



Club Officers

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Education Corner

What do you think of when you hear the word "mentor?" I always thought it was someone much older than myself, maybe with a lot of grey hair, and with a vast amount of knowledge I didn't have. However, I have learned this is a misconception. Mentors come in many forms. Even the youngest child can teach us something, let alone a fellow Toastmasters member.

My first Toastmasters mentor came in the form of a dynamic red headed woman named Valerie Moreau. Valerie helped me through my first Ice Breaker speech by giving me a little additional emotional support and showing up early before the meeting to let me practice my speech with her. At that time, we were both new Toastmasters charter members to the club and didn't have a vast Toastmasters background. However, that didn't matter. Together we figured out how to do things. Valerie was an anchor to me in the beginning of my time in Toastmasters, and I will never forget it.

In fact, it is because of this kindness that I feel compelled to pay it forward. It warms my heart to help a new member get through that first victory of overcoming their first speech, The Icebreaker. I have learned over the years, that though I am glad others benefit from being mentored, it is really I who benefit.

How have I personally benefitted from being a mentor? As mentioned before, the satisfaction of helping others is a big payoff, but there are other wonderful things to gain. I learn a lot, too. I learn by trying to recall the skills and lessons learned from Toastmasters to pass onto the next person. When you have to teach something, you reinforce your own personal knowledge. I also learn when a new member has a different way of looking at things or thinking of things that hadn't occurred to me. Believe me, being a mentor benefits both the mentee AND the mentor.

I encourage you to consider being a mentor. The recommended minimum requirement in our club is to have given 3 speeches. That's it! By then you will have had a little practice in the way we run meetings, how to perform functionary roles, how the Toastmasters International program works, and giving constructive feedback.

When you are a mentor, you and the mentee decide the kind of schedule you want. It can all be done via email, or telephone, or you can meet over coffee. It's a very flexible commitment depending on the extent of help wanted or needed. The bottom line is that you are there to answer questions and lend support. You can feel good by helping someone new, with the added surprise of helping yourself! Be a mentor!

Kathy Sterling, DTM
Charter Member of SOS Toastmasters

WE need YOU to be a mentor. Contact Marta to sign up!

SOS Toastmasters

**Congratulations
Jonathan, Ya-Wen
and Yen-Ru for
earning your
Competent
Communicator
awards!**

SOS-Super Saturday Social!

**October 15th at CIMBio
All members are
encouraged to give a
speech in this challenge.
Speeches, fun, food, and
games. Guests are
welcome.**

**Contact Kathy Spencer
kspencer@scripps.edu
for more details.**

Jintang Du; How do you feel about accomplishing your CC award?

In front of many audiences, I feel very confident now when I give a speech, scientific or random topic. All of the changes came from the practice in Toastmasters. The ten speeches in my CC manual were more like ten steps to practice which greatly improved my speech quality.

First, I feel more confident and have less fear. It is hard to overcome nervousness when you stand up in front of people. In the speech, it is not only transferring your ideas to your audiences, but also communicating with them. It is very important to enhance your speech by your body language. If you have a chance to review your classes or seminars, why are some of them were so exciting, and others make us very sleepy? Except for the topic, the speaker's body language is the secret which made these differences. When you feel confident, you will make your audience more confident with your speech. Ten speeches in my CC manual are like ten steps to help me learn and understand these secrets.

Second, better arrangement. Before joining Toastmasters, I was not worried about my speech, but felt uncomfortable with the questions from the audiences. One reason is about proper understanding of these questions. Another is how to think and answer them in a very short time. Not all these answers in your speech can be prepared in advance. Table Topics in Toastmasters will do the exact same thing and help you.

Third, friendly suggestions. Toastmasters is a team. We work together to improve our speeches. After your speech, you will be given suggestions: which part you did well, which part you need to be careful. Also, the time will be counted, and your incorrect grammar will be reported by our team. I felt I was not alone in learning English in these ten speeches.

Overall, these ten speeches from the CC manual are very helpful. Instead of being afraid to give a speech, you can enjoy it. The more confident in your speaking, the better chance your idea could be accepted, and more opportunity in your job application in the current market.

**Congratulations to Sebastian and Joann!
Sebastian took first place at the Area Evaluation
contest, and Joann took first place in the
Humorous Speech contest! Come support them
at the Western Division contest, October 16th,
1pm at Hubbs-Sea World.**

