



# BONA FIDE

NEWSLETTER -CARGILLS BANK TOASTMASTERS CLUB 06488853



*Installation ceremony held in July, 2018*

## CLUB STORIES

**02-07**

MESSAGE

**08-26**

FROM THE VIEWERS  
POINT

MOMENT OF GLORY  
MEETINGS CORNER  
BIRTHDAYS CORNER  
MEMBERS  
ACHIEVEMENTS

**27**

WHO WE ARE?

## ABOUT US

**BY TM SENANI PERERA -SECRETARY CBTMC**

The second Installation Ceremony of Cargills Bank Toastmasters Club was held at Sapphire Hotel, Yellow Sapphire Hall Colombo 06 on 26th of July 2018. At this ceremony new club officers together with new members pledged to continue & uphold the values set by Toastmasters International during their tenure. The Installation of the Executive Committee for the year 2018/2019 was carried out by Area Director Toastmaster Nuwan Chathuranga of Serendib Toastmasters Club and Induction of New Club Members was done by Immediate Past Area Director Toastmaster Thanuja Jayasinghe. The Chief Guest for the day was Chief Operating Officer of Cargills Bank Mr. Rohan Muttiah. Guest of Honour Distinguished Toastmaster Noorul Munawara Club Growth Director addressed the ceremony commending the club achievements & dedication.

Many renowned Toastmasters, including Distinguished Toastmasters Moditha Attanagoda, Shiham Nawaz, Piyakara Jayaratne, Toastmaster Dushyanthi Adhikari, members from the division and members from the Corporate Management and Senior Management of the bank attended the ceremony adding colour to it. Enthusiasm of the audience was at its peak during an entertainment session titled "Find the stars". Tokens of appreciation were presented to those who had facilitated the club from its inception. The evening concluded with happy memories followed with fellowship and refreshments.

"We learn best in moments of enjoyment" - Ralph Smedley, Founder of Toastmasters



# MESSAGE FROM RAJENDRA THEAGARAJAH

Managing Director/ CEO  
Cargills Bank



It is my pleasure to send this message to the Cargills Bank Toastmasters Club at the start of a new year. It is not only a new year but it is the start of a very important year for the Cargills Bank. Bank is taking bold and strong steps being the 5th year of its journey and is geared to be a game changer in the Banking and Finance Space.

Being a relatively new entrant into the Toastmasters Arena, Cargills Bank Toastmasters Club has proven itself many times over as a strong, resilient and a progressive club.

Toastmasters movement from its inception has been deeply intertwined with professional development and growth. It adds value to individuals in terms of public speaking and leadership skills development while creating bonding and comradery among its fellow members.

The phrase “digital disruption” is more than just a cliché. We have experienced the Cargills Bank and Banking Industry as a whole moving towards a Digital Era. While we have accepted that half the global population is online with over 40% using social media and 67% carrying a mobile phones, we are also mindful that many of the present job roles will soon be extinct and today’s children are studying and preparing themselves to take on jobs that yet haven’t been invented.

I am pleased to note that Toastmasters International operating in this landscape has indeed stepped up to support the need of reskilling its members to embrace changing global dynamics. I have noted that some of the skills that have been incorporated into the new Pathway Program such as Negotiation, Managing Change, Managing a Difficult Audience, Public Relations directly connect with the skills for 2020 as presented by the World Economic Forum.

You as a Toastmaster is an ambassador of the Club and the Bank and you are responsible for uplifting the image of the club as well as the bank. While the Past Presidents and the Past Committees have continuously raised the bar and strived to achieve greater heights, the present President and the Committee members too will need to provide leadership to the club to take bold and strong steps in its journey.

I wish each of you all the best in to achieve your personal and collective toastmasters goals.

## Message From **ROHAN MUTTAIAH**

CHIEF OPERATING OFFICER  
CARGILLS BANK

It gives me immense pleasure to contribute towards this newsletter of the Cargills Bank Toastmasters Club. From its inception, the club has conducted events that have been well attended and enjoyed by all participants. The club has consistently maintained a membership of 20 or more which is testament to its relevance, given the demands of work and family on staff members.



The path to career and personal development is paved with confidence, preparation, clear thinking, being articulate, and being able to engage people – membership of Toastmasters is the best guarantee of our succeeding on this path. Several staff have availed themselves of the benefits of being members of Cargills Bank Toastmasters Club.

I was fortunate to have been a Toastmaster at a stage of my career where most of you are now. I can honestly say that I would not have progressed in my career, if I had not become a Toastmaster. I take this opportunity to encourage many more staff to join Cargills Bank Toastmasters Club, and to realise your personal ambition.

I look forward to seeing you at the next Cargills Bank Toastmasters event.

## MESSAGE FROM CHARLES RAJANATHAN -

SENIOR MANAGER  
TRAINING & DEVELOPMENT  
CARGILLS BANK  
FOUNDER OF CARGILLS BANK TOASTMASTERS  
CLUB

It gives me immense pleasure in sending this message for the Inaugural issue of the Newsletter of Cargills Bank Toastmasters Club.

At this instance, let us go down our memory lane for a while. It was in the year 2016, we conducted our first ever speech Craft Program which was a tremendous success, followed by the Grand finale a memorable event to cherish. The journey continues and there is no turning back.

The Cargills Bank Toastmasters Club, within this very short spell of its existence, has made many achievements and conducted several Projects towards enhancing the Leadership skills of our staff. We are proud to note the Club achieved the "Distinguished" status this year and this recognition for a club which is still in its infancy is a great recognition to our young and dedicated Toastmasters for their immense contribution and commitment.

