THE MAGAZINE FOR COMMUNICATORS & LEADERS | DEC 2020

NYALI TOASTMASTERS



SEE ONE | DO ONE | TEACH ONE

2020-2021 OFFICERS

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VP Education
Wafiyyah Hamid

VP Membership
Stephen Kalume

VP Public Relations
Zippy Kimani

Secretary
Eddystalle Wanja

Treasurer
Catherine Chege

Sergeant at Arms
Nabil Adamjee

MEETINGS

We meet every 1st,3rd & 5thThursday of the month from
7 PM to 9:00 PM
Location can be found
on our website Toastmasters International website
www.toastmasters.org | www.nyalitoastmasters.org

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.

SOCIAL MEDIA

#NyaliToastmastersclub

EDITORS MESSAGE



Change is the only constant.

2020 has been a challenging year for billions of people around the world.

Business as usual came to a standstill and people's lives were disrupted. The lockdowns and working from home became the norm. New words like social distancing became the new vocabulary. Who knew that the movie scenes we saw in movies such as 'Contagion' would become our new way of life as we wore masks? But I have to say that it has not been all gloom and doom.

Toastmasters had to go online and with that new opportunities for growth and expansion...

Toastmasters had to go online and with that new opportunities for growth and expansion came to be. We got to interact more with our members who despite their busy work schedule could now make it for our meetings. This made them take up more roles and bring spice to our meetings. As a result, more members got courage to try their hand in the contests, offering great experiences for growth! We also got the opportunities to attend other clubs outside our area and even country. This gave us more exposure as we made friends across the borders! This resulted in us doing a joint meeting with Mtandao Toastmasters that boasts of an International Membership, being the first online club in District II4.

Change is the only constant and 2020 has taught us to embrace change and be more creative. We celebrate our members who put their best foot forward despite the challenging times. We look forward to more growth and exposure as we utilize the online platform and learn from the diverse Toastmasters community. We welcome you to experience our club through these pages and make a point of attending our online meetings. Come and experience the Nyali Magic as we are known to be the most vibrant club in District 114!!



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TM ZIPPY KIMANI


TM BILHA MUCUHA

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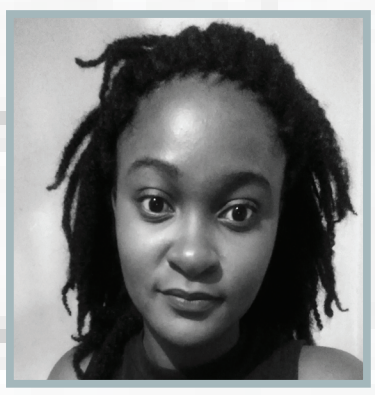
CHRISTINE KARUE


WAFIYYAH HAMID


HOPE ROBERTS


HILDA AKINYI


STEPHEN KALUME

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CHRISTINE KARUE


WAFIYYAH HAMID

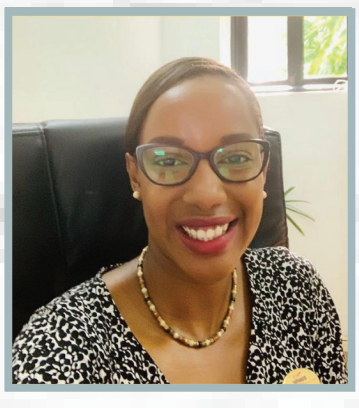

ZIPPY KIMANI


ENID KANYIRI


ANTHONY KIMANI

BEST TABLE TOPICS


CHRISTINE KARUE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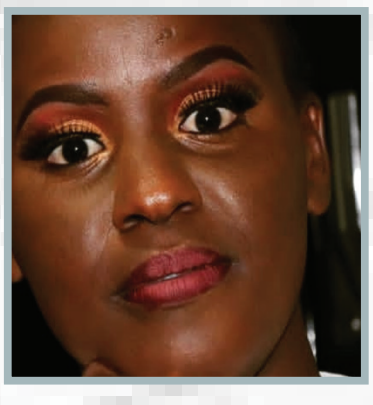
ZIPPY KIMANI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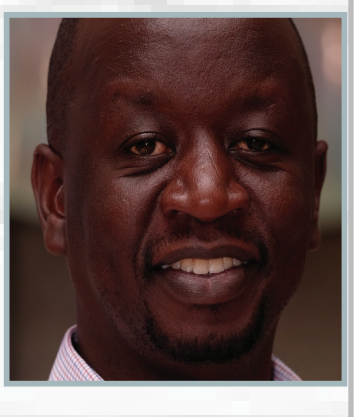

