

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 34, No. 19, Early April, 2008

On the web at www.nwtm.org

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**See YOU at our next Meeting
Tuesday -- April 1, 2008**



Schedule for the April 1, 2008 Meeting

Scott Anderson.....	Evaluator
Don Barnett.....	Vote Counter
Butch Barney.....	
Marcia Barney.....	Evaluator
Pam Christopher.....	Grammarian
John Clark.....	Joke Master
Brian Davidson.....	Evaluator
Eddy Gaasbeek.....	Speaker
Mary Jones.....	
Lance Kull.....	
Zoltan Rab.....	Speaker
Barbara Schanker.....	Timer
Joel Schanker.....	Toastmaster
David Scruggs.....	Table Topics Master
Craig Thrift.....	Speaker
Jeff Walker.....	
Derrick Webb.....	Speaker
Elaine Wiles.....	Word Master
Evander Woo.....	Evaluator

Schedule for the April 15, 2008 Meeting

Scott Anderson.....	Joke Master
Don Barnett.....	Speaker
Butch Barney.....	General Evaluator
Marcia Barney.....	Toastmaster
Pam Christopher.....	Timer
John Clark.....	Evaluator
Brian Davidson.....	Speaker
Eddy Gaasbeek.....	Vote Counter
Mary Jones.....	
Lance Kull.....	
Zoltan Rab.....	Evaluator
Barbara Schanker.....	Evaluator
Joel Schanker.....	Evaluator
David Scruggs.....	Word Master
Craig Thrift.....	Grammarian
Jeff Walker.....	Table Topics
Derrick Webb.....	
Elaine Wiles.....	Speaker
Evander Woo.....	Speaker

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.

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

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A young Texan walks into a bar and orders a drink. "Got any ID?" asks the bartender. The Texan replies, "About what?"

A pair of battery jumper cables walk into a bar. The bartender says, "You can come in here, but you better not start anything!"

A Latin scholar walks into a bar and says, "I'll have a martinus." The bartender asks him. "Don't you mean martini?" The man tells the bartender, "Listen, if I wanted two or more drinks I would have asked for them."

**March 18, 2008 Meeting Notes**  
by Scott Anderson, Secretary



**You Have Nothing To Fear But.....**

by Joel Schanker



Your stomach is in a knot, sweat beads on your forehead, your hand shake and your shoulders are so tight you look like Ed Sullivan (Our more age challenged members may want to google dear Ed). Your memory becomes as blank as a baseball player before congress). It's not a heart attack or Polaroid's from Saturday night's party. OH my God you have to give a speech.

N.B. Minutes of the meeting should be inserted here.

People call it nerves, butterflies, or stage fright. Although it seems to be your private hell many others have and continue to experience the same feeling. It not only common to other toastmaster it is likely a genetic memory similar to prehistoric mans reaction when faced with a herd of mastodon. Either he invents the first big MAC or he becomes sandals for five tons of fur coated pachyderm.

It is the bodies Fight or Flight mechanism kicking in. You reflexes have dumped significant amounts of adrenaline into the blood stream. Sugars and carbohydrates are being converted into energy, with which one can fight or take flight. However, your not going anywhere and that energy demands an expression. Therefore you sweat, muscles tense, and your mind is going the speed of light trying to figure out what it doesn't remember.

If the anxiety is a form of fear based energy overload, then the approach to reducing it to manageable proportions lies in a combination of first reducing the fear then providing a non-destructive outlet for the remaining energy.

Three approaches can be successful in reducing the fear of speaking.

1) Experience: Most of us are afraid not of what we know but what we don't know. For whatever reason, we are trained to look for the worst in new situations even without specific examples. Think about your feelings the first day of school, your first date, the first game, or your first interview. After the first time we try anything the fear is less each time. Speaking is no different.

After a few speeches most of us start to feel more at ease. We know the mistakes because we make them and we survived. Northwestern Toastmaster hasn't shot a speaker in months and I've yet to hear an evaluation start with the phrase Joel you ignoramus. There was the mad dash for the door the last time I was a toastmaster but that was unusual. You see how funny terrifying feeling sounds when spoken. Experience is the light that reaches into dark corners and helps distinguish what requires our attention from what are just shadows.

In my opinion, the greatest benefit of toastmaster is that it provides a place to gain experience with people who want the speakers to succeed and listen to the whole speech instead of looking for errors (except some picky grammarians).

**(Continued in the next issue.)**