

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

OFFICERS (2009-2010)

President	Don Barnett, AC-B	336 940-5486
VP-Education	Craig Thrift CC/CL	336 764-2024
VP-Membership	Barbie Morgan CC	336 813-5206
VP-PR	John Clark, DTM/AL	336 723-2153
Secretary	Christa Neuhauser	336 391-6695
Treasurer	Marcia Barney, DTM/AL	336 712-8183
Sgt. at Arms	Jeff Walker, CC	336 871-3636

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For more information
call **Marcia Barney** at
(336) 712-8183



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 - May 18, 2010

by P. Fantum, asst. Secretary



The Business Session was led by President Don Barnett who mentioned 2 items of potential interest to NWTMs: Help is needed with hosting the summer TLI in Raleigh on June 12. Introducers are (now were) needed at the Spring Conference in Greensboro on May 22. Nominating Committee Chair Marcia Barney also asked that interested NWTMs put their hat in the ring for officer for 2010-2011. Many who have served as officers were caught nodding with the comment about "great opportunity for leadership growth."

Toastmaster for the Meeting Barbie Morgan chose "Passion" as her theme for the meeting. Wordmaster Pam Windley gave "tenacious," holding on to something firmly, as the Word-for-the-Day. Barbie, Sha, Don, and Nancy used the word during the meeting. Everyone else surely tried it out at least once or twice during the rest of the week.

Table Topics Master Nancy Wilson gave topics to:

- Zoltan Rab said that an economics professor's passion was influential in his life.
- Greg Jones said that incompetence was an example of negative passion.
- Lance Kull discussed a person without passion.
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Prepared speeches were given by:

- Ø Sha Tao gave his Ice Breaker. Butch Barney evaluated the Ice Breaker.
- Ø Jeff Walker gave #2 from the CC Manual "Disaster Preparation." Brian Davidson evaluated the speech.

Elizabeth McKinney served as Timer, Bob Lauwers counted votes and Marcia Barney had a wonderful time as Grammarian. Winners for the evening were (no Best Speaker due to an Ice Breaker and an overtime):

Best Table Topic: Lance Kull
Best Evaluator: Brian Davidson

Nominating Committee Appointed

President Don Barnett has appointed a nominating committee comprised of the DTMs of Northwestern Toastmasters to locate officer candidates for 2010-2011. Marcia Barney, DTM, will chair the committee. If you are interested in serving as an officer (President, VP-Education, VP-Membership, VP-Public Relations, Secretary, Treasurer, Sgt.-at-Arms) for our club from July 1, 2010 - June 30, 2011 please talk to any NWTM DTM. The DTMs of our clubs are: Butch Barney, Marcia Barney, John Clark, Pam Christopher, Lance Kull, Mark Perew, and Joel Schanker.

Remember that we are a communications and leadership organization. Serving as a club officer can be a valuable leadership experience.

New Area Officer

Congratulations to Craig Thrift, CC/CL who was appointed Area Governor for the 2010-2011 TM year.

Guests

Guests at our last meeting were CJ Randall and Sujit Assudani. We hope that you enjoyed the meeting. We look forward to seeing you again.

That Speaker Drives Me Nuts

by Butch Barney, DTM



Some otherwise great speakers develop little nervous habits that demand a listener's attention at the expense of the message. Suddenly we discover that we are touching our nose, adjusting our glasses, or clicking a pen during our presentation. We didn't intentionally do that.

It is natural to be nervous at the lectern and sometimes we subconsciously express that anxiety through distracting habits that can ruin an otherwise good presentation. We become like the two year old child that constantly twists and twirls her hair while she is talking to an adult. It makes no sense but we still do it. Normally without knowing what or why.

Sometimes we just forget to smile and that frown is reflected back from our audience. We could talk about nervous eye movements, hands in pockets, or a thousand other distractions that we create. They somehow get twisted into the fabric of our presentation and become a dominant part of what the audience remembers. I once counted 486 times that a speaker pulled on his right ear during a thirty-minute presentation. I don't remember what his subject was.