NICHOLAS OTIENO

Nyali Wall of Champs

BEST SPEAKERS



TM STEPHEN KALUME



TM ZIPPY KIMANI



TM CHRISTINE KARUE



TM HOPE ROBERTS



TM ESTHER OPIYO



TMLUCY MUNUTHU



TM PENROSE MUSITA



TM ESTHER OPIYO

SPEECH CONTEST



TM HOPE ROBERTS

TALE TALES CONTEST
EVALUATION CONTEST

From Rabbles to shooting stars

Chatttering Nyali toastmasters club

BY ANTHONY KIMANI

The year 2018 was a defining moment for me in my personal growth & development journey. Earlier in the year, I had watched a simulation of a Toastmasters meeting on NTV AM Live hosted by Debarl inea one of my favourite newscasters. He had brought a team of Toastmasters on set to debunk what it entailed. It is from here that I picked interest in Toastmasters. I consequently began actively looking for a club in Mombasa and through facebook I came across Mombasa Island however since it was far from my workplace I needed an alternative club that was accessible. It was from a call on a number listed on the Facebook page that I learnt of a club that was still in ideation stage in Nyali. This was to be a perfect opportunity for me because of its proximity. The club sponsor Nyevu Karisa and also immediate past president to Mombasa Island was setting up a club in the Nyali Residential area. The allure of the venue was quite inviting for me as they set it in the lawn gardens hosting the Alliance Francaise of Mombasa, a French language training school that has shaped my mastery of the French language. This mixed with Toastmasters was quite appealing for me.

I was quite eager to know more about what happens in a physical Toastmasters meeting

When I finally attended the demonstration meeting in around June of the same year, I was quite eager to know more about what happens in a physical Toastmasters meeting, despite having a vivid recollection of the scene I had seen on TV. When the Toastmaster of the day showed up and introduced herself I marvelled at her oratory skills. I never imagined myself taking the stage on a first day, despite my experience handling clientele at work for a couple of years. It was however when I was randomly picked to tackle a table topic that I realized two minutes was longer than usual especially when put on the spot, more so because the topic at hand was quite reflective about where I saw myself in the next five years. Fast forward in 2020 I can attest that this being my third year I have moved quite a lot towards my goals. I was never before in a platform where the way I spoke and expressed myself was under the radar of evaluators



ranging from Ah counters,Timers,Grammarian and an audience of experienced speakers who would then share peer feedback. This is the spark that I needed and the place i needed to be to challenge myself to become a better speaker & Leader.

I had not pictured myself being part of the

I had been a team leader at work, and this was yet another opportunity to grow my leadership skills.

leadership team in Nyali Toastmasters however, through interacting with visiting Toastmasters I got a challenge to take up a role as founding president. I entertained the thought of leadership in Toastmasters since I had been a team leader at work, and this was yet another opportunity to grow my leadership skills. Being someone who does not cower in the face of challenges, I readily volunteered together with several prospective members. This eventually became the founding EXCO who worked with me tirelessly & with lots of dedication to ensure that we chartered Nyali Toastmasters club by 1st February 2019. The founding Exco Team comprised of VPE Christine Karue,VPM Enid Kanyrir ,VPPR Omar Bajaber; Club



Treasurer Nelson Mandela & Club Secretary Gloria Musau & sergeant at arms Hope Roberts. I am heavily indebted to their dedication, self-initiative & resilience.

'Dream big, start small but most of all start!' - Simon Sinek

The journey to charter was not an easy one as it was marked by a district timeline. I also had a burning personal goal to establish a functional club that was near my workplace, where I could hone my public speaking & leadership skills. Coming from a corporate organizational culture that had established key performance indicators & adherence to timeliness as tools to measure productivity, i took this in stride despite all the challenges. Together with the support of the dedicated Exco team, prospective members (who eventually became formidable members), the district leadership & mentors, we made lots of progress. Towards the end of the year Nyali was listed as a prospective club with Toastmasters international and in January 2019 we got the magic No 20 needed to charter. This did not dampen our spirit as most of the guests who attended signed up as members by January 2019.. It was around this time that we also needed to move from Alliance Française. We began a venue hunting mission till we finally settled for Mombasa Works, a newly set up coworking space in Mombasa where physical meetings are usually held.

