



# RESCENDO

TOASTMASTERS PAKISTAN NEWS AND EVENTS

*New Year New Beginings*

*New Possibilities*

**Volume 6**

**Issue 2**

**District 122P**

**Public Relations Corner**

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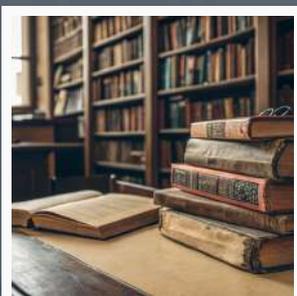
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"The Toastmasters platform provides an excellent opportunity to achieve this by nurturing communication skills, leadership abilities, and a culture of mutual encouragement that helps individuals grow together."

# DTM AZAM ALI

**DISTRICT 122P DIRECTOR**

Warm New Year greetings to all, and wishing you a blessed Ramadan filled with peace, reflection, and renewed energy.

As we begin the year, I encourage everyone to set a meaningful resolution focused on personal growth and positively influencing the lives of others. One of the most valuable commitments we can make is to continuously improve ourselves while helping others grow along the way. Let us strive to learn more, participate more, and create a greater impact in our communities.

The second half of the Toastmasters year is always vibrant and activity-filled. Across District 122P, clubs and leaders are actively engaged in Club Officer Training (COT), Area and Division Speech Contests, and preparations for the Annual Conference and other upcoming district events. These initiatives provide valuable opportunities for members to strengthen their communication and leadership skills while building stronger connections within the Toastmasters community

Second Club Officers Training and refresher sessions were conducted in Islamabad, Karachi, Lahore, and through online platforms, enabling leaders from different regions to enhance their knowledge and guide their clubs more effectively. We extend our sincere appreciation to Crescent Model School (Lahore), ICMAP International (Islamabad), and Contour (Pvt.) Limited (Karachi) for their generous support in providing venues for these important learning initiatives.

In addition, district alignment and leadership transition for the new merged district are also underway, in coordination with District 104 to ensure a smooth and well-structured process for the coming year.

As membership renewals approach, clubs are encouraged to engage members early to ensure timely renewals and continued progress toward Distinguished Club Program goals. With the passion, commitment, and enthusiasm demonstrated by our members, I am confident that the coming months will bring further learning, growth, and success for Pakistan.

*Azam Ali*

"If you want to learn something --- start teaching it"

# DTM ALI AMJAD

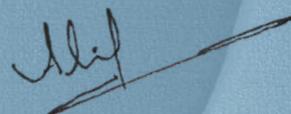
**DISTRICT 122P PROGRAM  
QUALITY DIRECTOR**

Toastmasters is all about education and skill development. People join toastmasters for several reasons, but one most common and obvious one is learning or polishing a skill.

As toastmasters we are all educators and as they say "if you want to learn something, start teaching it". My message to all members of our district is to continue the journey of learning and self development and emphasize skills in your written and verbal communication in and outside toastmasters.

The Pathway enhancements offer great opportunity for maximizing learning opportunities for the community. It has two component; mandatory meeting role requirements and educational presentations on various topics. Hence, the club's VP educations should communicate this more often so that all are fully aware of it and start implementing it.

If we are able to emphasize this fully by March 2026, we can amplify the member retention and member grow



*"When we work together with a shared vision, growth becomes a natural outcome."*

# DTM ABRAR WANI

**DISTRICT 122P CLUB  
GROWTH DIRECTOR**

Dear Toastmasters of District 122P,

As we move through the third quarter of the Toastmasters year, it is an important moment to reflect on what truly sustains and strengthens our clubs—membership and growth.

Every thriving club is built on the energy, commitment, and enthusiasm of its members. When membership grows, clubs become more vibrant, meetings become more dynamic, and opportunities for learning and leadership multiply. Growth is not merely about numbers; it is about creating an environment where individuals feel welcomed, valued, and inspired to continue their personal and professional development.

However, club growth is not the responsibility of one role or one leader alone. While the position of Club Growth Director exists to guide, support, and facilitate growth initiatives, the reality is simple: a CGD alone cannot build or sustain growth. True growth happens when every club officer, every area and division leader, and every member takes ownership of strengthening their club.

Each of us plays a role—whether it is inviting a guest, mentoring a new member, promoting the club within our networks, or ensuring a positive and engaging club experience.

I sincerely appreciate the dedication and efforts of our club leaders, area directors, division directors, and members who continue to support their clubs and the district.

Together, we can ensure that District 122P continues to grow and empower more individuals to find their voice and lead with confidence.

*Abrar Wani*



# CONTEST SEASON IS HERE!

Toastmasters Contest Season is here — where ideas take the stage and voices rise with confidence. It's not just about winning a trophy; it's about courage, preparation, and delivering a message that leaves an impact. Step up, speak out, and let your story inspire the room. 🗣️

From Clubs to Areas to Division and finally District - Speakers rise, stories unfold, and confidence grows with every word.



