



AAUW MENTORING PROGRAM
SPEECH TREK CONTEST
DECEMBER 8, 2017 - 6 P.M.
Fallbrook Library / Community Room

SPEECH TOPIC: WOMEN WHO ARE CHANGING THE WORLD



CONTESTANTS

Suzetty Castellanos (Senior)

Alejandrina Lopez (Senior)

Ayu Hartono (Senior)

Ashley Osuna (Junior)

Lizeth Luciano (Junior)

Vivian Von Tersch (Junior)

Y'Lan Milton (Junior)

Lizette Mendoza (Sophomore)

AGENDA

OPENING REMARKS

SPEECHES

INTRODUCE HOSTESSES

BREAK -- REFRESHMENTS PROVIDED

RECONVENE FOR AWARDS

The Fallbrook branch of the American Association of University Women (AAUW) has created a mentorship program for high school girls planning on attending college by coordinating with a designated teacher. This mentoring opportunity has been offered for over ten years.

What is a mentor? A mentor is someone a girl can confide in, trust, listen to, interact with, and be guided by on her journey through high school. Many girls continue to keep in touch with their mentors for years after they graduate. This year, Fallbrook AAUW has nine seniors, six juniors, and six sophomores in its AAUW Mentorship Program.

AAUW Fallbrook sponsors a yearly speech contest. Learning to speak publicly is a skill that our mentees will use going forward in both college and life. Our mentoring program director and mentors encourage their mentees to participate. Several of the girls and mentors have attended our weekly coaching sessions, and eight girls have committed to compete by delivering a 5-6-minute speech on the subject, "Women Who Are Changing the World."

For the Fallbrook contest, three judges will be assigning scores using Toastmaster's International Speech Contest Judge's Guide and Ballot. Points are awarded in 3 main categories: Content, Delivery and Language. After the scores are tabulated during our refreshment break, we will announce the winners, who will receive certificates and cash awards. We want to thank everyone who helped make this a very special evening.



JUDGES

MARTI AVILA is a Certified Integrative Nutrition Health Coach and holds Certifications in a wide range of Health and Wellness practices. She specializes in designing customized Corporate Wellness programs for companies as well as one-on-one programs for individuals. Her talent is in capturing an audience by piquing their interest and fostering them to self-realization in the importance of owning good health. Marti incorporates humor and understands the importance of joy and laughter. Her effective communication skills are reflected in the interaction and active participation of her clients and audience. Marti is a long-time member of the Fallbrook Village Toastmasters club and has emceed at charity events, luncheons, fashion shows and has presented at various clubs, companies, organizations and networking groups. Her latest accomplishments include: becoming a published contributing author to the book, *Discovering Excellent Health*, and a certified Vegan/Vegetarian Chef. "If I had to give advice to our speakers, it would be: practice, breathe and have fun. That's what's going to shine through anyway."

CAROLE HODGES founded Fallbrook Village Toastmasters in 2014. Toastmasters International is a 90-year-old, worldwide organization which promotes effective speaking and leadership skills. She is a Distinguished Toastmaster (DTM) which is the highest achievement in the organization, and has been a trainer at numerous District 5 events. In addition to being an accomplished speaker, Carole enjoyed 25 years in musical theatre in the San Francisco Bay Area. Her career has spanned technology, personal and business coaching, and life insurance. Carole often speaks about building community and living passionately, which she feels is important at every age. Professionally, Carole is a licensed life insurance and annuities agent with Penn Mutual and provides retirement planning assistance.

DEBRA HOWELL is the Sales Training Coordinator and Developer for Global Learning, Analytic Consulting, & Enablement for Teradata Corporation, where she uses her diverse talent and skills to support learning development projects across the Global team. Debra is a professional voice-over artist, specializing in recorded auto attendant greetings, and also has extensive experience using audio and video editing software to create learning solutions to improve website content and functionality. Debra is the current VP of Membership for the Fallbrook Village Toastmasters Club, volunteers twice a month at the Veterans of Foreign Wars (VFW) post 1924, and is one of five volunteer administrators for the Friends of Fallbrook Facebook page which has more than 14,000 members. She has two adult children and three dogs and is based in North San Diego County.

SPEECH TREK COACHES

KAREN LANGER BAKER earned her Bachelor's Degree in Art Education from University of Michigan and Master's Degree in Special Education from California State University, Fullerton. She taught art and general subjects for 10 years in public and private schools. Later Karen gained national certification as a childbirth educator. For 15 years, she taught classes and mentored new teachers as well as helping to bring hundreds of babies into the world. During this time, Karen spoke to large groups in hospital and college settings while showing films of her students' labors and deliveries. She was a CA Realtor before becoming a Certified Clinical Hypnotherapist and Health Facilitator, and she currently teaches alternative healing techniques to individuals and groups. An award-winning artist, Karen gives painting demonstrations to art associations, teaches workshops and judges art shows. She served as Director of the Brandon Gallery and as President of Fallbrook Art Association and later as their Director of Publicity, Shows and Demonstrations. She was also a judge for Fallbrook's International Film Festival. This is Karen's eighth year as Director of Fallbrook AAUW's mentorship program and is helping bring awareness of it as a pilot program for consideration by National AAUW and other public high schools.

ROSEMARY WEST is a graduate of The Art Center College of Art in Pasadena, was an art director for Baskin Robbins, McDonald's, Union Oil, Purina, TEEN Magazine, and for the film, "The Inflation File." She was also toy designer for Mattel. Rosemary founded her own firm developing new products, packaging and TV advertising for the Scott Paper Company. Later she switched to new product development for children, including Barbie travel accessories, kids' coolers for Arctic Zone, and talking endangered plush animals. She also wrote and illustrated many educational children's books and taught graphic design and animal drawing at several art schools. At Woodbury University, she taught a class for students who wanted to enter the Disney Imagineering competition. Also at Woodbury, she taught a class in resume writing, interview techniques and presentations to prospective employers.