By the end of the 2018-2019 TM year, on June 30th 2019, the club achieved Distinguished status in a record 5 Months after charter. Setting a foundation is not always easy, neither is maintaining a track record of performance an easier option. I took part as an Ex officio member of the Executive Team under President Christine, and the club achieved the coveted President's Distinguished award. Today the club is in its third toastmasters year under the able hands of President Hope Roberts and the Exco team who have steered the club to great heights! The club continues to churn out proficient speakers & leaders who continue to shine throughout the district and internationally, a feat I am very proud of.

When I took a hiatus to France late last year, I was on a mission to gain international work experience. To immerse myself in a new cultural experience, I was momentarily disconnected with my toastmasters club apart from Mtandao Toastmasters which offered a viable prospect for me to attend online club meetings. Because

Setting a foundation is not always easy, maintaining a track record of performance is neither an easier option.

of the online meetings, I have attended my club meetings while here and even execute my Toastmasters Projects in my Effective Coaching Path,. I have also attended both District conference & the international Toastmasters convention. I am still very active in supporting clubs in the district as a role taker at club meetings, Club contests & Area contests where I have been a contestant, Voting Judge, Chief Judge & contest chair. This has contributed immensely to my growth as a leader & speaker.

You can achieve anything that you set your eyes on, no matter how insurmountable it looks at face value!

In a nutshell, becoming a Toastmaster has helped me reinforce the values of Respect, Integrity, Service & Excellence in my daily life. It has also taught me resilience and a conviction that you can achieve anything you set your eyes on, no matter how insurmountable it looks at face value! I believe that the skills we learn can also be useful in our everyday life at the workplace and at community level where we can contribute and make tremendous impact. "Dream big, start small but most of all start"-Simon Sinek

Antony Kimani Kariuki,
Charter President -2018-2019

leadership 101

4 leadership lessons

BY CHRISTINE KARUE

The jewel that lies within the toastmaster's journey is hidden in the experiential lessons that a member goes through as they progress through their program. A member does not fully benefit from this jewel till they have experienced the leadership journey.

I say this from my experience that began with being the first Vice President Education of Nyali Toastmasters Club and thereafter the second Club President. What I learnt in those two years opened my eyes like no other leadership experience has. I will share with you a few of those lessons.

1. A leader cannot afford not to know

Being the first Vice President Education of a brand new club came tied with it's challenges. It meant that all members were just as green as I was, yet they looked to the leadership for guidance on how to run the club and how to navigate their pathways projects.

We could not afford to have no answers. As the VPE I spent a lot of time surfing the Toastmasters International website and the pathways program and had to learn very quickly how to plan meetings, organize an agenda and execute it excellently (Or as close to it as possible). We also had to learn how to pass on this information to our members with the reassurance that we could all figure this out easily.

2. A leader should see beyond where the club is to where the club is going

As the first team of leaders in the executive committee we had to work hard to lay the foundation for where we wanted the club to be after our term came to an end. This meant forming a club culture and affirming our values despite many different ideas coming from all over.



Form a club culture and affirm your values.

As a young club, it is easy to get caught up with what other clubs are doing and try to copy them, however there is a danger in doing so as it would compromise on your consistency by changing your rules every time a new idea comes along.

We therefore had to be deliberate in assessing the feedback we received, comparing it with the vision we had for our club, taking in what we felt matched our values and keeping out what did not.

3.A leader has to be comfortable with sometimes not being popular

Setting down values and safeguarding the Club and Toastmasters International rules does not always resonate with all members.

Yes, there will be times when you have to set down the rules and be in opposition with a few members and be "the bad guy". But what I came to learn is that with time the members come to realize the benefit of consistency in rules and respect your leadership for upholding these values.



4.As a leader the club comes before your ego

“Harsh much!” I can hear someone saying it but yes! A leader must always put the interest of their club members before their ego or personal issues. Just like at work or in a family set up, one does not always get along with everyone. But as a leader your focus should be on what is best for the club because the primary reason members join toastmasters is first and foremost to work on their public speaking and leadership skills. The basis of your judgment and solutions to conflicts should always begin with “what is best for the club?”.

With those four brief points I leave you with the words of Jack Welch that says “Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others”.

