



## Club Officers

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## Fake It 'til You Make It – With Body Language

By Shauna Bennett

One of my main goals when I joined Toastmasters was to improve my confidence when speaking to people. When I spoke, I feared that people would not take me seriously and that I sounded unintelligent. It's funny, but because I lacked confidence, it showed in my words and produced the exact outcome I feared. Since coming to this realization, I have been gathering as much information as possible to improve my confidence and presentation skills. An enormously enlightening video was the TED talk from Amy Cuddy about her social psychology research on "power poses".

When we feel confident, our body language translates this feeling into making ourselves bigger. One example is when a runner wins a race and throws her arms into the air. The opposite is true when we feel ashamed or uncomfortable and we hunch up, cross our legs or our arms, and make ourselves smaller. Cuddy's research shows that that body language can actually translate both ways – while feeling powerful leads us to making ourselves bigger, making ourselves bigger can actually lead us to feel more powerful. Featured in Toastmaster Magazine issue August 2014 and a Ted talk from 2012, Cuddy tells us "don't just fake it 'til you make it – fake it 'til you become it." She found that forcing yourself to take on a "power pose" raises your testosterone and lowers your cortisol levels, increasing confidence and lowering stress.

Since very large "power poses" would be awkward and distracting in normal situations, Cuddy recommends doing power poses *before* interviews or presentations. I highly recommend Amy Cuddy's TED talk. You can find it at [https://www.ted.com/speakers/amy\\_cuddy](https://www.ted.com/speakers/amy_cuddy). I was cognizant of a few ums and uhs since I am now a Toastmaster, but otherwise her message is eye opening and her inspirational personal story really makes the talk memorable. It has been viewed more than 23 million times.

I encourage all of us, especially those without a self-confident presence, to try power posing before speeches - and to put on that confident face until we are not faking it anymore!

## Upcoming Events

### GNF Toastmasters Demo

**Meeting** – Friday,  
February 6<sup>th</sup>, 12 noon. See  
Kathy Sp for more details.

### Tuesday Lunch

– February  
10<sup>th</sup>, 12 noon, Beckman 3<sup>rd</sup>  
floor conference room

### Club Speech Contest

– Friday, February 20<sup>th</sup> at  
5:30pm (Happy Hour!). If  
you would like to present  
a speech in this contest  
(any topic, any theme), let  
Diana or Kathy Sp know.

## Toastmaster of the Year Standings

There is still time to earn points by performing a meeting functionary duty, step in at the last minute for a role, or volunteer to answer Table Topics. Our current standings are:

Kathy Sp	515
Diana	395
Jintang	320
Daniel	315

Get involved and shake up the standings! It's not over yet. There is still time to out-perform the leaders!



**December Member of the Month – Andrew Proudfoot**

January’s SOS Member of the Month was chosen for his endless contributions to our club.

Andrew had such an impact on our club, from leading an engaging officer election session, to creating elaborate but simple-to-use Excel spreadsheets for functionary scheduling and Toastmaster of the Year point scoring. He was instrumental in creating our webpage. We are so sorry to see him leave Scripps for new adventures in the Bay Area. But his legacy lives on in our club’s technology sector.

Best Wishes Andrew! Come back to visit soon!

**Earn a District Governor’s Pin**

10	<ul style="list-style-type: none"> <li>• Serve as a New Club Mentor (points awarded upon completion)</li> </ul>
5	<ul style="list-style-type: none"> <li>• Serve as a New Club Sponsor (points awarded upon completion)</li> </ul>
5	<ul style="list-style-type: none"> <li>• Serve as a club officer and the club achieves Distinguished status or above by 4/30/2015</li> </ul>
5	<ul style="list-style-type: none"> <li>• Serve as a mentor for a club member for 6 months (points awarded upon completion)</li> </ul>
2	<ul style="list-style-type: none"> <li>• Serve as a club officer and the club earns Golden Gavel Awards upon Area Governor’s visit</li> </ul>
1	<ul style="list-style-type: none"> <li>• Serve as a club officer and turn in Club Success Plan by 11/30/2014</li> </ul>
1	<ul style="list-style-type: none"> <li>• Serve as a club officer and turn in a follow up on Club Success Plan by 4/1/2015</li> </ul>
1	<ul style="list-style-type: none"> <li>• Attend Club Officer Training for each office that you hold in a club(s)</li> </ul>
1	<ul style="list-style-type: none"> <li>• Sponsor a new member</li> </ul>
1	<ul style="list-style-type: none"> <li>• Attend a District 5 Marketing Workshop</li> </ul>
5	<ul style="list-style-type: none"> <li>• Earn a Communication Award (CC, ACB, ACS, ACG)</li> </ul>
5	<ul style="list-style-type: none"> <li>• Earn a Leadership Award (CL, ALB, ALS, DTM)</li> </ul>
5	<ul style="list-style-type: none"> <li>• Help a club with less than 12 members to hold an open house</li> </ul>
2	<ul style="list-style-type: none"> <li>• Be a Trainer at district sponsor training sessions</li> <li>• Serve as a sub-committee member to a District Chair</li> <li>• Serve as assistant-Area Governor-Education or assistant-Area Governor-Marketing</li> <li>• Serve as a Chief Judge or Toastmaster or opp drawing chair at a District, Division, or Area Speech Contest</li> </ul>
1	<ul style="list-style-type: none"> <li>• Participate as a Contestant in an Area Speech Contest</li> <li>• Serve as a volunteer at a District, Division, or Area Speech Contests</li> <li>• Serve as a volunteer at District Business meeting at the Fall and/or Spring Conferences</li> <li>• Attend District Business meeting at the Fall and/or Spring Conferences</li> </ul>