



Club Officers

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Upcoming Events

September 16th 6:30-8pm Talk-O-Tuesday

Speech-A-thon; contact Lyn'Al to sign up

September 17th 2:30-3:30pm SOF-SOS Lightning Talks

3 minute presentations, 1 slide

We need volunteers to help with timing and ballots

See Kathy Sp for details

September 20th 8:30am-2pm The "How To" Interactive Workshop for Building Strong Toastmaster Clubs (formerly Marketing Workshop), SDCOE in Linda Vista

October 24th 6pm-?? Spooky Speeches at Fiesta Island

Give any manual speech you'd like, but make it a

ghost/scary story. We'll have a bonfire with hot dogs, marshmallows, potluck, etc. Family and friends are invited.

See Kathy Sp for details.

SOS Mentoring Program

We are starting a new mentoring program for our Scripps Outstanding Speakers club. This will provide more accountability from the mentors, and more opportunity for feedback, coaching, and encouragement from and for the entire club.

A strong mentoring program will help our club's members to progress through the manuals, help with member retention, and make the Toastmasters experience more worthwhile, for both the mentee AND the mentor.

If you feel sometimes lost and confused about the whole Toastmasters program and expectations, please request a mentor. We'll pair you up with a veteran club member, who can guide you through the Educational Program, help you practice your speeches, and prepare you for meeting/functionary roles. Even veteran members can request a mentor to help with a specific goal, such as using more humor, stage presence, or word usage.

Mentors will check in with the Mentor Program Administrator (Kathy Sp), to ensure that progress is being made, and that the mentee's needs are being met. After the new mentee completes 3 CC manual speeches, the mentor-mentee team has the option of being reassigned, to broaden your Toastmasters experience with different perspectives from other mentors, or to remain together, or to dissolve and continue on your own.

Both the mentee and mentor can contact the Mentor Program Administrator at any time to discuss progress, options, questions, conflicts, compliments, or suggestions. This program is designed to help YOU gain the most possible from your Toastmasters journey.

Pesky Toastmasters Acronyms

CC – Competent Communicator
CL – Competent Leader
ACB – Advanced Communicator Bronze
ACS – Advanced Communicator Silver
ACG – Advanced Communicator Gold
ALB- Advanced Leader Bronze
ALS – Advanced Leader Silver
DTM – Distinguished ToastMaster
DCP – Distinguished Club Program
AG – Area Governor
DG – Division Governor
LGM – Lieutenant Governor Marketing
LGET – Lieutenant Governor Education and Training
D5G – District 5 Governor

Meet Lyn'Al Nosaka



Date joined; May 2012

Hometown; Hilo, Hawaii

How long have you been in San Diego? I moved to SD in 2010, and been here for 4yrs

Whose lab are you in? I'm in Prof. Gabriel Lander's Lab in the Dept. of ISCB at TSRI

What do you like to do for fun? I enjoy camping and seeing the different plants and animals that San Diego has to offer.

Where have you traveled? I've visited a few islands in Hawaii (Big Island, Oahu, Maui, & Kauai), various parts of California, Colorado, Nevada, Arizona, Minnesota, Wisconsin, Nebraska, Iowa, Pennsylvania, New York, and Japan (Tokyo [Roppongi, Shinjuku, and Harajuku] Kyoto, Hiroshima, the island of Miyajima, and Yokohama).

Where would you like to travel? I'd like to revisit Kyoto, Japan. I hope to travel to France, Tahiti, New Zealand, Australia, Egypt, China and Peru in the near future.

What is your favorite food? I LOVE the Hawaiian sweet potato ('Uala).

What is your guilty pleasure? Cotton Candy

What is something about you that we might not know? I've been a Hula dancer, and danced for the same group "Halau O Ka Ua Kani Lehua" for over 18 years.

What do you like about Toastmasters? I really enjoy spending my Wednesday afternoons with our SOS group. Everyone is so nice and supportive, it's like I have a second family; my toastmaster family. It's been very beneficial for me personally and professionally, to have joined this club. I've learned A LOT from both the Competent Communicator and Competent Leader manuals. In addition, to all the international information that our member's share during their speeches. I am so thankful to have found the TSRI's SOS club, and to be participating in the Toastmaster's International training program.