

Folsom Intellectuals

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

Toastmasters International

Summer 2015

Member News

Pictures from 2014-2015 Toastmasters Year (below)

Featured Member: Shann Galuza. This month we are featuring our President and long-time Toastmasters member Shann Galuza (photo at right and please see next page for his article).

Competent Communicator (CC) Award - Congratulations to Samuel Wekanda for completing his CC handbook (July 2015)! The skills one is taught through this handbook is acquiring confidence while speaking in public, presentation, research, organization, using appropriate gestures, vocal variation & persuading and inspiring your audience. All these skills enable one to become an effective public speaker. Great job, Sam~!

Welcome New Folsom Intellect Toastmasters:
Bryan Buchert, James Tong, Ritu China, & Rawia Omer Ali.
Welcome!

“Always bear in mind that your own resolution to succeed is more important than any one thing.”
~ Abraham Lincoln

Officers: July 2015-December 2015

President:	Shann Galuza
VP Education:	Amy Eraut
VP Membership:	Tony Oliver
VP Public Relations:	Kiren Kaur Chohan
Treasurer:	Randy Nystrom
Secretary:	Kishore Veturi
Sergeant of Arms (1):	Pushyak Kalkunte
Sergeant of Arms (2):	Kiran Bhat
Volunteer Backup:	Justin Wenck

Contributing Editors:
Shann Galuza & Kiren Chohan



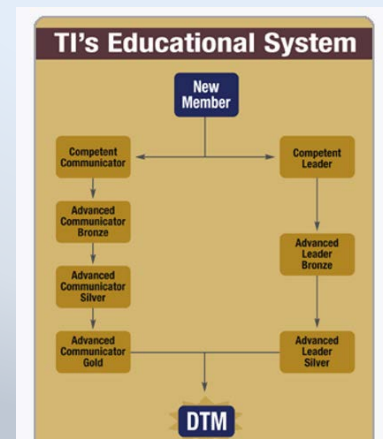
President's Perspective



-Shann Galuza

Recipient of the DTM
Award

Awarded: April 2015



Featured Folsom Intellects

Member: Shann Galuza

Shann Galuza being presented with DTM award by David Betowski-->

Occupation: Intel Employee

Awards and Goals Achieved:

Distinguished Toastmasters (DTM)

My 16 year Journey to DTM-

What does DTM stand for? The real definition is Distinguished Toastmaster, but I prefer to say, it "Doesn't Take Much". Just showing up to your club meeting is half of the battle. Block the time off on your calendar and invest the one hour per week in yourself! If you show up and participate in the many roles and opportunities TM has to offer, you can and will reach your DTM too.



Budget minded-

When I first started coming to the Folsom Intellects meeting in 1999, the dues were \$24 for 6 months. I thought to myself, that's a buck a mtg. I'm certainly going to get my money's worth each and every week. Where is that sign up sheet? I put my name down all over the place on every role I could. I wanted to fail and flail up in front of everyone at that meeting while I in turn learned to do each role right and with confidence. Then I started to add some humor to my roles. I was gaining confidence and learning-while-doing. I was having fun. I no longer had nervous issues. With Inflation, the cost is now just \$1.50 per meeting. What better way is there than to invest in yourself?!

As with budgeting, we have been told to pay our self first when we do our monthly budget (putting \$ into your savings account first). I challenge you to block off this time each week as important investing time in yourself (or paying yourself first if you will) and not let other things get in your way of (a) reaching your goals, (b) learning valuable skills, and (c) having an entertaining hour. Work will still be there when you come back in an hour ☺

CLIPS and SMELL-

I started coming to TM for all of the same reasons you probably started coming. (CLIPS)

Communication skills

Leadership skills

Impromptu speaking

Presentation skills

Speaking skills

I wanted to learn to present with confidence to the senior engineers at Intel. I wanted to be able to communicate my design ideas without holding back. I wanted to be able to handle the tough Q & A sessions that usually follow a presentation with confidence and grace. That is why I started coming to the meetings.

Along the way I also got a SMELL.

Support

Mentorship

Encouragement

Learning for others

Laughter

I can honestly say I love coming to the TM meetings. I am entertained, I laugh, I am moved by the powerful presentations that I hear, and get my mind off of work (or STRESS) for one hour in that day. I try and take a roll each meeting to stay in practice and lead by example. You don't have to be a good chef to enjoy a delicious meal.

When you come to the TM meeting, watch other speakers and try some of the skills or ideas they are sharing with us in your next presentation.

Giving back-

By participating in the club roles, you are helping the club and others. It makes you feel good to give a helpful evaluation and encourage another member along the way. I encourage you to try all the roles as you gain experience and give back at the same time!

In Closing-

In summary, you get way more out of the club than you put into it. Come and participate in the meeting and you'll be happy you did. Taking on new roles and growing at your own pace is what TM is all about. Remember, Inch by inch, it's a cinch: Yard by yard, it's hard. One speech at a time leads toward reaching your speaking goals and becoming a better communicator and person.

Shann Galuza
Folsom Intellectuals Club President



Toastmasters Summer 2015: at Kiren Chohan's home, with Kiren, David Betowski, KishoreVeturi, Justin Wenck, Shann Galuza, Tony Oliver, Samuel Wekanda, Terry Petlowany and Syeda Selina Akter.



Rabbi Yossi Grossbaum, Tony Oliver, Pushyak Kalkunte, Justin Wenck, Kristi Johnson & Sheetal Sonar: Winners of the Debate Competition (August 2014)



Randy Nystrom congratulating Shann on his DTM award.

**In closing, “Thank you” all members and former members for an amazing Toastmasters year~!
And wishing you all wonderful success in the future~ Kiren Chohan (VP Public Relations) on
behalf of Toastmasters Officers 2014-2015~**