

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 1

Next Meeting is on
July 6, 2010

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 - June 29, 2010

by Pam Windley, Secretary



President Don Barnes opened the business session. Pam Christopher shared her "hot off the press" new edition of the Competent Leadership Manual. A motion was made by our newly elected president, Brian Davidson, to purchase new Competent Leadership Manuals for use by Northwest Toastmaster members. A vote was taken and the motion was passed.

Marcia Barney, Toastmaster of the meeting, chose the theme of "Having a Vision". The theme fit the occasion well since next week's meeting opens a new Toastmasters Year. The emphasis was vision as a leadership tool. Throughout the evening's meeting, she detailed how a clear, thoughtfully prepared, shared, and spotlighted vision can enliven an organization and help it thrive.

Other members assisting with this meeting's activities included Brian Davidson as Wordmaster (who chose the word "chary" which sounds like 'cherry'. It means cautious or wary and was used several times during the evening.) Craig Thrift was our Timer, and Don Barnett was Vote Counter.

Table Topics Master was Pam Christopher who posed questions regarding both personal and club visions.

- John Clark's vision of summer included activities selected by his lovely wife.
- Craig Thrift compared the difference between his vision of what his Toastmasters membership would be to how the actual experience has contributed to his professional and personal confidence.
- Jeff Walker, our newly elected VP of Membership spoke on his vision for the upcoming year in that office.

- Three prepared speeches were presented - -
- ü Pam Windley gave a speech titled "Giving it Away", tips on how to address the overwhelming requests for donations by non-profits. This was Project 5 in the Basic Communication Manual.
 - ü Flow Neuhauser gave a speech, "Welcome" for Project 10 from the Basic Communication Manual. His speech was an opening greeting for a Motorcycle Touring Weekend, where he welcomed the guests and gave them descriptions of the planned activities.
 - ü Joel Schanker presented an informative speech from Basic Manual Project 6 "Courtesy Rules of Blindness". Joel mesmerized his fellow Toastmasters with stories of experiences to demonstrate the kindest manner of treating the visually impaired.

The General Evaluator of the evening was Butch Barney. He called on Jeff Walker who evaluated Pam Windley, Elaine Wiles who evaluated Florian Neuhauser and Christa Neuhauser who evaluated Joel Schanker.

Our Grammarian for the evening was Barbara Schanker. Her report did not address errors by specific individuals, but was an overall concern regarding enunciation. For example, she noted that many of us dropped our "g" when using words ending in 'ing'. This is partially due to the Southern dialect we hear and use everyday so we must be diligent in our enunciation of words.

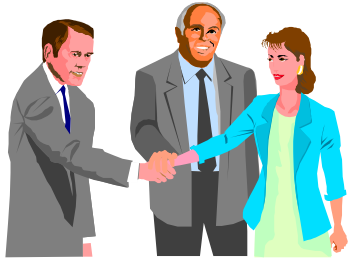
Award winners were:

- § Best Table Topic – Craig Thrift
- § Best Speaker – Pam Windley
- § Best Evaluator – Christa Neuhauser

John Clark entertained us with a joke from a Wild West dream. We adjourned with a brief synopsis of the year from Don Barnett, outgoing President, and a reminder that the next Toastmasters' Meeting was only one week away.

Body Language

This is taken from an article by Inside CRM at www.insidecrm.com/.



Posture can say a lot about a person. Confident people seem to naturally stand tall, while those who slouch look like they're down on themselves. Be sure

that you're presenting yourself in a way that commands respect.

What to do:

1. Stand tall, even if you're the shortest person in the room. Keeping your shoulders pushed back will lend you an air of confidence.
2. Spread your weight evenly on both feet instead of leaning on one. You don't need to stand at perfect attention, just keep your feet apart so you balance well.
3. Take your hands out of your pockets, or you may be seen like you've got something to hide. Hold them loosely by your side.
4. Stand with your arms crossed behind your back. Your shoulders will get pulled back automatically.

