

Northwest Words

The Official Publication of Northwestern Toastmasters Club 2946/37
Meeting each first, third, and fifth Tuesday, 6:30 PM - Mayberry's, 50 Miller Street, Winston-Salem, NC
Volume 33, No. 6, Late September, 2006

On the web at www.nwtm.org

OFFICERS

President	Donna Hall	
VP-Education	Joel Schanker	
VP-Membership	Lance Kull	
VP-PR	John Clark	336 723-2153
Secretary	Christy Seay	
Treasurer	Marcia Barney	336 712-8183
Sgt. at Arms	Evander Woo	
Immediate Past	Teddy Burriss	

For more information --
call Marcia Barney at
336 712-8183

**See YOU at our next Meeting
Tuesday September 19, 2006**



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.

New Members !

Northwestern Toastmasters has two new members. Be sure to welcome Zoltan Rab and Karl Hastings as our new members.

Dues Are Due

Our semiannual dues of \$31.50 are due. Please bring a check or cash to our September 5 meeting for that amount. If you will be unable to attend the meeting, please send a check, payable to "Northwestern Toastmasters" to: Marcia Barney, DTM, 3501 Lakefield Court, Clemmons, NC 27012.

Humorous Speech Contest!

Evaluation Contest!

On September 19 – our next meeting. Come and see the pros at work. The winners of these contests will compete at the Area Level on Thursday, September 21. If you want more information, talk to Joel Schanker, our VP of education and training.

About the Web Site

There is a wealth of information about the format of a Toastmasters meeting and a description of the roles in a meeting. Click on "About Us" then click on "Meetings" for the format of a typical meeting. Click on "Roles" for the responsibilities of each role in a meeting. Hint: Even "experienced" members need refreshing once in a while.

Schedule for the October 3, 2006 meeting

Toastmaster	Pam Christopher
Table Topics	Barbara Schanker
General Evaluator	John Clark
Speaker	Don Barnett
Speaker	Chuck Melton
Speaker	Christy Seay
Evaluator.....	Marcia Barney
Evaluator.....	Derrick Webb
Evaluator.....	Brian Davidson
Evaluator.....	Donna Hall
Evaluator.....	Elaine Wiles
Grammarian	Butch Barney
Wordmaster	Evander Woo
Timer	Zoltan Rab
Vote Counter.....	Libby Lagadi
Jokemaster	Karen Harmon

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

Schedule for the October 17, 2006 meeting

Toastmaster	Lance Kull
Table Topics	Debbie Woo
General Evaluator	Teddy Burriss
Speaker	Zoltan Rab
Speaker	Libby Legadi
Speaker	Brian Davidson
Speaker	Elaine Wiles
Evaluator.....	Karen Harmon
Evaluator.....	Butch Barney
Evaluator.....	John Clark
Evaluator.....	Christy Seay
Evaluator.....	Barbara Schanker
Grammarian	Marcia Barney
Wordmaster	Derrok Webb
Timer	Chuck Melton
Vote Counter.....	David Lagadi
Jokemaster	Don Barnett

The Secretary's Report

by Christy Seay, Secretary

The September 5, 2006 Meeting

It was a great meeting. President Donna Hall is getting very good at controlling the business meeting. We had announcements by Treasurer Marcia Barney about Dues being due and VP of Education Joel Schanker about the contests at the next meeting.

President Donna Hall introduced our Toastmaster of the meeting; Derrick Webb who used the theme "Another Season of Football" for his Toastmaster warm-up.

Our Wordmaster, Karen Harmon, introduced the word "Anomaly" for our use during the meeting.

Our Table Topics Master was Chuck Melton, who asked football related questions of David Lagadi, Evander Woo, Joel Schanker and Lance Kull. Lance won the Best Table Topics Award.

Our first prepared speaker was Debbie Woo, who gave speech number seven from the basic manual. She talked for 6.5 minutes on "A Great Institution." Debbie won the Best Prepared Speaker award for her efforts.

Our second prepared speaker was Donna Hall. Donna gave speech number three from the Persuasive Speaking Manual as she talked about "Winning The Business" for eight minutes.

Our General Evaluator was Butch Barney. In addition to his usual superb job, he pointed out a bad habit that we have developed – talking while the meeting is in progress.

Teddy Burriss evaluated Debbie Woo's speech. His effort earned him the Best Evaluator Award.

Evander Woo was the evaluator for Donna's speech. As all good evaluators, Evander pointed out the things that Donna did well and made suggestions for things that might be improved.

Our Timer for the evening was Libby Lagadi and our Jokemaster was the meek, mild-mannered John Clark.

~~~~~ THE YEAR'S BEST [actual] HEADLINES OF 2005: Something Went Wrong in Jet Crash, Expert Says

Police Begin Campaign to Run Down Jaywalkers

Panda Mating Fails; Veterinarian Takes Over

Miners Refuse to Work after Death

Juvenile Court to Try Shooting Defendant

War Dims Hope for Peace

If Strike Isn't Settled Quickly, It May Last Awhile

Cold Wave Linked to Temperatures
Enfield (London) Couple Slain; Police Suspect Homicide

Red Tape Holds Up New Bridges !

Man Struck By Lightning: Faces Battery Charge

Ten Tips for Successful Public Speaking

by Donna Hall, President



Feeling some nervousness before giving a speech is natural and even beneficial. But too much nervousness can be detrimental. Here are some proven tips on how to control your butterflies and give better

presentations:

Know your material. Pick a topic you are interested in. Know more about it than you include in your speech. Use personal stories and conversational language – that way you won't easily forget what to say.

Practice. Practice. Practice! Rehearse out loud with all equipment you plan on using. Revise as necessary.

Know the audience. Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.

Know the room. Arrive early, walk around the speaking area and practice using the microphone and any visual aids.

Relax. Ease tension by doing exercises. Transform nervous energy into enthusiasm.

Visualize yourself giving your speech. Imagine yourself speaking, your voice loud, clear and confident. Visualize the audience clapping – it will boost your confidence.

Realize that people want you to succeed. Audiences want you to be interesting, stimulating, informative and entertaining. They don't want you to fail.

Don't apologize for any nervousness or problem – the audience probably never noticed it.

Concentrate on the message – not the medium. Focus your attention away from your own anxieties and concentrate on your message and your audience.

Gain experience. Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need in a safe and friendly environment.

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New Study of Obesity Looks for Larger Test Group

Kids Make Nutritious Snacks

Local High School Dropouts Cut In Half

Hospitals are Sued by 7 Foot Doctors

Typhoon Rips Through Cemetery; Hundreds Dead