# CLUB OFFICER TRAINING -II

## Chapter LAHORE



Club Officers Training equips leaders with the knowledge and tools to serve their clubs effectively. It provides clarity on roles, encourages collaboration, and strengthens leadership skills. Together, trained officers build stronger clubs and better experiences for members.





# CLUB OFFICER TRAINING-II

## Chapter ISLAMABAD



Club Officers Training helps leaders understand their roles and lead their clubs with confidence.



It encourages collaboration and equips officers with the skills needed to create stronger clubs and better member experiences.

# CLUB OFFICER TRAINING-II

## Chapter KARACHI

Club Officers Training prepares leaders to effectively support and guide their clubs.



Through learning and collaboration, officers gain the tools and clarity needed to build successful and engaging club environments.

Learning, sharing, and leading together. Club Officers Training is where officers strengthen their leadership and prepare to create impactful club experiences.

Strong leadership builds strong clubs. Club Officers Training provides the guidance and tools officers need to support members and drive club growth.

An inspiring day of learning and leadership. Club Officers Training brings officers together to grow, collaborate, and lead their clubs with purpose.



# 2026

The New Year arrives like a blank page—quiet, hopeful, and full of possibility. It doesn't demand perfection; it simply invites us to begin again. Every sunrise becomes a reminder that change is always within reach. Maybe this year we chase dreams a little braver, laugh a little louder, and worry a little less. We carry lessons from the past, but we don't let them weigh us down. Instead, we turn them into stepping stones for what's ahead.

A new year isn't just about resolutions—it's about renewed courage, fresh perspectives, and the belief that the best chapters of our story might still be waiting to be written.



# رمضان

Ramazan offers practical lessons that extend into our daily lives. Fasting teaches discipline and self-control, reminding us that patience often leads to clarity and better decisions. It encourages empathy, helping us understand the struggles of those less fortunate and respond with generosity. The month also highlights the importance of mindful speech and thoughtful actions—principles that strengthen relationships and communities.

These values resonate strongly with our journey in Toastmasters, where purposeful communication, empathy, and personal growth help us become better speakers, leaders, and individuals.

# MEMBERS' CONTRIBUTIONS

*Poetry, Articles, and Stories*



# Thanks for the **Silence:** Why Members Leave

We've all heard the glowing testimonials: "Toastmasters changed my life!" "I found my voice!" "I now speak confidently at weddings, boardrooms, and drive-thru windows!" But here's the story we rarely hear: Why do people leave.

During the past 32 years, I've joined dozens of Toastmasters clubs. I've stayed in many. I've left a few. And I've walked away from some before even walking in. Not because I stopped believing in Toastmasters, but because some clubs stopped believing in me. Let's talk about it.

## **The Vanishing Act**

I was once an active member of a club, attending regularly, contributing enthusiastically. Then life happened. I missed a few meetings. Did anyone check in? Nope. But when dues season rolled around, I got the classic message: "Are you renewing?"

**Lesson:** If you only reach out when it's time to collect dues, don't be surprised when members feel like ATM machines with vocal cords. Build a culture of care. A simple "We missed you!" goes a long way.

## **The Emotional Unsubscribe**

In another club, I left gracefully. I thanked the officers. I waved goodbye. What happened next? I was removed from the mailing list faster than you can say "Pathways." No farewell. No "keep in touch." Just digital exile.

**Lesson:** When a member leaves, don't treat it like a breakup. Treat it like a graduation. Celebrate their contributions. Keep the door open. Because when the club leaves the member, the member leaves Toastmasters.

## The Guest Ghosting

I once visited a club to deliver a guest speech. The meeting started 45 minutes late. The men sat on one side, the women on the other, chatting like it was a middle school dance. No one asked who I was. No one introduced me. I could've been a hologram.

After the speech? No thank you. No feedback. No invitation to return.

**Lesson:** Guests are potential members. Treat them like VIPs. Greet them warmly. Introduce them. Thank them. And for heaven's sake, start on time unless you're hosting a Toastmasters pajama party.

## The Lost Contact

I once found a club near my house. Excited, I reached out using the contact info listed on the Toastmasters website. The response? "I'm not a Toastmaster anymore. I left that club two years ago."

Two years. Two years of missed opportunities. Two years of potential members wandering in the wilderness of outdated listings.

**Lesson:** Update your contact info. Your next great member might be one email away—and one broken link away from never joining.

# REGULARLY. RELIGIOUSLY.

## The Culture Conundrum

Sometimes, it's not about logistics, it's about vibe. Some clubs are warm, inclusive, and vibrant. Others feel like cliques with a lectern. If members feel excluded, unheard, or undervalued, they won't stick around.

**Lesson:** Culture eats agendas for breakfast. Foster inclusivity. Celebrate diversity.

**Make sure  
every voice is  
heard,**

**not just the  
loudest ones.**

## The Dues-Driven Disconnect

Toastmaster's clubs are nonprofit, but dues are real. And when the only time a member hears from the club is during renewal season, it sends a message: We care about your wallet more than your growth.

**Lesson:** Make renewal season a celebration, not a transaction. Remind members of their progress. Share highlights. Invite them to recommit, not just financially, but emotionally.

