

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

Volume 37 - Issue 4

Next Meeting is on
August 17, 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 - August 3, 2010

by Pam Windley, Secretary



President Brian Davidson opened the meeting with Christa Neuhauser presenting Lance Kull with his third DTM award. Marcia Barney, Treasurer, announced that she will accept payment of dues now so she doesn't have to remind anyone individually later.

Nancy Wilson, Toastmaster of the evening, reminded us of the recent changes in technology with the theme "A Walk Down Memory Lane." Nancy began the evening with Project 8, Using Props, from the CC Manual titled "Look How Far We've Come". She used props such as vinyl records, cassette tapes, and VHS tapes as reminders of changes in technology.

Other members assisting with this meeting's activities included Jeff Walker as Wordmaster, Craig Thrift as Timer, and Sha Tao as Vote Counter.

Jeff chose the word for the evening; "ephemeral" which means transitory or lasting a short time. Barbara Schanker was Table Topics Master for the evening. She challenged

⇒ Brian Davidson to describe what it might be as an Immigrant in Steerage crossing the ocean.

⇒ Mark Perew to describe the effect of Electricity on Society.

⇒ Jeff Walker described how television has been a Detrimental Change to Society

In addition to Nancy Wilson's opening speech, three prepared speeches were presented:

ü Steve Albon introduced himself in his Ice Breaker speech. He presented his speech without notes, something not seen often on a first project.

ü Scott Hill presented Project 3 from the CC Manual, titled "Atom's Weaponry". Scott gave points regarding the debate to use the atomic bomb against Japan to meet the project's goal of get to the point of the speech.

ü Butch Barney presented an informative speech about a colorful political character, Ernie Chambers, to fulfill Project 6, Vocal Variety, from the CC Manual.

The General Evaluator of the evening was Joel Schanker. Steve Albon was evaluated by Elizabeth McKinney, Scott Hill by Christa Neuhauser, Butch Barney by Pam Windley and Nancy Wilson by Marcia Barney. Joel pointed out two ways to improve our Toastmasters' meetings: (1) give an overview of the role that you are leading (this helps guests understand) and (2) evaluators should summarize the key points of the project being evaluated.

The Grammarian of the evening was Lance Kull. Our Vote counter was Sha Tao, who announced the results of the evening's voting.

- Best Table Topic – Mark Perew
- Best Speaker – Scott Hill
- Best Evaluator – Marcia Barney

Mark Perew was our Jokemaster of the evening.

Guests

Our guest for the meeting was Pamela Lawrence-Gaye. We hope you saw the potential of Toastmasters and, at the same time, enjoyed the meeting.

Awards

Congratulations to

- Lance Kull on his third DTM

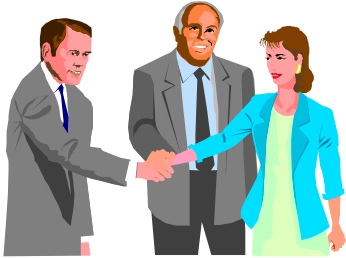
-President Brian Davidson who has earned his Advanced Communicator - Silver

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.

A matter of manners...

Practicing common courtesy is a basis for earning respect from others. If you're rude, people will avoid talking and working with you. Be polite to ensure you're putting your best foot forward.



What to do:

- 73. When you need to offer comfort, a one-armed squeeze, gentle hug, or a pat on the shoulder helps, depending on how close you are to the other person.
- 74. Open doors and allow others to walk before you.
- 75. Cough and sneeze into your hands or a handkerchief, not into the face of the people around you.
- What not to do:**
- 76. A handshake that goes on for an extended period of time may be considered inappropriate.
- 77. Ruffling someone's hair may seem like you're being genuinely affectionate, but in a formal setting, it suggests you're being condescending.
- 78. Don't shout when you're on the phone. Talk in a calm, volume-controlled voice
- 79. Don't huddle into a corner with your mobile phone while in a crowd of people. Get out and mingle instead. Keep your private conversations for a time when you're alone.
- 80. Don't mock someone's mannerisms when you think they're not watching.
- 81. Avoid taking a phone call when you're in the middle of a discussion.
- 82. If you have a cold, don't blow your nose loudly in public.
- 83. Never wipe your nose with your hands or sleeves.
- 84. Don't scratch your itches, no matter how much you're tempted to. You'll make people wonder if you have a rash.
- 85. Don't multi-task in the middle of a conversation. It doesn't show dexterity, only callousness.
- 86. Don't slam doors, no matter how angry you are.
- 87. Don't snap or clap your hands to call someone over.
- 88. Don't burp/belch loudly in public.
- 89. Don't lick your lips too often. You may just be wetting them, but it indicates nervousness, or worse, sexual aggression.
- 90. Don't make faces or stick your tongue out behind someone's back. It's childish and rude.

Take a good look at yourself...

Carefully examining the way you present yourself can help you discover areas in which you may need improvement. Carefully groom your mannerisms and outward appearance to make your best impression and command respect.

What to do:

- 91. Practice your mannerisms in front of a mirror so that you can discover your weak areas.
- 92. Additionally, try videotaping your actions so you can find out where you're going wrong.
- 93. Look at others who command respect and imitate their actions.
- 94. Look good. You don't have to be conventionally handsome or beautiful; it's enough to dress neatly in clothes that suit both you and the occasion.
- 95. Smell good. Use deodorant and perfume, but go easy on it. You don't want to overpower the room with your scent.
- 96. Keep your fingernails clean. Close cropped nails show you're neat and orderly, but if you prefer to wear them long, make sure they're groomed neatly.
- 97. Wear footwear that allows you to walk comfortably to avoid making a fool of yourself.
- 98. Keep your work area and personal space neat and tidy. Avoid clutter and dust.
- What not to do:**
- 99. Avoid revealing, dirty or wrinkled clothing.
- 100. Don't wear too much makeup. Keep it to a minimum.
- 101. And last, but not least, always smile. Smiles are contagious. When you smile, others can't help but smile back and feel positively towards you.



"Human body cells replace themselves completely every seven years, Charles — ask me again then."

~~ 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 / 17 / 2010	08 / 31 / 2010	09 / 07 / 2010	09 / 21 / 2010
Steve Albon		Vote Counter	Speaker	
Sujit Assudani		Joke Master	Timer	Speaker
Don Barnett, AC-B	Evaluator	Toastmaster	Speaker	Word Master
Butch Barney, DTM		Evaluator		General Evaluator
Marcia Barney, DTM			General Evaluator	Evaluator
Pam Christopher, DTM			Evaluator	
John Clark, DTM		Timer		Vote Counter
Brian Davidson AC-S/CL			Evaluator	
Scott Hill			Speaker	
Greg Jones		Table Topics	Speaker	Evaluator
Lance Kull, DTM		General Evaluator	Toastmaster	Evaluator
Bob Lauwers		Speaker	Joke Master	Speaker
Elizabeth McKinney	Joke Master	Speaker		Grammarian
Barbie Morgan, AC-B	General Evaluator		Word Master	Evaluator
Christa Neuhauser, CC	Table Topics	Speaker		Timer
Florian Neuhauser	Word Master			Table Topics
Mark Perew, DTM		Evaluator		
Zoltan Rab		Evaluator		Speaker
Barbara Schanker, AC-S	Speaker		Grammarian	Joke Master
Joel Schanker, DTM	Speaker	Grammarian	Evaluator	
Sha Tao				
Craig Thrift, CC/CL	Toastmaster	Speaker		
Jeff Walker, CC	Timer	Evaluator	Vote Counter	Speaker
Elaine Wiles, CC-G	Vote Counter	Word Master	Table Topics	Toastmaster
Nancy Wilson	Grammarian		Evaluator	
Pam Windley	Speaker			Speaker

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

 Northwestern Toastmasters
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