

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
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On the web at www.nwtm.org

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**See YOU at our next Meeting
Tuesday -- April 15, 2008**



Schedule for the April 15, 2008 Meeting

Scott Anderson.....	Joke Master
Don Barnett.....	Speaker
Butch Barney.....	General Evaluator
Marcia Barney.....	Toastmaster
Susan Bush.....	Vote Counter
Pam Christopher.....	
John Clark.....	Evaluator
Brian Davidson.....	Speaker
Eddy Gaasbeek.....	Speaker
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.....	Timer

Schedule for the April 29, 2008 Meeting

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

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 termite walks into a bar and asks, "Is the bar tender here?"

A goldfish flops into a bar and looks at the bartender. The bartender asks, "What can I get you?" The goldfish says, "Water."

A guy walks into a bar in Cork, in Ireland, and asks the barman: "What's the quickest way to get to Dublin?" "Are you walking or driving?" asks the barman. "Driving," says a man. "That's the quickest way," says the barman.



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

## You Have Nothing To Fear But.....

(Continued from last issue.)

by Joel Schanker



2) Adaptation: People with phobias are often treated with a series of escalating exposures to what they fear. The idea appears to only experience the level of difficulty one can handle. The same applies to speaking. One's first speech should not be a thirty minute presentation with slides. However, a four or five minute talk about one's self is doable. Then add, bit by bit, more difficulty, less familiar topics and soon you have adapted to the fear of speaking.

3) Practice: The more you practice the more familiar your speech material will be and the less you will fear. When you practice the most difficult word combinations become readily apparent. You then have the opportunity to practice those phrase until they are comfortable or take them out of the talk all together.

Another form of practice to help with each speech is the method of mental rehearsal. Dwight Stone the Olympic high jumper was a major proponent of Psycho Cybernetics. Before each jump he would pause at the head of the runway and visualize the jump from start to finish and he would not start until he could see the whole jump successfully. The same technique will work in speaking.

- Close your eyes and imagine you are being introduced.
- See yourself walk up to the lectern confident at ease.
- Smile at the people you see. Remember they are on your side and that should make you happy.
- Breathe deeply a couple of times and start your speech.
- You know your material and you care about this speech.
- Hear the applause when your finished and don't forget how good you feel when your finished.

Do this as many times as it takes for you to feel in control. I believe that no matter how much you work at it, some anxiety will remain proportionate to the importance of your presentation. Then you need to use it in a non-destructive manner.

If speakers are still feeling too tense before a speech then they can use some form of relaxation technique to alleviate muscle symptoms and provide a less negative outlet for the energy created. Simple stretching exercises may be useful if you have some privacy. Some form of isometric tensing and easing of muscles can be used in a group. Another approach is to use the nervous energy in your opening. Add broad gestures, bold movement, and strong vocal variety in the first two minutes of your presentation to grab your audiences attention.

After all this talk about reducing the tension, I suggest that you still consider it positively. No! Not "I'm positive I'm going to throw up" but "I'm positive that I've got the energy to do whatever, I've planned and prepared". Don't be afraid of the tension instead recognize it as natural, survivable, and helpful in moderation.