What not to do:

5. Don't stand with your hands on your hips if you don't want to come across as confrontational.
6. Don't shuffle your feet. Pick your feet up and move like you know where you're going.
7. Don't fidget with your feet. Drawing patterns with one foot on the floor shows you're not interested in what's going on.
8. Don't lean against walls or tables. You'll appear tired and lazy.
9. Don't turn away from the person you're talking to in the middle of the conversation, otherwise you'll show you're not interested in continuing it.

Eye contact...

When holding a conversation, the person you're speaking with should focus on your eyes. They indicate your emotions and can show whether you're paying attention or not. Be considerate of what your eyes tell about you: show others respect and you'll get respect in return.

What to do:

10. Look directly at the person you are talking to in order to exude confidence.

What not to do:

11. Don't shift your attention to other people or things in the room. It shows deceit.
12. Be careful not to glare at the person talking to you. You may think you look intensely interested, but you just look mad.
13. Don't blink excessively. People will be distracted and wonder if there's something wrong with you.

14. If you wear glasses, don't look over the rim. It makes you look condescending.

15. Never wear sunglasses inside, especially during a meeting. Others will wonder if you have something to hide.

16. Don't look at your watch unless you want to appear as if you're in a rush.

17. Don't rub your eyes with your hands: it signals disbelief at the situation.

18. When you pinch the bridge of your nose with your eyes closed, you'll come across in a negative manner.

19. Keeping your eyes on the door will show that you're ready to leave the room.

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

Guests

Guest at our last meeting was Paula Joyce. We hope that you enjoyed the meeting and we look forward to seeing you again.

You may be surprised to learn that much of modern technology has roots that go far back into history. For example, in the Middle Ages, workers in a popular food shop were allowed to eat anything in the store. But there were a couple of conditions. Workers were required to eat the food only during their lunch break. And one expensive item was off-limits: thinly sliced smoked salmon. So, you see, that was the origin of ...anti-lox breaks.

There is always - -

a little truth behind every "Just Kidding."

a little knowledge behind every "I don't know."

a little emotion behind every "I don't care."

and a little pain behind every "It's OK."



More Strange Newspaper Headlines

- Stolen Painting Found by Tree
- Kids Make Nutritious Snacks
- Hospitals are Sued by 7 Foot Doctors
- Include your Children When Baking Cookies

~~ 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	07 / 06 / 2010	07 / 20 / 2010	08 / 03 / 2010	08 / 17 / 2010
Sujit Assudani		Joke Master	Vote Counter	
Don Barnett, AC-B	Speaker	General Evaluator		
Butch Barney, DTM	Word Master		Speaker	
Marcia Barney, DTM			Evaluator	
Pam Christopher, DTM		Grammarian		
John Clark, DTM	Vote Counter			
Brian Davidson AC-S/CL	General Evaluator			
Scott Hill	Speaker		Speaker	
Greg Jones	Evaluator	Word Master	Speaker	
Lance Kull, DTM	Speaker	Evaluator		
Bob Lauwers	Grammarian	Speaker		
Elizabeth McKinney		Speaker		
Barbie Morgan, AC-B		Evaluator	Speaker	
Christa Neuhauser, CC	Speaker	Vote Counter	Evaluator	
Florian Neuhauser	Toastmaster	Evaluator	Grammarian	
Mark Perew, DTM				
Zoltan Rab	Table Topics	Timer		
Barbara Schanker, AC-S	Speaker		Table Topics	
Joel Schanker, DTM	Evaluator		General Evaluator	
Sha Tao	Joke Master	Speaker	Vote Counter	
Craig Thrift, CC/CL	Evaluator	Table Topics	Timer	
Jeff Walker, CC		Evaluator	Word Master	
Elaine Wiles, CC-G	Timer		Evaluator	
Nancy Wilson	Evaluator	Speaker	Toastmaster	
Pam Windley	Evaluator	Toastmaster	Evaluator	

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

Northwestern Toastmasters
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