## Final Thoughts

Toastmasters club is more than speeches and timers. It's a community. A place where people grow, connect, and find their voice. But that only works if clubs treat members like people, not just participants.

So yes, I've left clubs. I've skipped joining others. But I've also stayed in many and thrived. The difference? Connection. Care. Culture.

If Toastmasters clubs want to maintain high membership, they need to care about their members on a regular basis, not just twice a year when it's time to collect dues.

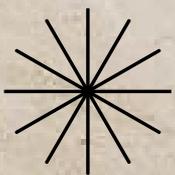
**Because in the end, the best clubs don't just teach you how to speak, they remind you that **you matter.****

By  
Sarfaraz Akber Nazir, DTM  
Karachi Toastmasters Club





# The Most Expensive Cage



We seldom lack discipline anymore we lack tolerance for discomfort.

My father always went to the farther masjid. Not because there wasn't a closer one, He did it because he deliberately chose discomfort. He would wake up at least thirty minutes earlier than necessary, walk the extra distance to pray, and then walk back another thirty minutes. To a person with a "normal" mindset, this might seem unnecessary even irrational.

But it wasn't what it looked like, he choose voluntary discomfort, Stoics had been preaching.

## Comfort Has Changed Its Shape

We live in an age of constant temptation an endless supply of comfort designed to keep us occupied, entertained, and numb. Entertainment is available 24/7, on phones and large screens, through social media, streaming platforms, cable, and everything in between.

There was a time when entertainment was limited.

I remember my adolescence streets would be empty between 7 and 8 p.m. because almost everyone stayed indoors to watch their favorite show, primetime, entertainment had a schedule. It was a small part of the day, something people looked forward to.

In just three decades, the entertainment industry has evolved so much that it has begun to feel like life itself.

Today, boredom lasts seconds. The moment it appears, we pull out a device and escape reality instantly.

## When Comfort Becomes a Cage

*Who wants to sit with boredom?*

*Who wants to struggle to learn something when uninterrupted entertainment is always within reach?*

Slowly, we've created a bubble of self-entertainment and immersed ourselves fully in it.

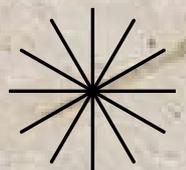
***That bubble has now become a cage.***

A very expensive one.

Inside this cage, it feels like we have everything yet something essential is missing. The one thing that has the power to elevate us beyond limits: discomfort.

***No one wants discomfort. Not even its mildest form boredom.***

The moment we feel it, we run back to our comfortable cages and repeat what everyone else is doing.



# We Were Not Created for Comfort

We were created for something far greater.

We were created for a higher mission to serve our Creator and live with purpose. And purpose requires discomfort.

Let's revisit an important concept: **delayed gratification.**

It means delaying pleasure now in order to receive a greater reward later. It means choosing struggle in the present for growth in the future.

Unfortunately, modern psychology has flipped this. We seek pleasure now and worry little about the future.

*But the price must be paid.*

Either you pay it today or it will be taken from you tomorrow.

## What Discomfort Gives Back

One thing I've learned through discomfort is this:

Whatever you earn through deep discomfort, you get to keep for a long time.

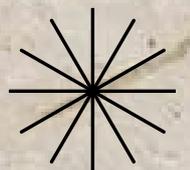
When I was losing weight, I went through extreme physical discomfort. I still remember it cardio sessions where it felt like smoke was coming out of my nose, shoes burning, joints aching, muscles tearing.

### *The reward?*

The best physical shape of my life at the age of 40.

Six years later, that discomfort has permanently changed how I think and how I look. It reshaped my identity. Even when I don't work out consistently, I remain active and don't gain weight easily.

**Discomfort doesn't just  
change behavior.  
It changes identity.**



# Choosing Discomfort on Purpose

Like my father, I now choose discomfort voluntarily.

*An apple doesn't fall far from the tree.*

Some of the difficult things I put myself through to stay physically and mentally strong include:

- Cold showers in winter, around 6 a.m.
- Waking up between 4:00 and 4:30 a.m. even on weekends
- Sleeping on a thin mattress
- Sleeping without air conditioning in the summer
- Saying no to cravings I love KitKat, Twix, and certain foods

The effects of discomfort aren't always visible immediately. But over time, you notice small changes glimpses of strength, clarity, discipline.

**Those glimpses eventually shape your reality.**

## Step Out of the Cage

*Step out of your expensive cage.*

*Yes, it's difficult.*

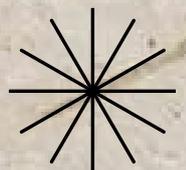
*But just like the eagle, whose flight is painful yet purposeful, discomfort is what gives meaning to our existence.*

*Comfort may feel safe.*

***But discomfort is what makes us truly free.***



By  
Syed Zameer  
Rawalpindi Toastmasters Club



# EPILOGUE

Our next issue will be out  
in May 2026

Please submit your contribution [here.](#)  
Till April 25, 2026



Find out more about us