Primarily those distractions come from lack of confidence. And we don't realize that we are including those distracting habits that cause our audience to remember the distractions instead of the message.

The key is ensuring our confidence is present and fully used. That comes from preparation and thinking about all those little things that could ambush us. If you jingle your change in your pocket - get a coin holder and leave your keys with someone you trust. If rocking is your problem, try keeping both feet firmly on the floor for a few presentations and cue your Toastmaster evaluator to watch for the problem. Do the old "think positively" bit and talk yourself into believing in yourself. The mental attitude is it.

I once heard a speech contestant say that the best way to rattle the competition in a speech contest was to tell them something was wrong with their appearance just before they were to begin their presentation. Tell the female that her slip is showing or tell the male that his trousers are unzipped. They will check and know it was not true but it will become a distraction and they will keep checking during their presentation. Thus a nervous habit is born.

Good presentations come from preparation of the material, practicing the delivery, eliminating distractions, and confidence in our ability to make our point. Seems simple doesn't it! It really is. We just complicate it by imagining all the things that we already know are correct or know are not going to happen unless we, or someone else, tell ourselves that something may go wrong.

Memorial Day

This year Memorial Day falls on May 31, the day before our next meeting. It is interesting to go back in time and see how our holidays have evolved. Memorial Day is now the three-day weekend that marks the start of summer. It was originally called Decoration Day and celebrated on May 30 of each year. The real purpose of this holiday is a day of remembrance for those who have died in our nation's service.

Each nation has its own version of Memorial Day - this is ours. Please take a moment and thank those who gave everything to protect our freedoms. May we never take our freedoms for granted and may we never forget those who have protected them.

The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where the hell he is.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,.....just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

Dog Quotes

You can say any foolish thing to a dog, and the dog will give you a look that says, 'My goodness, you're right! I never would've thought of that!' – Dave Barry

Dogs are not our whole life, but they do make our lives whole. – Roger Caras

My goal in life is to be as good of a person as my dog already thinks I am. -Tming

~~ Meeting Schedule ~~

Please Note: The Vice President of Education is continually adjusting the schedule to meet the requirements of the members. So, if you need to see the current schedule, contact our VP of ED (see the top of the newsletter for contact information.)

Member	06 / 01 / 2010	06 / 15 / 2010	06 / 29 / 2010	07 / 06 / 2010
Don Barnett, AC-B	Evaluator		Vote Counter	
Butch Barney, DTM	Grammarian		Evaluator	
Marcia Barney, DTM		Word Master	General Evaluator	
Pam Christopher, DTM	Evaluator	General Evaluator		
John Clark, DTM	Word Master	Joke Master	Joke Master	
Brian Davidson AC-S/CL	Speaker	Toastmaster	Word Master	
Greg Jones	Speaker	Evaluator	Table Topics	
Lance Kull, DTM	Timer	Evaluator	Toastmaster	
Bob Lauwers		Speaker	Evaluator	
Elizabeth McKinney		Speaker	Evaluator	
Barbie Morgan, CC	General Evaluator	Grammarian	Speaker	
Christa Neuhauser	Speaker		Timer	
Florian Neuhauser	Joke Master	Speaker	Speaker	
Mark Perew, DTM				
Zoltan Rab	Speaker	Evaluator		
Barbara Schanker, AC-S		Table Topics	Grammarian	
Joel Schanker, DTM			Speaker	
Sha Tao	Vote Counter	Timer	Speaker	
Craig Thrift, CC/CL	Evaluator	Vote Counter		
Jeff Walker, CC	Toastmaster		Evaluator	
Elaine Wiles, CC-G				
Nancy Wilson	Evaluator	Speaker		
Pam Windley	Table Topics	Evaluator		

Remember: All roles are important! If you can not attend the meeting, then contact our VP of Education.

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 Northwestern Toastmasters  
 4270 Mill Creek Road  
 Winston-Salem, NC 27106

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