

Northwest Words

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See YOU
at our next Meeting



The Mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which each member has the opportunity to develop and practice communication and leadership skills, which in turn foster self-confidence and personal growth.

Listen to This!



by Marcia Barney, DTM
The first thing we think of when we hear the word "communicate" is usually "speak." Our most used and useful form of communication is listening. More importantly the skill of listening plays a significant role in our ability to speak.

When you are put "on the spot" in an important meeting or conversation a mental block may occur. That mental block may be the result of a question by your boss, an important inquiry by your spouse, or a public spotlight. A great way to overcome this phenomenon is to listen intently. If you concentrate on the question or issue at hand the interfering emotions will be diminished or eliminated.

The ability to concentrate under stressful circumstances is a learned behavior. You can develop this ability by visualizing situations. For example, in Table Topics sessions assume that you will be called to answer the question. Listen intently to what the Table Topics Master says while paying close attention to their body language. Wait until the question is finished before you start to formulate your answer - postpone the mental response until you have all the information.

Be a patient listener. Not only should you not interrupt a speaker, but when it is your turn to speak do so deliberately. Avoid filler words and make friends with those few beats of silent deliberation before you start to speak.

Our evaluation sessions offer a marvelous forum for practicing listening - and not just when we are the speaker being evaluated or evaluating. Evaluations are not a time for entertainment so listen to the evaluator for the constructive content of the words. Not only will you become a better listener, you could pick up some valuable speaking tips.

The role of grammarian, on the other hand, is frequently a gold mine of listening entertainment. By listening like a grammarian even when we are not we can develop our ability to concentrate as well as enjoy the meeting even more.

Listen more effectively and you'll also probably become a better speaker as a bonus.

Dues are Due

Semi-annual dues are due. To remain a member of good standing in this elite organization requires only two actions. The first is to prepare your speeches to the best of your ability and the other is to give our Treasurer, Marcia Barney, a check, cash or money order for \$31.50

Area Contest

The Area Contest will be March 28th at Winston-Salem Industries for the Blind. This is the same location as our last Area Contest. If you need directions, contact Joel Schanker or any officer. The doors open at 9:00 am and the contests start at 10:00 am. We should adjourn no later than 12:00 noon. There will be no admission charge.

- There's always a lot to be thankful for if you take time to look for it. For example I am sitting here thinking how nice it is that wrinkles don't hurt.
- Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs.'

Secretary's Report for March 3, 2009



by Evander Woo, Secretary
President Craig Thrift presided over our business session with speed and accuracy. Following the usual officer reports, Treasurer, Marcia Barney, announced that dues are due. After complimenting VP of Public Relations, John Clark, Craig ended the business session with his usual flair.

Our educational session tonight was replaced by our annual Club level International Speech Contest. The Toastmaster of the Contest was our very own Marcia Barney, while the Chief Judge was that kind, wise, loveable but extremely fair John Clark. Our timers were Eddy Gaasbeek and Craig Humphrey.

Contestants, in speaking order were:

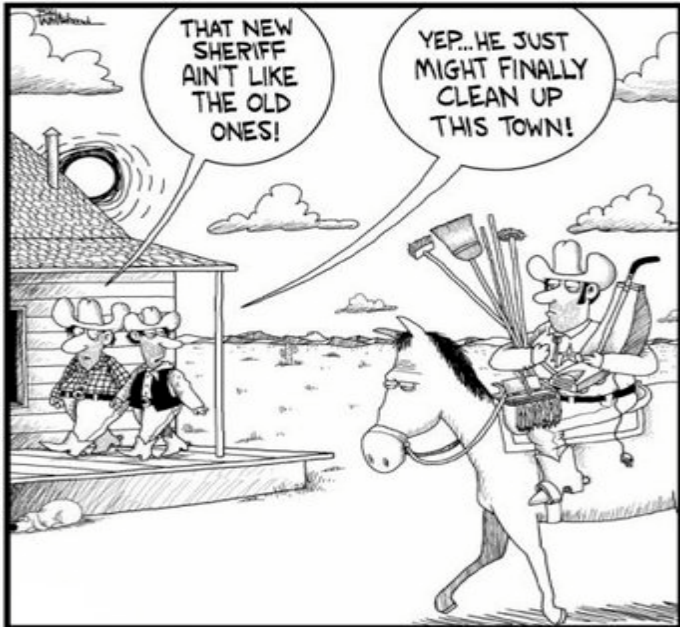
Mark Perew - "Amazing"
Don Barnett - "What this Country Needs . . ."
Barbie Morgan - "There's Always Something Good"

Our Judges were Butch Barney, Craig Thrift, Jeff Walker and Elaine Wiles. Even though this was a contest, we still evaluate prepared speeches. Our evaluators for the evening Joel Schanker, Princess Edwards and Jennifer Davis. Vote counter for the evening was Jeff Walker. The meeting concluded with the Jokemasters report by that kind, beloved Toastmaster John Clark.

- Jennifer Davis was voted best Evaluator.
- Barbie Morgan won the Club Level Speech Contest.
- Mark Perew was first runner up.

Working on the Competent Leader Manual?

If you are working in the CL manual (and if you are not, then why not?) talk with our Vice President of Publicity, John Clark. He can always use help and that help will get you credit for helping with the newsletter (Northwest Words) or our web site, or both. John claims that the work is not difficult and it is mostly painless.



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Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

He who hesitates is probably right.

Did you ever notice: The Roman Numerals for forty (40) are 'XL.'

If you think there is good in everybody, you haven't met everybody.

If you can smile when things go wrong, you have someone in mind to blame.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

Ah, being young is beautiful, but being old is comfortable.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

