

Folsom Intellects

Thurs. 12-1 PM - RM:FM3-102

Toastmasters International

Spring 2016

Member News

Educational Awards – Congratulations~!

Advanced Communicator Silver – Randy Nystrom

Welcome New Folsom Intellect Toastmasters:

Michael Knittel

Upcoming Contest – International Speech and Table Topics:

- Division G Contest is May 6, 2016 in FM7 Café
<http://www.district39.org/event/division-g-contest-2/>
- *Please come and support club winner Jason Schroeder at the competition~!*
- RSVP required by May 2, 2016 @
<https://www.eventbrite.com/e/division-g-contest-nobody-does-it-better-tickets-22820203844>
- Please contact an officer for more information.

7 Habits of the Best Public Speakers

1. Mentally Rehearse Prior to Speaking (Get in the Zone)
 2. Nail the first and last 30 seconds
 3. Tailor Your Message For Your Audience
 4. Plant Your Feet and Use Your Body to Communicate
 5. Do Not Be Afraid of Silence
 6. If 20+ Minute Speech, Mix Up the Presentation Style
 7. Be Yourself (Do Not Pretend to Be Someone Else)
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Officers: January 2016-June 2016

President:	Justin Wenck
VP Education:	Kiran Bhat
VP Membership:	Melanie Spring
VP Public Relations:	Kiren Kaur Chohan
Treasurer:	Randy Nystrom
Secretary:	Kishore Veturi
Sergeant of Arms (1):	Pushyak Kalkunte
Sergeant of Arms (2):	Shann Galuza

Contributing Editors:

Justin Wenck & Kiren Chohan

<http://folsomintellects.toastmastersclubs.org/>



President's Perspective

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Justin Wenck

Get Out!

I recently went to the Prairie City Talker's charter party. When I go somewhere new I get nervous. Not as much as I used to, thanks to Toastmasters, but the anxiety is still there. When I walked in I was asked to be an evaluator... in front of a NEW crowd, in a NEW room! Yikes! It ended up great and I saw my skills do transfer outside of the Folsom Intellects. We love you at our meetings, but don't be afraid to Get Out to other clubs and amplify your communication skills!