



Club Officers

President:

Diana Ruiz

diruiz@scripps.edu

VP Education:

Andrew Proudfoot

andrewp@scripps.edu

VP Membership:

Jintang Du

jintang@scripps.edu

VP Public Relations:

Laurie Fletcher

Lauriefletcher81@yahoo.com

Treasurer:

Daniel Feitelberg

dfeitelb@scripps.edu

Secretary:

Terri Jones

terri@scripps.edu

Sergeant-at-Arms:

Aranca Sanchez

aranca@scripps.edu

SOF-SOS Lightning Talks

Lightning Talk Competition

Wednesday September 17, 2014

1:30 – 5:00pm

W.M. Keck Foundation Amphitheater - BCC1

The Challenge: In 3 minutes give us the best overview of your research you can!

Who's eligible? Any postdoc at TSRI but limited to the first 50 that register.

What the presenters will receive:

- Chance to win cash prizes
 - **1st Prize Jared Purton Memorial Award – \$500**
 - **2nd Prize - \$250**
 - **3rd Prize - \$125**
- All presenters will receive a **free USB key and coffee mug**
- To help all 12 finalists excel the next time they give a talk each will receive a **laser pointer!**

Can you help with the contest? We'll need 3 judges from our SOS club, 2 timers, and 2 ballot counters. The contest will be from 2-3pm. Kathy Sp will be Toastmaster for the contest. If you don't enter the contest, please consider helping. Let Kathy Sp know if you are interested.

Strengthening your people skills in the workplace not only can build rapport between coworkers, it can advance your career. According to National Seminars Training, individuals with outstanding interpersonal skills rise to the top in their careers. Some people are born with it; others need to work at improving their skills. Learning to use tact in the workplace means fostering better communication between you and your colleagues, as well as your superiors, to push ahead in your career.

1) **Handle conflict with confidence.** Ensure your body language and words are in sync. When they are not in sync, people will rely on body language. Positive body language includes sitting up straight and making good eye contact. Poor body language includes folding your arms across your chest and staring at the other person or not making eye contact at all. In times of disagreement, use a warm and sincere tone. Avoid sounding "flat, dull or disinterested,"

2) **Listen actively.** Tact begins with good listening. While using positive eye contact, remain calm and allow your co-worker to say everything he needs to say; don't interrupt. After he's aired his concerns or grievance, tactfully paraphrase what he said. Be succinct without rushing or expressing impatience.

3) **Employ the "pause button"** when emotions run high during a conflict or personality clash. Instead of using anger to emphasize a point, employ positive assertiveness. Use "I statements" to express your viewpoint. Start with "I see it differently," rather than "You're not understanding the situation." Present your viewpoint and maintain your composure. Step away from the situation if emotions are overwhelming and come back to it once you've gained some perspective.

4) **Find common ground.** Tact demonstrates maturity and confidence. If you and someone you work with never seems to see eye to eye, find common ground and build more positive experiences around that. It's rare that two people don't have at least one thing in common either in their personalities or work ethic.

Member of the Month Kathy Spencer



This month's SOS Member of the Month was chosen for stepping up to multitask.

As you know, Kathy Sp is a charter member of the SOS Toastmasters Club since it was founded in 1999, and she is one of the pillars of the club. During all of these years, she has been one of the most active members of the club, working hard to keep the success level high. Last month, Kathy Sp helped to organize the Open House and the SOS-SOF happy hour, she designed the flyers, and coordinated the events. Furthermore, she created the new SOS Toastmasters Website (sostoastmasters.com – check it out!). We are very lucky to have such a committed member in our club, in addition to all of our other committed members. Thanks so much for pitching in, without a self-reward, and doing it in an exemplary manner!

Meet Terri Jones



Date joined: August 2013 (volunteered to be VPM even before joining!)

Hometown: Kalispell, Montana

How long have you been in San Diego? 33 years

Whose lab are you in? Richard Lerner's

What do you like to do for fun? Yoga, read, hike, travel, go to the beach, kayaking, activities with my dog, volunteer for an animal rescue, spend time with friends and family

Where have you traveled? Europe especially Germany, Switzerland and Italy, Mexico (all over Baja) Canada, Hawaii, Alaska, China, Continental United States (almost all the National Parks)

Where would you like to travel? Australia and New Zealand

What is your favorite food? Macaroni and cheese

What is your guilty pleasure? Real Housewives of Orange County, Beverly Hills and Atlanta.

What is something about you that we might not know? I actually won a national speech contest when I was in high school and received a scholarship.

What do you like about Toastmasters? Improving my speaking skills amongst such great camaraderie.