The members of the Club should be commended for initiating this publication which will be a bridge between the club and our staff spread across various places of the Bank. They will not only have an update of the activities of our Club, it will also give them an opportunity to enhance their knowledge bank and motivate them to get actively involved in the activities of our Club.

While commending the members of the club for this initiative, I take great pleasure in wishing the Editor and the Team all success in their endeavor.

I also wish to take this opportunity to place on record our appreciation to the Management of Cargills Bank for all assistance rendered without which this journey wouldn't have been a reality.

I wish the Cargills Bank Toastmasters Club and our members an exciting year ahead.





# AREA DIRECTOR WITH US

## TM NUWAN CHATHURANGA AREA J4 DISTRICT 82

You may have joined toastmasters with the objective of improving your communication & leadership skills, you may have joined to enhance your network, or you may have joined toastmasters for by accident. My toastmaster journey started as a coincidence. That coincidence helped me in enhancing my personality.

As we become more confident in our ability to communicate effectively and clearly, we are improving skills that help us navigate tension and disagreement in our wider worlds, helping us to better transform conflict or to work as peacemakers.

Cargills Bank Toastmasters club went through a very challenging year, like Cargills Toastmasters Club culture is unique to other toastmaster's clubs & the challenges they face also are quite unique. Those Challenges placed EXCO & members use what they learnt under toastmaster's leadership training in to immediate practice. One of the greatest challenge will be to sustain & grow the club, for that matter, Cargills bank TMC harnessed support of members to succeed 'by providing values for the time spent at a club meeting'. Club exco frequently provided communication about importance of toastmasters meeting to bank staff & they were quite active in social media feeds. To enhance the member experience club has embarked the Pathways very swiftly giving more options to members. Club also provided rich dividends to the organization by conducting speech craft for new recruits of the organization.

Club is not far away from achieving the distinguished status. Being a new club, chartered on 4/10/2017, this will be a breakthrough phase for your club. I personally believe leadership is about believing in your team, trusting them with responsibility & being there when they require your support. Where last part in practical senses would be the hardest, I am forever inspired in the selfless leaders for voluntarily driving Toastmasters forward. I extend my warmest wishes to the team lead by TM Rashika to reach more milestones in the journey of Cargills Bank Toastmasters Club.



What we do at Toastmasters does make our personal world a better place. We become more coherent and less long-winded on work teams and in our other involvements. But what we do at Toastmasters also has an impact that goes beyond our own individual worlds. As we advance in skills and help our fellow Toastmasters too, advance their skills, we are impacting those and our fellow Toastmasters encounter in other spheres of our lives.

As we learn to be better listeners, we learn how to be good listeners and truly present in the lives of those around us – our clients, our bosses and our family members. As we practice and model giving and receiving helpful feedback, we are learning how to speak up in helpful ways in other settings – our communities, our work places and sometimes as advocates for causes that we believe in.



# *PRESIDENT'S MESSAGE*

## **TM RASHIKA DANIEL CARGILLS BANK TOASTMASTERS CLUB**

“Life is a matter of choices, and every choice you make, makes you.” —John C. Maxwell

The choice we make to be a toastmaster is the choice that makes us persons who influence others. Two years back I made that choice when I joined Cargills Bank Toastmasters Club expecting a change in my personality and it definitely did miracles. A person who I was, who would shy away behind a mike, knees knocking together, has transformed to a confident speaker.

When I reminisce on life as a Toastmaster, the further along I got, the more speeches and roles I took on, the more authentic confidence I gained. Cargills Bank Toastmasters club take pride in creating these dynamic leaders who influence others. Our club chartered in year 2017, is now in its 2nd year of its journey. It has been the ongoing aim of our club to provide the opportunity to those staff members who sign up expecting a transformative experience and live up to what we believe 'where Leaders are made'.

Every member gets equal opportunity to participate in prepared speeches, impromptu speeches, various leadership roles and to serve as club officers which helps them to develop their communication and leadership skills.

Along the journey, they find friends, fellowship and laughter. What's more is that through Toastmasters, whether speaking extemporaneously in Table Topics, giving a prepared speech or listening - we gain more than we expect.

I encourage those that have heard about Toastmasters and interested in learning more, to attend one of our meetings and see for themselves what we experience.

Our club meets on first and third Tuesdays of each month between 5.15 PM and 7.30 PM at Cargills Bank head office, No. 696, Galle Road, Colombo 03.

Cargills Bank Toastmasters Club will help you to find you!

Sacrifice just two hours of your time for a day in every two weeks, and you would be rewarded with a life time experience and transformation.

We can't wait to meet you!



# EDITOR'S MESSAGE

BY TM MATHURAA PARTHEEPAN  
VICE PRESIDENT PUBLIC RELATIONS  
CARGILLS BANK TOASTMASTERS CLUB

It gives me a great pleasure to present the first newsletter "BONA FIDE" for the Toastmasters year 2018/19. It has been a privilege to work with an enthusiastic, creative and dedicated team and to have created a publication showcasing all the highlights, achievements, events and memories of Cargills Bank Toastmasters Club.

I strongly believe that every one who reads this newsletter will be inspired to be a Toastmaster. With the great support granted by the Senior Management of Cargills Bank we are doing a fantastic job in the Toastmasters fraternity.

I still remember the day Senior Manager Charles Rajanathan wanted us to start our own Cargills Bank Toastmasters Club with trust and dignity. I am proud to say that we have never failed to commit ourselves as Cargills Bank Toastmasters to achieve club standards. Our power is our dedicated executive committee and strong believing members.