See one.Do one. Teach one

Growth & Continiuty

BY STEPHEN KALUME

I share the same birthday month with president kagame of Rwanda, president Kenyatta of Kenya and most of the American presidents, a little Google search will give you the month. It is said, you are the company you keep, an average of the five people you keep company of. Today, I am the vice president membership of Nyali toastmasters.

I did not choose to be born in that month but still it influenced my company to a great extent. If this is so, what about the deliberate steps I can take to keep the company of great men and women of this world? It can be through physical interactions, books, blogs, or social media handles. We are given immense possibilities through these interactions. One such space is Toastmasters International.

My journey in toastmasters began with a lot of fear and trepidation; how to muster the will and the courage to speak to a group of complete strangers. I have heard that the ice breaker is the easiest speech of all others but not for me. I was scared stiff, scared of any blunders I would make, scared of failure; what if I miss my lines? Doing a speech verbatim is no easy task. I thank my mentor, toastmaster Peter Osogo and others for the invaluable advice which demystified public speaking and enabled me make the first speech to a club.

Before speaking something always held me back. Not only is speaking to strangers taunting but also the fact that you are faced with rules of speech crafting. Rules that you have to follow like time, filler words, hark mastering and speech structure. You also have to be careful not to offend others through speaking about religion, politics and sex, issues that preoccupy most men in great length and fill most of our days. At least they did not ban football banter, though I rarely hear about the



subject

I miss the physical meetings at Mombasa works. One day corona will be gone and I hope you are keeping safe. I can only appreciate the many connections I have made, the roles I have played in the success of others and the roles others have played in my success. This brings me to the fish analogy.

An old man who saw a young man enjoying a dish of fish. The conversation went:-
Old man: “Young man, why are you eating that fish?”
The young man answers; “It’s because I love fish”
The old man retorted: “Oh no, you don’t love fish but yourself, that is not why you removed it from the water, killed it and boiled it. Because the fish tastes good to you so you killed it and ate it.

Love transcends from giving yourself to the other rather than receiving from the other.

“There was a couple who were deeply in love. They both avowed love to each other, only that, what the man saw in the lady was someone who could provide for his physical and emotional needs;and the same applied to the lady“And this to them, they



defined as love.
“This is FISH LOVE.

“It is not love for the other; rather the other person becomes a vehicle for one’s gratification.
“Love transcends from giving yourself to the other rather than receiving from the other.
“it goes that you love those you give yourself to. What comes first is the giving of yourself then love. That would be true love, independent of receiving from the other.

“Young man, by human nature, if I give something to you, I have invested myself in you, hence, self-love is given to you from me. And now that a part of me has become in you, so there is a part of me in you that I love. So, true love is of giving and not of receiving. That’s the love that a parent gives to their children and it keeps on giving without the anticipation of receiving back.

Toastmasters allows me to give through the various roles I play in the meeting. Also, when I give feedback as an Evaluator, I contribute to the growth of the spaeker.

KEEP LOVING. KEEP GIVING.

In any relationship, input your wisdom there, then and only then can you go back and draw what is the result of your deposit. That’s love.
In toastmasters we exemplify love through mentorship, holding ones hand to show them the way, the challenges they will face and how to face them. It is a journey I have taken with others and am still on it.
In my childhood we lived in 2 places, kilifi and nakuru. Before knowing how to craft a speech, I thought I never had a story to tell. Most of compelling stories are those of hardship to triumph. For those of us who were shielded from the vagaries of hardship by our parents and society can only empathize, albeit from a distance. In 1991 my father, who worked in the education sector was for the first time hospitalized for diabetes related complications. The outpouring of love overwhelmed us. The only thing we lacked at home was our fathers’ physical presence, but his interactions through friends and associates, colleagues of all walks of life came through. Our granary was always full. I always have fond memories of Nakuru, we saw love in action. I know what relationships can do.

It is in toastmasters that we hear varied stories and experiences from different spheres of life. it is said that those who travel far and wide are deemed to be wiser, they know more. At Toastmasters, we hear stories of people who take part in their travels in the land of education, architecture, psychology, business and adventure. We hear their experiences and interactions, failures and triumphs that come with their experiences. It is here that I heard of 1 percent from Wafiyyah Hamid, the 3 ingredients of a good house from Hope Roberts, the adventures of Tsavo

FIVE CORE COMPETENCIES

It is important to note that each member using Base Camp will have the opportunity to select from many electives to extend their learning. With the addition of electives, members have the flexibility to cover all core competencies within each path.

