

# Northwest Words

The Official Publication of *Northwestern Toastmasters* Club 2946/37

We meet each first, third, and fifth Tuesday, 6:30 PM - Mayberry's, 50 Miller Street, Winston-Salem, NC

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Volume 36, Issue 10  
Late November, 2009

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**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.**

## That's the Way it Was on November 3, 2009

by **Christa Neuhauser, Secretary**



President Don Barnett opened the business session. One guest, Hal Schanker, attended the meeting.

Don Barnett, also Toastmaster-of-the-meeting, shared with us how he keeps up with the daily mass of emails in his inbox. He gave an entertaining and informative speech with an insight on how he stays on top of things.

Brian Davidson was the Wordmaster of the evening and introduced the word: "*Acumen*", which stands for keenness, shrewdness. The word was used several times in speeches and comments.

The Grammarian was Joel Schanker, Greg Jones the Timer and Bob Lauwers the Vote Counter.

Table Topics Master Jeff Walker talked about the problem of an "*Overload*". Ernst Bonaparte revealed how he copes with *mental overload*: by taking a good time out, and treating himself to something soothing and relaxing. *Financial overload* was addressed by Barbie Morgan; with the short comment: "Don't". Bob Lauwers responded to the topic regarding *health overload*. He weighted the pros and cons of taking the vaccination of the flu shot. Finally, Brian Davis spoke about how he copes with the *overload of eating*. He claims not to have a problem because he isn't an excessive eater.

There were a total of four prepared speeches for the evening: Andy Everhart and Pam Wiley both had their first speech: the *Ice Breaker*. They both gave a portrait of their lives, hobbies and preferences. The speeches were well prepared and completed successfully; therefore, Andy and Pam were awarded the Ice Breaker ribbon.

Christa Neuhauser delivered her speech #5 from the Basic Manual, in which she argued about the "Future of Journalism", an interesting topic that was well received by the members. She pointed out the changes and transformations of the mass media over the past 16 years, and that there was hope for a new kind of journalism in the future.

John Clark gave his speech from the High Performance Leadership Manual - '*How to Conduct a Conference*'. He discussed the secrets of leadership and the necessity in finding the right people to work with. Marcia Barney and the management committee actively supported updating the manual, to make it easier to read and user-friendlier.

The General Evaluator was Marcia Barney. Her analysis was detailed and she reminded everyone that it wasn't necessary to thank a member every time they got the word. Zoltan Rab evaluated Don Barnett as Toastmaster, Butch Barney of Andy Everhart, Barbara Schanker of Pam Windley, Jeff Walker of Christa Neuhauser and Barbie Morgan of John Clark.

Award winners of the evening:

Best Table Topic – Brian Davidson

Ice Breaker Speeches – Andy Everhart and Pam Windley

Best Speaker – Christa Neuhauser

Best Evaluator – Barbie Morgan

John Clark exhilarated the audience as Joke Master. The president was pleased with the successful evening and adjourned the meeting.

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Everyone seems normal until you get to know them.

~~~~~  
A closed mouth gathers no foot.

Just Say No



by Jeff Walker, CC

Perhaps it's human nature to trust other people. However, there is a saying which says that "to err is human; to forgive is divine." We can certainly forgive others for making mistakes, but it's our responsibility to avoid being hurt

when it happens. A healthy dose of skepticism can help.

You've probably noticed the proliferation of ads for the many new pharmaceuticals in recent years. It seems that there is a cure or treatment for almost any ailment. Did humans walk the earth for thousands of years without all these drugs but now suddenly need drugs to treat diseases we've never heard of? Could it be that our diets have become so poor that we are suffering from malnutrition and toxicity (i.e. food additives or pesticides) in our bodies? You can take small steps now to improve your health. Did you know that a common cause of high blood pressure is a calcium deficiency? Supplement your diet with calcium-rich foods, such as nuts and dark green vegetables like spinach or broccoli. Say no to drugs!

I never have gotten the concept of hand sanitizer. Indeed it does kill some, but not all, bacteria. Those that survive can simply multiply to replace the dead ones. You end up with a colony of super-strong bacteria, which will probably not be fazed by the next application of sanitizer. Why not just use some old-fashioned soap and water, which will do a superb job of removing most of the bacteria on your hands? Say no to hand sanitizer!

Does your employer regularly show his or her appreciation of all your hard work by rewarding you with doughnuts? According to Krispy Kreme's web site, an original glazed doughnut contains 200 calories and 6 grams of saturated fat. How can it be a "reward" to give an employee something which is harmful to his or her health? Like many others, I hope I will be in good health when the time comes to begin receiving my retirement pension, and I will increase the chances of that by saying no to doughnuts!

The quickest way to double your money is to fold it in half and put it back in your pocket.

Duct tape is like 'The Force'. It has a light side and a dark side, and it holds the universe together.

There are two theories to arguing with women. Neither one works.

Meeting Guests

Attending our Early November meeting was Hal Schanker - otherwise known as Joel's kid brother. It was good to see you again. Just remember that we hope you will be back soon - we need to learn more about Joel.



Words for the Word Master - -

- BEAUTY PARLOUR:** A place where women curl up and dye.
- CANNIBAL:** Someone who is fed up with people.
- CHICKENS:** The only animals you eat before they are born and after they are dead.
- COMMITTEE:** A body that keeps minutes and wastes hours.
- DUST:** Mud with the juice squeezed out.
- EGOTIST:** Someone who is usually me-deep in conversation.
- HANDKERCHIEF:** Cold Storage.
- INFLATION:** Cutting money in half without damaging the paper.
- MOSQUITO:** An insect that makes you like flies better.
- RAISIN:** Grape with a sunburn.
- SECRET:** Something you tell to one person at a time.
- SKELETON:** A bunch of bones with the person scraped off.
- TOOTHACHE:** The pain that drives you to extraction.
- TOMORROW:** One of the greatest labor saving devices of today.
- YAWN:** An honest opinion openly expressed!
- WRINKLES:** Something other people have, similar to my character lines.