“

*We learn best in moments of enjoyment*

*- James (Jim) Dent, LSSBB, DTM*

I have featured articles from our enthusiastic members where they have shared their wonderful toastmasters experience to this newsletter. There you will be able to gain knowledge and measure the value of being a Toastmaster.

Another key highlight is we have our new member from Human Resource Department TM Rakhitha Thilakarathne which we lacked having a member from the roots. You will be experiencing Toastmasters journey from HR point of view in this newsletter.

I have included club officers installation ceremony, highlights such as birthdays, special moments, guests corner, meetings corner and upcoming events.

I would like to thank TM Rashika Daniel President and each and every member of Cargills Bank Toastmasters Club for the encouragement and support.

I warmly welcome feed back via email after reading the newsletter  
(mathuraa.p@cargillsbank.com)  
Happy Reading !



# MEET THE EXECUTIVE COMMITTEE 2018 JULY -2019 JUNE



## **PRESIDENT**

TM RASHIKA DANIEL  
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## **VICE PRESIDENT EDUCATION**

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## **VICE PRESIDENT MEMBERSHIP**

TM NADEESHAN KANNANGARA  
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## **VICE PRESIDENT PUBLIC RELATIONS**

TM MATHURAA PARTHEEPAN  
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# MEET THE EXECUTIVE COMMITTEE 2018 JULY -2019 JUNE



## SECRETARY

TM SENANI PERERA  
senani.p@cargillsbank.com



## TREASURER

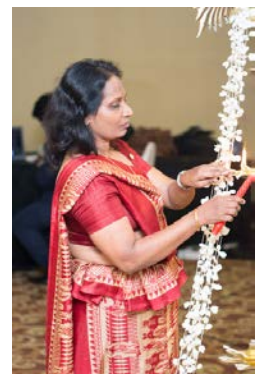
TM MAYURIE MEENILANKCO  
mayurie.m@cargillsbank.com



## SERGEANT AT ARMS

TM KETHARANI  
SIVASITHAMPARAM  
ketharani.s@cargillsbank.com

# Moment of Glory



*"You can profit by the wisdom of others, and you can give them full credit."*





# Toastmasters; the beacon of light for new generations

BY TM RAKHITHA THILAKARATHNE

"I've had enough of this. These new generation people are driving me crazy. How on earth I'm going to work with these lunatics?" This might be one of the most common complains that we hear in our workplaces. Is there a fact behind these complaints? Are the employees from the new generation that much hard to tolerate? Why they have been identified as trouble makers? As toastmasters, is there anyway that we can handle the situation?

For easy and specific references, social scientists have categorized the society based on the age or according to a specific time period where the birth occurred. Even though these generation groups were created for easy references initially, further studies have proven that they share common behavioral and psychological patterns more or less. Even though there are several generation group criterias developed by different scholars, the most accepted and most commonly used are the generations which are below mentioned.

Baby boomers (1945-1960) Generation X (1961-1980) Millennials (1981-1995) Generation Z (> 1995)

Among all these generations, Millennials are renowned as the troublemakers. To understand why this has happened, first we must analyze the characteristics of this particular generation. Some of the main characteristics of Millennials are that they are highly tech-savvy, more independent, high in expectations, somewhat inward characters, uses high tech methods to communicate, depends more on "online" methods, try to improvise to simplify the processes, somewhat lazy, prone to change the occupation quite regularly, seeks attention, need continuous engagement, needs regular feedback, easily get bored, high in self confident and multitasking. These characteristics may not be 100% accurate at every time, but after conducting so many researches, the social scientists have come up with these characteristics of Millennials. Presently the working crowd of an average organization roughly consists of 40% Millennials and 60% of other generation groups. But these ratios are rapidly changing.



Not like previous generations, Millennials prefer to have the employment to be with more recognition, more engagement, higher pay, higher freedom and frequently challenging. Unfortunately most of the other generations do not like these behaviours and sometimes they wrongly interpret them as bad attitude; add to the fact that most bosses are from previous generations (largely Generation X and very rarely Baby boomers also). So it has become a fact that handling Millennials are not an easy task unless their requirements were not fulfilled. As a result, we can observe in any industry, in any organization most of the senior employees are in a mindset that "newcomers are very hard to handle".

So is there anything that we can do for this situation as toastmasters? Yes; in fact toastmasters are the ideal specialists that can handle this matter professionally. We have the knowledge and the experience to evaluate and advice others without harming their feelings and giving suggestions for improvements. Encourage them for improvements and to try out new things. We do it as a practice and in regular basis; so actually that's one requirement of Millennials. They need continues attention and feedback. Furthermore, toastmasters are good listeners. So we can work ourselves as intermediates to solve these small issues within the office environment. But the most valuable solution would be to encourage more and more Millennials to join toastmasters. By doing such their eager for attention, engagement and enthusiasm can be dealt with while channeling their energy to active learning of social networking and social behavior. This will definitely guide them through the most valuable lesson of life, being humble and the ability to love others equally; like true toastmasters.

**TOASTMASTERS**  
INTERNATIONAL

WHERE LEADERS ARE MADE





## SUCCESS FACTORS OF MY TOASTMASTERS LIFE: CHAPTER ONE

BY TM CHANUKA DE ALWIS  
(CC,CL)  
VICE PRESIDENT EDUCATION  
CBTMC

**“IF YOU ARE COMMITTED TO  
TOASTMASTERS, YOUR SUCCESS  
IS INEVITABLE”**

The above was an interesting extract from my first article to the District 82 wall. It went on to become my favourite quote at Toastmasters. It exhibits the gist of my message which still stands valid and will always be.