1
PUBLIC SPEAKING

2
INTERPERSONAL COMMUNICATION

3
STRATEGIC LEADERSHIP

4
MANAGEMENT

5
CONFIDENCE

Confidence is unique because it cannot be taught, but is gained in every path.

10 PATHS

The primary core competencies represented in each path are listed in order of emphasis next to the path name.



Dynamic Leadership — 1 2 3 5
Build strategic leadership and conflict resolution skills



Effective Coaching — 1 2 4 5
Build interpersonal communication, leadership and coaching skills



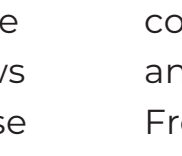
Innovative Planning — 1 4 2 5
Build creative project management and communication skills



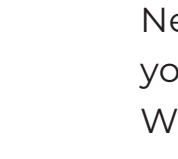
Leadership Development — 1 2 4 5
Build communication and leadership skills



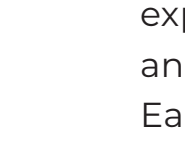
Motivational Strategies — 1 2 3 5
Build motivational leadership and communication skills



Persuasive Influence — 1 3 2 5
Build skills to lead in complex situations



Presentation Mastery — 1 5
Build public speaking skills



Strategic Relationships — 1 2 3 5
Build networking, leadership and communication skills



Team Collaboration — 1 4 2 5
Build collaborative leadership skills

Visionary Communication — 1 3 2 5
Build innovative communication and leadership skills

from Nabil Adamjee, and the black sheep from Christine. its here that I heard Catherine say she will never date anyone taking alcohol, she knows too well its effects, especially on the family, these among the many speeches and themes have enriched me. Everything is relatable.
Nabil Adamjee tells us about his sojourns in Ethiopia and that he saw the most elegant of men and beautiful of ladies in one assembly, you only have to look around the room to relate with the local situation, by the way I can relate, you guys are beautiful and handsome too. After connecting, you touch base, you get inspired to grow and later yearn to tell your story too.
From level 1 to level 5, it's been a great journey. Nelson Mandela said, 'when you climb one mountain you realize there are many more to climb'.
With 9 more paths certainly there are more experiences to gain, skills to hone, friends to make and a better world to leave behind.
Each of the 5 levels attempts to increase your competency in certain areas.

My journey as a toastmasters

value of toastmasters

BY ENID KANYIRI

I have always had this deceiving confident outlook. More life of the party. A good social interact I must say that I do suffer from social anxiety, but that would sound oxymoron.

My name Kanyiri means a chirpy bird, and I lived up to the name most of my childhood. My introduction to anyone who cared to listen was dramatic- I owned all my family tree names. More so, I was a prefect/leader in all phases of my school life. Hard to imagine that that is still not confidence.

The Mentorship program in Toastmasters has helped me mentor my children better.

When I joined Toastmasters, I knew that I could benefit from it, but I never expected that it would transform my life! How has it perfomed magic in my life?

It has helped shoot my confidence in enabling me to be of valuable input;

1. To my family

Since Toastmasters has taught me how to be creative through drafting speeches, I am able to come up with creative ways to spend time with my family. Even doing table topics with them. I involve my children in preparing for my speeches and in the process, they have become better in their school presentations. The Mentorship program in toastmasters has also helped me to mentor my children better in their own interests as opposed to coaching. This has definitely made the journey of parenting more fun.

2. To my friends

Unfortunately, I was that kind of a person who would zone out easily in a conversations. May be I was eager to talk or I would just lose focus and interest easily. But through the genius Evaluation and feedback program in toastmasters, I have learnt to LISTEN.



To listen not just to hear, but to understand and even give constructive feedback.

