

# 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 for 2010-2011

Brian Davidson, AC-S/CL	President
Christa Neuhauser, CC	VP-Education
Jeff Walker, CC	VP-Membership
John Clark, DTM	VP-PR
Pam Windley	Secretary
Marcia Barney, DTM	Treasurer
Bob Lauwers	Sgt. at Arms

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Next Meeting is on  
**August 3, 2010**  
(Next Tuesday)

For More Information, call  
**Marcia Barney (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 - July 20, 2010

by P.Fantum, asst. Secretary



The much-used expertise of President Brian Davidson once again got the business taken care of expediently. After the break he introduced the Bond Girl Pam Windley as Toastmaster-of-the-Meeting. I'm not sure how she would do with a rope, gun, or speedboat, but as a Toastmaster-of-the-Meeting she keep everything tied together, controlled, and moving along nicely. Her proclaimed theme was "Hanging on a Limb."

Scott Hill provided the apparently challenging word "peroration" (conclusion or summary) as the Word-for-the-Day. Barbie Morgan served as Timer. Table Topics Master Craig Thrift gave topics to:

- Ø Elaine Wiles discussed experiences on a farm by a city girl. She went out on a limb to milk a cow.
- Ø Scott Hill suggested it might be wise to go out on a limb to grow.
- Ø Butch Barney went out on a limb as the President of BP oil.
- Ø Marcia Barney climbed up a tree a limb at a time.
- Ø

Prepared speeches were given by:

- ü Tao Sha gave #2 from his Basic Manual. "One Child Policies" was evaluated by Lance Kull.
- ü Nancy Wilson gave #6 from the Basic Manual. "The Code" was evaluated by Jeff Walker.
- ü Elizabeth McKinney also gave #6 from the CC Manual. "Film and Culture" was evaluated by Florian Neuhauser.
- ü

Brian Davidson served as General Evaluator. Treasurer Marcia Barney was the Grammarian, so the quarters flew. Don Barnett was Jokemaster.

Vote Counter Christa Neuhauser gave the winners as:

- § Best Table Topic: Marcia Barney
- § Best Evaluator: Florian Neuhauser
- § Best Speaker: Nancy Wilson

A good time was had by all as we welcomed Steve Albon as our newest member! Does anyone know the "whereabouts" of Greg Jones, Zoltan Rab, Joel and Barbara Schanker, and Mark Perew? We haven't seen Bob Lauwers in too long either, but anyone who has looked at a thermometer lately can guess why our HVAC guy is missing.

## Guests New Members

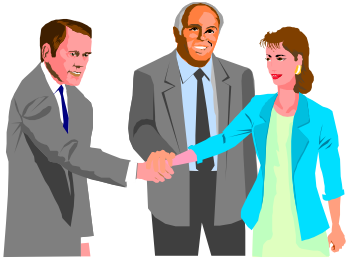
Guest at our last two meetings was Steve Albon. Steve worked with welcome committee member, Marcia Barney and arranged for the announcement of his membership to take place during the announcements at the end of the meeting. By doing this, Steve avoided being called on during Table Topics - a problem that will soon be rectified.

My broker called me this morning and said, "Remember that stock we bought and I said you'd be able to retire at age 65?" "Yes, I remember," I said. "Well," my broker continued, "your retirement age is now 108."

Two men are out ice fishing at their favorite fishing hole, just fishing quietly and drinking beer. Almost silently, so as not to scare the fish, Jim says, 'I think I'm going to divorce my wife - she hasn't spoken to me in over 2 months.' Frank continues slowly sipping his beer, then thoughtfully says, 'You better think it over - women like that are hard to find.'

Body Language

This is taken from an article by Inside CRM at www.insidecrm.com/. It is continued from the last issue of Northwest Words.



Walking into the limelight...

Carrying yourself in a confident manner is key to commanding respect. Give the impression that

you're walking with a purpose so that you'll be admired by others.

What to do:

- 37. Walk, don't run. Take even strides.
38. Look ahead or in front of you, not at the floor when you walk.

What not to do:

- 39. Don't walk with a swagger; it indicates that you're cocky and have an attitude.
40. Be careful not to shove people aside as you move across a crowded place: no one respects a rude person.
41. Similarly, avoid stepping on others' toes.

Win, hands down...

Hand gestures are great for getting attention or making a point, but be sure that you're not creating a distraction. You want attention to be on your eyes and face while speaking, not on what your hands are doing. Command respect and control the interest of the conversation by keeping your hands in check.