It gives me immense pleasure to reflect past few years of my Toastmasters life. Although I am humble to accept that it does not expand into decades, yet Toastmasters has helped me to change the way I have interacted with the world. In other words, Toastmasters has assisted me to expand the landscape of my interactions with the people around me. Among many, key success factors of my Toastmasters life can be categorised under ‘club level’ and ‘beyond club level’. In this article, I wish to focus on ‘club level’

As a rule, I do not wait till my VP Education invites me for a meeting role. As an active member, I know the club meeting schedule. I take five minutes to plan my roles, draft it and submit my plan to the VP Education. It not only helps my VP Education to prepare the agenda but also ensures that our educational goals are achieved. Personally, this approach has given me ample time to bring a lot of creativity to the roles I play. Let me invite you to accept the first challenge at the club level. Walk that extra mile and be ahead of your VP Education. Plan your club roles well in advance. Bear in mind, by continuing to be a mere spectator at a Toastmasters meeting, one cannot reap the benefits of a Toastmasters programme. We need to utilise the time spent at a Toastmasters meeting to reach our full potential.

I always believe that regular attendance to club meetings is good. Playing a club role is better. However, delivering a prepared speech is the best. It will be an unforgettable learning experience when you are encouraged to repeat speeches. Although it took some time for me adapt to this new call, yet my VP Education was very convincing in showing why I should repeat my speech. The reasons were very simple. Either I have failed to meet the project objectives of the Competent Communication (CC) manual or I have gone overtime by few seconds. No sooner, I realised that Toastmasters titles matter a little, unless I show the expected standard and discipline of that title.

In fact, I repeated four speeches of the CC manual, three of them were the last three speeches of the manual. Let me invite you to accept the second challenge at the club level. Be brave. Do not hesitate to repeat your speech based on constructive feedback, especially if you have not achieved the project objectives. Even if, your mentor or your evaluator has not requested, be your own evaluator and judge what you have delivered. If you honestly feel that you did not, ask your VP Education to reserve another time slot. This will also help you to craft your speech better.

As Mahathma Gandhi rightly said, “Be the change you want to see in the world”. Until we meet again, let me brief you on what I have discussed. Do make small changes in your daily Toastmasters life, draft a plan for the next five meetings and hand it over to your VP Education, repeat your speech if you have an iota of doubt of achieving project objectives. If you can incorporate them into your system, I am quite confident of your success as a Toastmaster.



# *Moment of Glory*



*"Glory is attained  
from hard work,  
step by step."*



# AN INTERVIEW WITH CHAMPION TM DILAN JOSEPH

DISTRICT 82  
DIVISION F HUMOROUS SPEECH CONTEST

## 1) What does this Victory mean to you?

All my victories led me to learn one thing. That was "Be humble and share the victory with others".

Winning is always great. It boosts up the confidence, loads of learnings and path to winning is always an inspirational story. So here I am humble and simple than last time.

## 2) How long you are in Toastmasters?

I joined Toastmasters in 2015. But I thought Toastmasters is not my kind of a thing. So I gave up. I can't remember how I reinstated in 2017. I'm sure I lost many learnings during those two years. But it's never too late to join back. Currently I am holding the position as VP Education in Amana Bank Toastmasters Club.

## 3) Winning a humorous speech competition is not a simple task. Could you explain the techniques that you have used to prepare for your speeches?

I was an inspirational speaker. I never thought that I could bring humour on stage. Humour is naturally challenging. It's far different from inspirational speeches; how you connect with the audience, Vocal Variety, Body Language and the words flow patterns are different. More than anything, the personality you take on to the stage is different.

As in any speech type, the speech should be in your DNA. In simple words, for the speech to be natural, there should be a strong synchronization of words, Voice and body language which comes naturally. For them to be natural you should practice a lot. Not once or twice. I used practice day and night. I had a pool of Mentors Starting from my wife, TM Sanjeewa Fonseka, TM Shazuli Raheem, TM Nuwan Fernando, TM Gihan Kehelella and many more advisory roles. They guide me and help me to find the personality that I should take on to the stage.

TM Sanjeewa taught me some awesome visualizing techniques. So I used to visualize myself on stage. These techniques helped me to get use to the pressure. When you feel your speech is perfect to be on stage, then you need keep the full stop for more changes, unless otherwise you strongly need a change.

TM Ganga Fernando helped me to perform as a test speaker in other clubs and area contests. So it helped me to move out from my nervousness.





4) What are the obstacles you have faced to achieve this victory?

Well, there is always a big obstacle that we all face. That is our "Comfort Zone". So I had to step out to understand my true potential. Winning means you have to be extra ordinary in everything you do on stage. So whatever your weaknesses are you need to address them off stage. Every time you do that, you become a new personality on stage.

5) Have you ever felt nervous while delivering your speeches?

Of course yes ... Still I do... However, my nervousness only stays until I utter the first word on stage. It goes away with my breath. If I share with you few tips with you: Breath well, Engage with the audience from the beginning, then you become a part of the audience. When you do that eventually your stage fear goes away.

6) In your speech you mentioned about your supportive loving wife. Could you explain how supportive she was to you?

Oh yes... She is a cool wife without any doubt. She is not a Toastmaster. But her support always counted my victory. She doesn't complain me being engaged in Toastmasters. She looked after the home for me. Without any doubt she is my first Mentor for most of my speeches. Her comments are straight forward. No cushioning. Because of feedback I always tend to do well. She is one of the pillars behind my success. Victory, Participation.

07) How do you take these terms as a champion of Division F District 82 Humorous Speech Contest?

You should not worry about victory. I know many toastmasters gave up competing thinking they cannot win it. For me this understanding is totally wrong. It doesn't matter you win or lose, participation should be a "learning". Every time you participate even if you win or lose go home and think what you would do better next time. Keep on doing this.