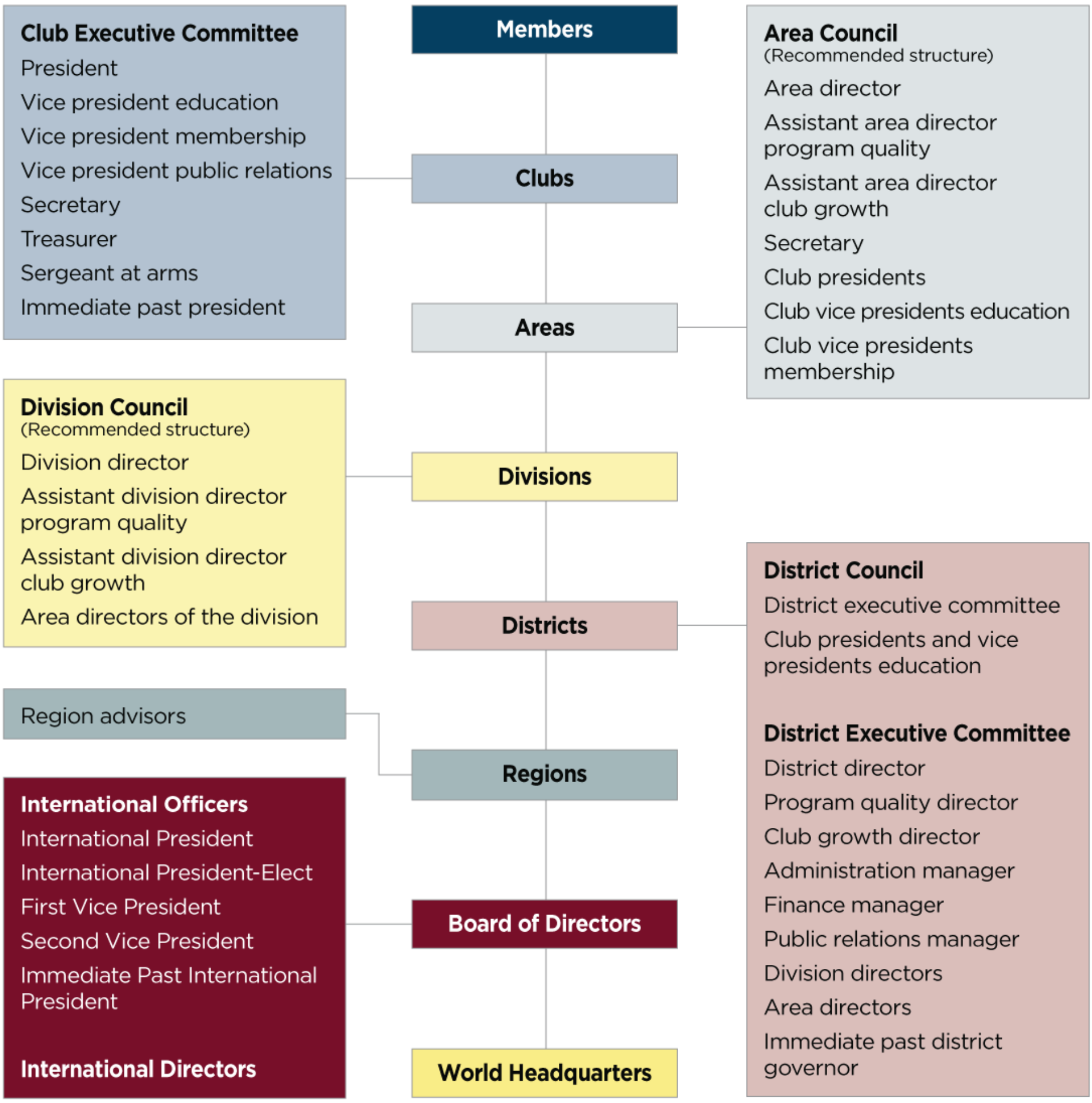
Through the Evaluation and Feedback program in Toastmasters, I have learnt to LISTEN.

Applying this active listening to my friends, has improved my net worth of friendships. They feel heard and felt!

3. To the community at large

Learning how to structure speeches, smooth transitions and keeping audience engaged, has greatly improved my professional presentations. Being a health trainer, I feel that knowledge from toastmasters has been worthwhile and like no other in improving public speaking and also leadership. I can easily organize events and give impromptu speeches in family and any social gathering. In conclusion, Toastmasters has been my safest place to relearn my confidence. A self- paced program where everyone is the teacher as well as the student. A place with a lot of encouragement and positive criticism. I'm not about to hang my boots though, till I can address the nation.

toastmasters organogram



My first contest

value of toastmasters

BY CATHERINE CHEGE

My experience joining Toastmasters

Joining toastmaster was the best decision that I have ever made. We all know public speaking to many of us is a challenge. For my career progression and climbing the corporate ladder, I knew I needed somewhere I could build my confidence and leadership skills. I had tried several platforms with no success.