What to do:

- 42. Open, face-up palms signal honesty and straightforwardness.
43. Gesturing with your arms can help you make a point, but don't do so much that it's distracting.
44. When you stroke your chin, it shows you're trying to make a decision. Be sure that you want others to know that's what you're doing.
45. Making a steeple out of your hands makes a good impression, as it demonstrates confidence.
46. Shake hands firmly: not too tight or too limp. You don't want to crush the other person's hands or come across as unsure of yourself.
47. If the situation calls for paperwork, be sure to keep your papers in order with easy access to avoid looking disorganized.
48. Make sure your palms are clean and dry. Sweaty palms indicate nervousness and are a turn off for most people.
49. If you're trying to convince someone of your sincerity, touch your open palm to your heart.
50. Rolling up your sleeves signals a casual, get-down-to-work attitude. Roll them up or down according to the situation.
51. Removing your tie, top button, or jacket to indicate you're getting comfortable in your surroundings.

What not to do:

- 52. Don't clench your fists. You'll come off as aggressive.
53. Never point at someone, be it the person talking to you or anyone else in the room. It's rude.
54. Don't play or fidget with your mobile phone when someone's talking to you. It shows avoidance and a lack of interest.
55. Don't wring your hands: it signals despair.
56. Don't scratch your head. You'll come across as being unsure of yourself.
57. Don't touch your nose, play with your hair, or rub your eyes when you're being asked for an honest answer. They're all signs that say you're lying.
58. Don't tap your fingers on a table or arms of a chair; you'll seem anxious
59. Don't run your fingers through your hair. It shows frustration.
60. Don't doodle on the notepad in front of you, as this indicates boredom.
61. Closing an open mouth with your hands shows you're shocked at what's been said or what you've seen.
62. Never bite your nails. It will make you seem nervous.
63. Don't fidget with objects lying on the table in front of you.
64. Don't chew on a pencil or pen when talking to someone. It's unattractive and distracting.
65. Don't sit with your palms on your cheeks. It shows you're deep in thought about something else.
66. Don't clench the arms of your chair or your handbag too tightly. You'll portray yourself as nervous.
67. Don't rub your hands together: it shows you're too eager.
68. Avoid a two-handed handshake. It's usually connected to politicians who are not very sincere.
69. Do not wipe your palms on your clothing. Use a handkerchief instead.
70. If you pull at your ear, you may indicate that you're lying.
71. Don't shake your fists at someone, as it is extremely aggressive.
72. Clenched fists raised in the air will indicate that you're overjoyed or thrilled. Avoid doing this when situations call for restraint.

(This article will be continued in the next issue of Northwest Words.)

In WWII, machine gun belts in fighter aircraft were 27 feet long. To use "the whole nine yards" meant just that, to use the entire 27 feet of ammunition continually firing at the enemy.

First Aid Tip

"Always carry a flagon of whiskey in case of snakebite and furthermore always carry a small snake." - W. C. Fields

~~ 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	08 / 03 / 2010	08 / 17 / 2010	08 / 31 / 2010	09 / 07 / 2010
Steve Albon	Speaker		Vote Counter	Speaker
Sujit Assudani	Vote Counter		Joke Master	Timer
Don Barnett, AC-B		Evaluator	Toastmaster	Speaker
Butch Barney, DTM	Speaker		Evaluator	
Marcia Barney, DTM	Evaluator			General Evaluator
Pam Christopher, DTM				Evaluator
John Clark, DTM	Grammarian		Timer	
Brian Davidson AC-S/CL				Evaluator
Scott Hill	Speaker			Speaker
Greg Jones		Evaluator	Table Topics	
Lance Kull, DTM		Speaker	General Evaluator	Toastmaster
Bob Lauwers		Table Topics	Speaker	Joke Master
Elizabeth McKinney		Evaluator	Speaker	
Barbie Morgan, AC-B		General Evaluator		Word Master
Christa Neuhauser, CC	Evaluator		Speaker	
Florian Neuhauser		Speaker		
Mark Perew, DTM	Joke Master	Speaker	Evaluator	
Zoltan Rab		Word Master	Evaluator	
Barbara Schanker, AC-S	Table Topics	Evaluator		Grammarian
Joel Schanker, DTM	General Evaluator	Joke Master		Evaluator
Sha Tao			Word Master	Speaker
Craig Thrift, CC/CL	Timer	Toastmaster		
Jeff Walker, CC	Word Master	Timer	Evaluator	Vote Counter
Elaine Wiles, CC-G	Evaluator	Vote Counter		Table Topics
Nancy Wilson	Toastmaster	Grammarian		Evaluator
Pam Windley	Evaluator	Speaker	Grammarian	

**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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