In Simple terms "Keep on Participating the victory will follow you".

### 8) How does being a Toastmaster asset you in your Career?

Toastmasters teach values. One reason that I was attracted to Toastmasters is friends helping friends. So I use these techniques in my office. I have teams to run my operations. They help each other. They give feedback to each other. I always encourage them to think of their personal growth and value addition. All my feedback to them are constructed to understand the benefits to the organization and the benefits to the individuals. I manage two critical areas in the bank "The Contact Center and Retail Recoveries". Without any doubt most of my team mates are self-motivated. They know what they are doing and why they are doing. Therefore, I'm happy in my career. I communicate and Guide them. Communication is not only talking but listening too. We listen to others in Toastmasters and it help me to listen to my staff too.

As members of corporate clubs we must know that we are employees of an organization and we should practice what we learn from toastmasters. Then the organization gets benefits. I trust this is what corporates also need. Toastmasters make leaders, there for you should showcase your qualities as leaders.

### 9) What do you like about Toastmasters?

Toastmasters is built in four core values. Integrity, Dedication, Excellence and Respect. All Toastmasterial activities are circle around the core values. If no core values I feel there are no toastmasters. The beauty of toastmasters is everyone sticks to the values. I am truly blessed to be in the Toastmasters fraternity. Another thing that I like in Toastmasters is the new curriculum "Pathways". This is a next level a program the members could easily develop themselves. For me Pathways is self-exploring.

### 10) What's the message you would like to give to the people who are not Toastmasters?

Do you know that you are not the same you as yesterday?

Do you know there is lot to explore in you? And it is bigger than the universe?

I wanted to join Toastmasters since 2009. But I never did since I didn't know how others would think about me. That moment I said yes and started to attend I discovered the talents in me and I found loads of friends who would help me to groom my talents.





# It is not about number crunching

BY TM MAYURIE MEELILANKCO (CC)  
TREASURER CBTMC

As a person who has worked the entire life with numbers, public speaking is somewhat strange and foreign to me. The Toastmasters has changed me a lot, as a person and as a public speaker. Now I completely agree with Ralph Emerson, who once said, "All the great speakers were bad speakers at first". Toastmasters has given me time to think reflect, arrange my thoughts and even allowed to present my crazy ideas.

Today when I am asked to talk in front of a packed audience I feel confident, I am not nervous. However, I admit, to make it this far it is a process. The process was shaped and helped by the Toastmasters. I am always thankful to my fellow toastmasters and the wonderful bunch of people who were part of this journey. Here I refer two key things I learned from being a toastmaster. First, how to get rid of stage fright, second the art of public speaking.



As humans, we are worried about our reputation above almost all things. This is the biggest barrier and the reason for stage fright. When Charles Darwin visited a snake exhibit at a zoo in London he tried to remain perfectly calm while putting his face as close to the glass as possible in front of a snake that was ready to strike. However, every time the snake would lunge toward him, he would grimace and jump backward. He concluded that his response to fear was an ancient reaction that has not been affected by nuances in modern civilization. This response is known as the 'fight or flight' syndrome. Therefore, we need practice and patience. It takes time to get away with stage fright, but it is not a rocket science and Toastmasters is the place to get over it.

Having the guts to speak is one thing and then giving a nice talk is another. Toastmasters groomed me to be a communicator who can tell what I think and to tell that in a nice way which made sense. It is not easy; it is an art more than a skill. It is important to remember that people may not remember what you said but they will remember how you make them feel.

For persons who work with numbers, Toastmasters is a good place to learn, grow and cherish ourselves. The beauty of it is it is less complicated than numbers but more complicated in its essence. I encourage everyone to be part of it. Everything needs a start. Let this be it for you to grow and evolve. As Confucius said: The journey of thousand miles begins with a single step.



# WHY TOASTMASTERS?

BY TM NADEESHAN KANANKARA  
VICE PRESIDENT MEMBERSHIP CBTMC



People are different in characters. When it comes to communication, we have remarkable ability than other species. We all know how to talk, unless you are differently abled. We speak in different levels. But how many of us thought the impact of what we say.

“words are sharper than the sharpest sword”. But how many percentage make impact on what we say. People like to talk much, but listen less. This could become worse if the listeners (audience) are not interested in what you say.

Speech is a drama. An effective speech empowers a visualization same what a book, movie or a drama does. A well-organized speech is a very powerful tool to empower, inspire and awake human soul. It is a great gift for a leader, who needs to convince his subordinates. Toastmasters trained to be leaders. In toastmasters audience is always ready to listen to you. They are professionally trained to be effective leaders. Most important quality of a progressive leader is “Learn from mistakes”. To improve every person, toastmasters have number of roles to walk through what you say and provide you a constructive feedback to improve yourself. One person will measure your quality of the speech, other watch your language skills while one individual tells you how punctual you are.

It's not just speaking. In toastmasters you can listen progressive ideas of others and it can be enjoyed.

Are you ready to speak ?

