN US OPEN HOUSE BBQ
to Gain Confidence and Find Your Voice

**TOASTMASTERS PATHWAYS**
learning experience

Celebrating 6 Years

No prior experience required

SAVE THE DATE!
December 15th, 2023, Fri
6:45pm-8:45pm
RAHRC BEACH
RSVP Whatsapp Daniel 97201228



Register your spot today!
Come and enjoy with your entire family!
We meet every Thursday form 5pm
Only open to RAHRC Club Members and their guests.

- ✓Unlimited Personal Growth
- ✓Clear Communication Skills
- ✓Increased Confidence
- ✓Leadership Dev. Opportunities
- ✓Increased Productivity
- ✓Affordable

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.



RAHRC OPEN HOUSE

“ We have to let go of who we think we should be and embrace what is”

Achea Redd



The ceremony celebration of completing 6 years of RAHRC Toastmasters club ended up with a good get together from Area 11 clubs members & guests with a delicious BBQ dinner near the beach to celebrate the 6 years.

The outcome of this open house during the open day many guests showed the interest to join any clubs within their area including RAHRC Toastmasters club or PDO Toastmasters club.

As club growth is very important for any Toastmasters club to sustain the club with new members. Develop each member with training to achieve their goals for public speaking, improving their communication skills. Personal development & leadership development were both essential for individual carrier professionally & personally.



EVALUATION TECHNIQUE

GLOVE Evaluation Technique

If you're in toastmasters and looking for a way to up your evaluation game, the **GLOVE** technique is a great tool to have in your belt. It can be especially helpful for non-manual speeches or if you're participating in an Evaluation Contest. For pathway projects, it always helps to know the speech project before the meeting starts and any specific goals the speaker is working on, e.g. using a move vocal variety or showing down.

Gestures

- Were the speaker's body movements and facial expressions appropriate?
- Did the speaker make eye contact with the audience?
- How well did the speaker make use of the floor space (stagecraft)?

Language

- Was the language appropriate, vivid, clear and eloquent?
- Where the words and pauses used effectively?

Organization

- Where the transitions between the introduction, body and conclusion clear and effective?
- Was the purpose of the speech clear?
- Was the speech structure clear and easy to follow?



EVALUATION TECHNIQUE

GLOVE Evaluation Technique

Voice

- Could everyone in the audience hear the speaker?
- Was there vocal variety?
- Where pauses used effectively?
- Change in rate, volume and pitch?

Enthusiasm / Emotion / Energy

- Did the speaker show enthusiasm for the topic?
- Did the speaker harness any nervous energy?
- Did the speaker project or evoke appropriate emotion? How?





ACHIEVEMENT & AWARDS

District 105 PR Award

Delightful to receive the PR award for the Area picture perfect award.

“ When you have
a dream, you’ve
got to grab it
and never let go”
Carol Burnett





ACHIEVEMENT & AWARDS

District 105 CGD Award

Delightful to receive the CGD Go Getter award for the club growth to PDO Toastmaster club





ACHIEVEMENT & AWARDS

**Congratulation to TM Mel Dulam for being appointed
as the Club Coach for RAHRC Toastmasters Club**

A congratulatory graphic featuring a portrait of Mel Byrant Dulam, a man in a light blue shirt and black cap, smiling. The background includes colorful diagonal stripes and a faint image of a woman. A dark blue shield-shaped logo in the top right corner contains the Toastmasters International logo, "DISTRICT 105 REGION 11", and a red banner with "CLUB GROWTH".

CONGRATULATIONS

Toastmaster
MEL BYRANT DULAM
on being appointed as the
Coach for
RAHRC TOASTMASTERS CLUB
Club 6727821 | Area 11 | Division D



WELCOME NEW MEMBERS

Pathways Training Session

To serve the new members of Area 11, we have arranged an online familiarization session education on 28th February 2024 via the zoon. Which was attended by the new & old members as well to gain the knowledge on how to choose the appropriate Pathways as per the below benefits:

- How to update TMI website & select the pathway.
- How to prepare the meeting agenda.
- How to prepare the meeting flyers.
- How to update the member profile.
- How to renew membership before expiry.
- How to update each level completion & get it approve.
- The benefit of taking club officer roles to gain leadership skills.
- How to select the Toastmasters brand colors.

Toastmasters Brand Colors

TM Name	True Maroon	Cool Gray	Loyal Blue	Happy Yellow	TM Red	White	Black
Hex	#772432	#A9B2B1	#004165	#F2DF74	#CD202C	#FFFFFF	#000000
RGB	R119 G36 B50	R169 G178 B177	R0 G65 B101	R242 G223 B116	R205 G32 B44	R255 G255 B255	R0 G0 B0
CMYK	C12 M95 Y59 K54	C23 M7 Y12 K18	C100 M43 Y12 K56	C0 M5 Y57 K0	C0 M0 Y0 K0	C75 M68 Y67 K90	C2 M98 Y85 K7



Toastmasters mission

As a reminder for the Toastmasters missions:

Toastmasters International Mission

We empower individuals to become more effective communicators and leaders.

District Mission

Through Service, We Excel.

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

PDO Toastmasters

Club president:

TM Mel Dulam

PDO 2 Toastmasters

Club president:

TM Ahmed Al Abri

National Metalcans

Toastmasters club

president:

TM Chaitanya Khimji.

Oman online

Toastmasters club

president:

TM Maryam Al Maskari

ICEM Toastmasters

Club president:

TM Wafa Gharibi

RAHRC Toastmasters

club president:

TM Saidulu Banothu