

# Folsom Intellects

Meet: Thurs. 12-1 PM RM-4110

Toastmasters International

Fall 2014

## Member News

- **Featured Member: Kiran Bhat.** This month we are featuring long-term member Kiran Bhat. Please see the next page for advice and news that Kiran wishes to share with his fellow Toastmasters.
- **New Members who recently joined Folsom Intellects:** Kip A. Baumann & Pradeep Bola. Welcome and best wishes in achieving your goals~!
- **2014 Fall Conference** is on November 7 and 8, 2014 at the Crowne Plaza Sacramento (I-80 and Madison). We encourage you to register now, more info at <http://www.district39.org/2014-fall-conference/>

“The only limit to our realization of tomorrow will be our doubts of today.” -- Franklin D. Roosevelt

- **Officers: July 2014-December 2014**

President:	Shann Galuza
VP Education:	Tony Oliver
VP Membership:	Wayne Weisbecker
VP Public Relations:	Kiren Kaur Chohan
Treasurer/Secretary:	Randy Nystrom
Sergeant of Arms (1):	Pushyak Kalkunte
Sergeant of Arms (2):	Kiran Bhat

Contributing Editors:  
*Shann, Kiran and Kiren*



## President's Perspective



Success is the progressive realization of worthwhile predetermined goals-Paul A.

What speaking goals are have you set for yourself? If you want to complete your CC manual in one year, plan to speak once per month. Our mentors are committed to helping you reach your goals by having 1:1 meetings with you, offering tips, and listening to your dry runs. Leverage the mentor system within Toastmasters so you can realize your speaking goals and become a successful speaker!

-Shann Galuza

## Featured Folsom Intellectuals Member: Kiran Bhat

**Member of Folsom Intellectuals since:** 2007.

**Occupation:** Application Engineer at Intel.

**Awards and Goals Achieved:** Competent Communicator; Humorous Speech Contest Winner – 1<sup>st</sup> place in Area 73 Contest and 3<sup>rd</sup> place in Division G Contest (2014)

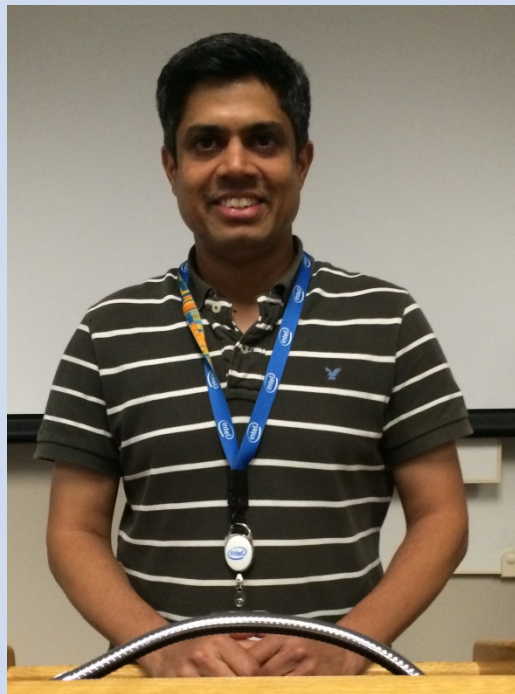
### **What motivated you to join Toastmasters?**

My job involves interacting with customers, presenting to large audiences and customers. I felt the need to improve my communication skills and one of my colleagues recommended Toastmasters. I attended a few meetings as a shy guest and then joined Toastmasters.

### **What advice do you have for your fellow Toastmasters?**

Prepare and practice thoroughly before each meeting. Sign up for a speech or a role or volunteer in table topics. Take each role or speech seriously by preparing and practicing and you will become a good speaker. The amount of practice and effort you put in will reflect in your speeches. “What you sow is what you reap.”

For the first 3 years after I joined Toastmasters, I did not invest time and did not practice before the meeting and, thus, I did not get much out of Toastmasters. I just came in, delivered 5 speeches and stopped. I did not participate actively, although I turned up for a meeting here and there. After a gap of a few years, my mentor David Betowski tapped on my shoulders to work on my Competent Communicator manual. I started giving prepared speeches again but this time with great enthusiasm. I prepared and practiced well and my speeches were well-received. I completed my Competent Communicator manual. I entered Humorous speech contest by coincidence but I worked to put together and deliver a good speech. I even won the Area Contest, and winning the Area Contest was a great confidence booster. It reassured me that I will need to take more opportunities to speak and practice more to get better at public speaking.



**Empowering Individuals to Become Confident and Effective Speakers**