# MEETINGS CORNER

"JULY 2018 - FEBRUARY 2019"

CARGILLS BANK TOASTMASTERS CLUB

**CLUB OFFICER  
AND  
NEW MEMBER  
INSTALLATION  
CEREMONY**

**26 | JULY | 2018**  
6PM ONWARDS  
HOTEL SAPPHIRE COLOMBO 06

 **CargillsBank**  
BANKING ON THE HUMAN SPIRIT

**PATHWAY  
IS THE  
WAY TO  
SUCCESS**

*JOIN WITH US*

CARGILLS BANK HEAD OFFICE  
GROUND FLOOR MEETING ROOM  
5.15 PM | 03RD JULY 2018

 CARGILLS BANK TOASTMASTERS CLUB

**YOUR MIND  
IS  
YOUR  
POWER**

**JOIN US**  
**JULY 17, 2018**  
**5:15 PM TO 7:00 PM**

**4th Floor Meeting Room**  
**Cargills Bank Head office**  
Contact - TM Nadeeshan  
+94 77 2665943

CARGILLS BANK TOASTMASTERS CLUB

**TM ISHANI** **TM RASHIKA**

**PATHWAYS  
ICE BREAKER  
SPEAKERS**

*All the very best!*  
03rd of July 2018 | 5.15PM  
Cargills Bank Head Office  
Ground Floor Meeting Room  
CARGILLS BANK TOASTMASTERS CLUB

**TM THARINDU** **TM NADEESHAN**

**TM ACHIRA**  
PATHWAYS  
ICE BREAKERS

**TM KETHA**  
PATHWAYS  
PROJECT SPEECH

**SPEAKERS**

*All the very best!*  
17th of July 2018 | 5.15PM  
Cargills Bank Head Office  
4th Floor Meeting Room  
CARGILLS BANK TOASTMASTERS CLUB

**TM RAJEWA**  
PATHWAYS  
ICE BREAKERS

**TM MAYURIE**  
CC8



# MEETINGS CORNER

"JULY 2018 - FEBRUARY 2019"



**JOIN US**

August 7, 2018 | 5.15PM  
4th Floor Meeting Room  
Cargills Bank Head Office

**MOMENT OF TRUTH**

**CARGILLS BANK TOASTMASTERS CLUB**



**ALL THE VERY BEST SPEAKERS**

07TH OF AUGUST 2018 | 5.15PM  
4TH FLOOR MEETING ROOM  
CARGILLS BANK HEAD OFFICE  
Cargills Bank Toastmasters Club

TM Maheshika Pathways Icebreakers

TM Reerthi Pathways Icebreakers

TM Sathees Pathways Project Speech

TM Senani Pathways Project Speech

TM Mayurie CC 09



**JOIN US**

**JOINT MEETING**

**CARGILLS BANK TOASTMASTERS CLUB**  
&  
**HNB TOASTMASTERS CLUB**

HNB TOWERS LEVEL 14 | 5.15PM | 23 AUGUST 2018



**ALL THE VERY BEST SPEAKERS**

**JOINT MEETING**

HNB TOASTMASTERS CLUB  
&  
CARGILLS BANK TOASTMASTERS CLUB

HNB TOWERS LEVEL 14 | 5.15PM | 23 AUGUST 2018

TM ISHANI CB TMC ACB4

TM KETHA CB TMC L7/P2

TM ROSHANATHA HNB TMC L1/P2

TM DHANUSHA HNB TMC CC8

TM RAMANI HNB TMC L1/P3



**DO YOU HEAR WHAT I HEAR?**

**JOIN US**

Educational Session

DTM Kingsley Nagarathnam  
Improve Your Listening Skills

5.15PM | 4th September 2018  
4th Floor Meeting Room  
Cargills Bank Head Office  
Cargills Bank Toastmasters Club



**JOINT MEETING**

**CARGILLS BANK TOASTMASTERS CLUB**  
(Club 6488853, Area 4, Division J, District 82)

**&**

**HSBC TOASTMASTERS CLUB**  
(Club 5231508, Area C5, Division C, District 82)

Date : 18th September 2018  
Venue: Cargills Bank Ltd, Board Room, 4th Floor  
Head Office, Colombo 03



# MEETINGS CORNER

" JULY 2018 - FEBRUARY 2019 "

Children's Day Theme MEETING

## CHILD LIKES



**OCT 02- 2018**

4TH FLOOR MEETING ROOM  
CARGILLS BANK HEAD OFFICE

Every edition of the International Children's Day comes with a particular theme with a common thought - 'Children of today, our keepers tomorrow.'

CARGILLS BANK TOASTMASTERS CLUB

CARGILLS BANK TOASTMASTERS CLUB WANTS YOU TO KNOW



IT'S TIME TO GET YOUR

## LAUGH ON

HUMOROUS SPEECH & EVALUATION CONTEST


When was the last time you had a good laugh? DON'T MISS ALL THE FUN / MAKE PLANS TO JOIN US!

5.30pm Onwards  
23 OCTOBER 2018  
Ground Floor Meeting Room  
Cargills Bank Head Office



WHERE LEADERS ARE MADE

## How to give Effective feedback



**STARTS AT 5:30PM**  
Tuesday  
November 13

Ground Floor Meeting Room  
Cargills Bank Head Office  
Cargills Bank Toastmasters Club