In 2017 when I got a managerial position in another organization, I knew I urgently needed somewhere to practice public speaking. There was no way I could assume it. I spoke to a friend who was a role model when it comes to public speaking and he referred me to Toastmasters. I seized the opportunity immediately.

I have now become a Toastmasters Ambassador.

From the first meeting I knew this is where I needed to be. I immediately become a member and since then my confidence has grown. For example I am able to speak before people. I am also able to handle feedback whether positive or negative and build on that. I encourage anyone who has a leadership vision and are not eloquent to know that it is possible. I have now become a Toastmasters ambassador. I have spoken about toastmaster to many and I hope one day they shall join.

How I decided to participate in a Contest

To date I don't believe what I was thinking when I responded to our VPE Waffiyah. I only discovered that it was a contest when I saw the poster. Initially I thought it was a normal meeting where I could take up the evaluation role. After soul searching, I decided it is what it is. I made a decision not to back out but try it. Nothing would happen to me even if I don't win but it was a step



ahead.

What did I do to prepare?

To prepare, I deliberately attended several meetings just to hear how people do evaluations.
Our club president also planned for training, which I attended.
I personally took more evaluations roles before the contest day, just to calm up the tension.
I also spoke to my mentors to get advise on how I could prepare.
I researched and listened to previous evaluations contest from you tube.

Lessons learnt

1.Preparation gives you confidence
2.Do not fear to take up a challenge. By the end of the day it is just a contest nothing more

I build up my network circle. I felt good when a couple of guys called to inform me on my improvement. I am now looking forward to participating in more contests moving forward.v

My Toastmasters family

value of toastmasters

BY WAFIYYAH HAMID

According to most studies,people's number one fear is public speaking!

A number of years back, I made the decision to pursue a career in psychology. What I did not realize back then, was that this would involve a lot of public speaking. Public speaking was never my cup of tea, but the more I tried to avoid it, the more it seemed to catch up with me. I could identify with the saying by Jerry Seinfeld, "According to most studies, people's number one fear is public speaking. Number two is death. Death is number two!! Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy".

It was only a matter of time before it dawned on me that I had no choice but to overcome the debilitating fear that would take over my life from time to time.

I was introduced to toastmasters by a friend. I remember watching a video of a lady who spoke about how much toastmasters had helped her build her confidence and thereby significantly changed her life for the better. I remember asking myself if that could possibly be true; 'Could toastmasters really have such an impact on one's life or was it simply a paid advertisement?' I promised myself that if I saw no improvement in my confidence and public speaking skills, I would quit.

Toastmasters really worked; it was not a paid advertisement after all!

To my surprise, the anxiety that would take over my life an entire week before any public speaking engagements I had, started to reduce. Some of my family members and close friends



commented on the same. They were impressed at the confidence I had gained since joining toastmasters.

Toastmasters really worked, it was not a paid advertisement after all! It is not that the anxiety has completely disappeared, it is that it has reduced tremendously. I believe that a little bit of anxiety is beneficial as it drives one to adequate preparation and execution.

Having obtained such benefits from toastmasters, I thought it only fair to invite some of my friends whom I thought could benefit as well. One morning, IPP of Nyali, Christine Karue, called me with the idea of starting a ladies only club in Mombasa town. I called up some of my friends and asked them if they would prefer a ladies only club to which most responded affirmatively. There started the birth and journey of the first ladies only toastmasters club in East Africa. Speaking woman toastmasters club is a newly registered club,



hopefully to be chartered very soon. It aims at providing a supportive and positive learning environment for all ladies. The club meets every 2nd and 4th Monday of the month from 7 pm to 8:30 pm.

Toastmasters has had a positive impact in my life. It is a safe place to make mistakes, learn, and grow. In addition to improved public speaking skills, one can also enhance their leadership skills by taking up leadership roles offered by the club. Kudos to Ralph Smedley, the genius behind toastmasters!

THE MAGAZINE FOR COMMUNICATORS & LEADERS | DEC 2020

NYALI TOASTMASTERS *MAGAZINE*



TOASTMASTERS INTERNATIONAL

SEE ONE | DO ONE | TEACH ONE

NyaliToastmastersclub

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