Follow us in face Book & Instagram

CARGILLS BANK TOASTMASTERS CLUB

**Celebrating**

**Independence Day Of**

# SRI LANKA

*JOIN US!*

DATE - 05 February 2019

TIME - 5.30 pm Onwards

VENUE- 4th Floor Meeting Room

Cargills Bank Head Office



**TOASTMASTERS**  
INTERNATIONAL

WHERE LEADERS ARE MADE



CARGILLS BANK TOASTMASTERS CLUB

## JOIN US

16 | JANUARY | 2019  
5.15 PM ON WARDS

4TH FLOOR  
CARGILLS BANK  
HEAD OFFICE

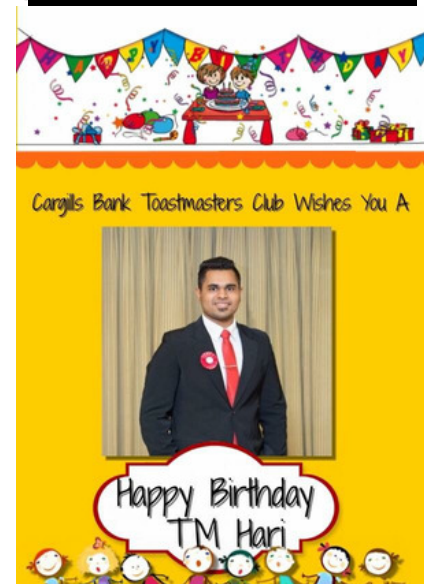
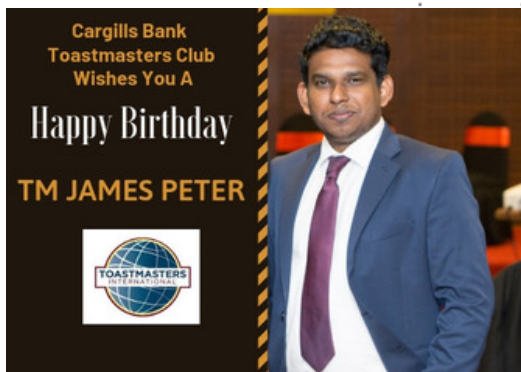
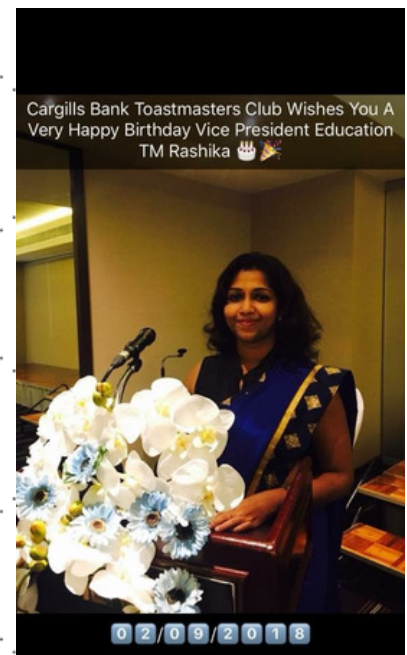
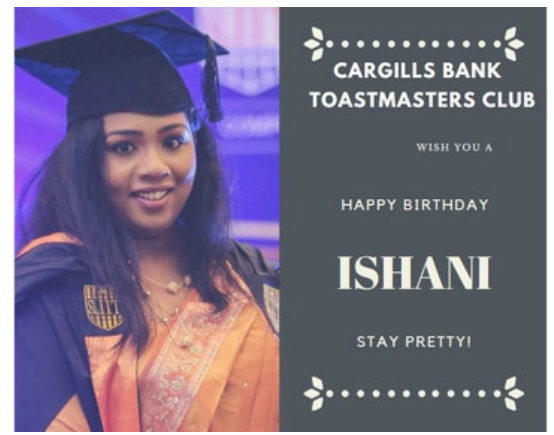


**TOASTMASTERS**  
INTERNATIONAL

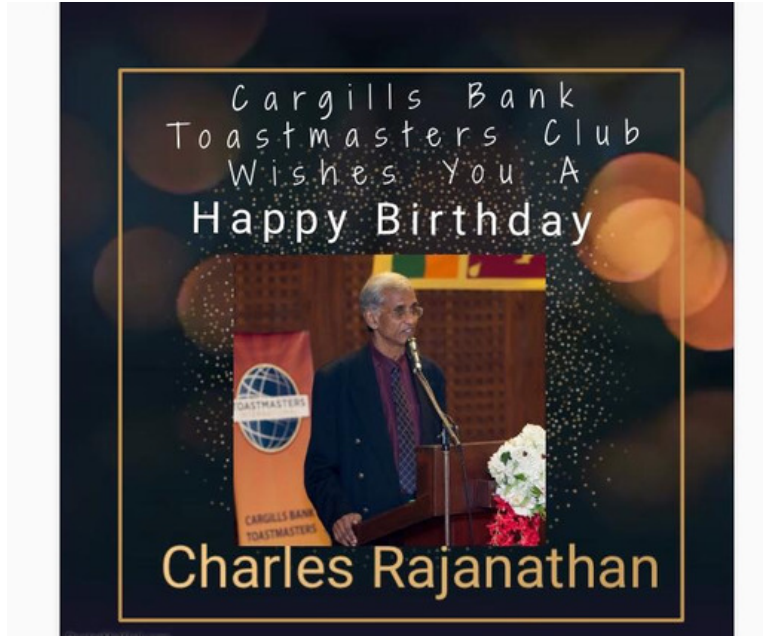
WHERE LEADERS ARE MADE



# BIRTHDAYS CORNER



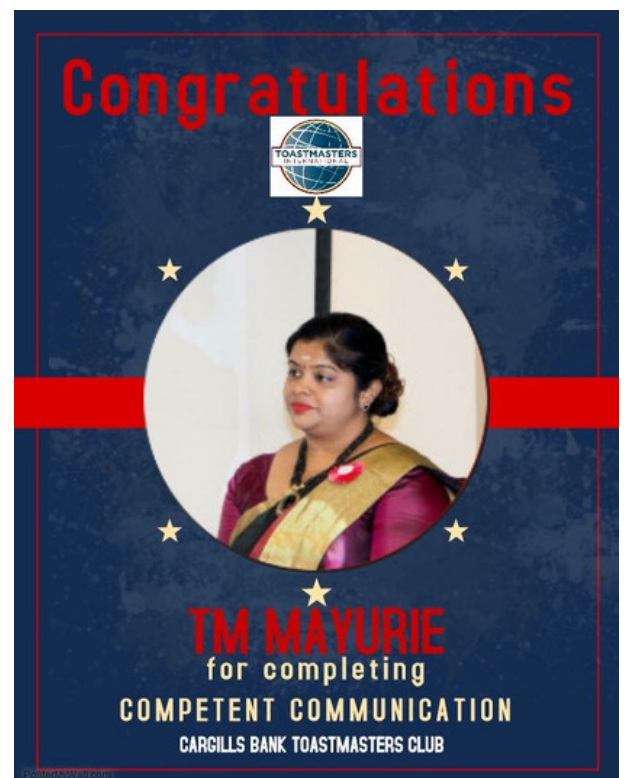
# BIRTHDAYS CORNER





# MEMBERS ACHIEVEMENTS

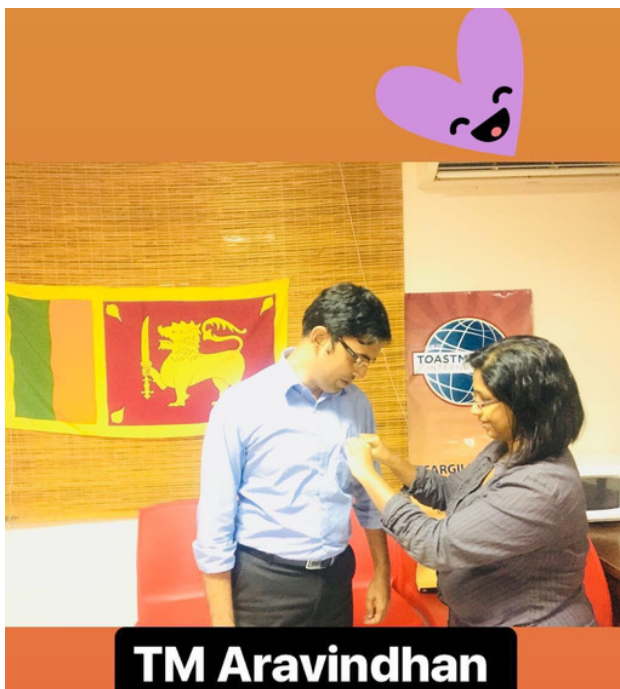
## JULY - OCTOBER 2018



**Guess who have  
received these  
surprise pins** 😊



**TM Mathu**

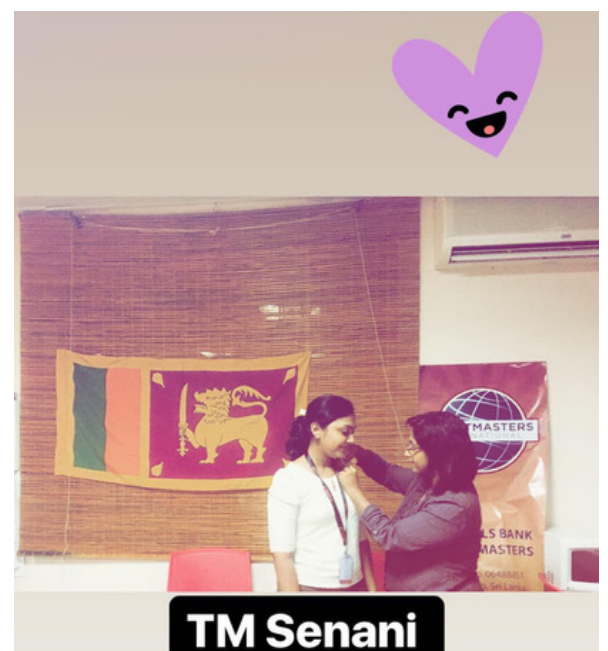


**TM Aravindhnan**

***"ENDURANCE IS  
NOT JUST THE  
ABILITY TO BEAR A  
HARD THING, BUT  
TO TURN IT INTO  
GLORY."***



**TM Ketha**



**TM Senani**



Members in Shanghai, Sri Lanka and South Africa show off their Toastmasters spirit.



Club officers of Shanghai Xujiahui Toastmasters practice team building at Shanghai Disney Resort in Pudong, Shanghai, China.



Members of Cargills Bank Toastmasters, a corporate club in Colombo, Sri Lanka, strike a pose at their officer installation ceremony.



Members of Randburg Toastmasters in Johannesburg, South Africa, celebrate their 45th anniversary.



**WE ARE IN MEMBERS FORUM FEBRUARY  
2019  
TOASTMASTERS INTERNATIONAL**



# WHO WE ARE?

**Toastmasters International** is a world leader in communication and leadership development. Our organization has more than 357,000 memberships. Members improve their speaking and leadership skills by attending one of the 16,600 clubs in 143 countries that make up our global network of meeting locations.

## **Toastmasters International Mission**

We empower individuals to become more effective communicators and leaders.

## **District Mission**

We build new clubs and support all clubs in achieving excellence.

## **Club Mission**

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

## **Toastmasters International Core Value**

Integrity

Respect

Service

Excellence

## **Toastmasters International Envisioned future**

To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development.

## **Cargills Bank Toastmasters Club**

Club Number- 06488853 District 82, Division J, Area J4

Location- Cargills Bank - Head Office, 696 Galle Main Rd, Colombo 00300

Meeting Time - 1st and 3rd Tuesday of the month.

From- 5.15pm-7.30pm

**FaceBook page-** <https://m.facebook.com/cargillsbanktoastmastersclub/>

**Instagram page-** <https://instagram.com/cargillsbanktoastmastersclub?r=nametag>

## **Contact Details-**

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