

# 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 2

Next Meeting is on  
**July 20, 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 - July 6, 2010

by Pam Windley, Secretary



The meeting was attended by 50% of its members; a respectable number considering it was a holiday week for many. One guest, Steve

Albon, was in attendance. Former President Don Barnett opened the business session then introduced Butch Barney who inducted the new officers for the year. Butch turned the gavel over to Brian Davidson, President of the Northwest Toastmaster Club for the 2010/2011 year.

Florian Neuhauser was the Toastmaster of the meeting and chose the theme of Holiday History. Florian recounted little known facts regarding Independence Day, Christmas, Memorial Day, and Veteran's Day. Other members assisting with this meeting's activities included Butch Barney as Wordmaster, Sha Tao as Timer, and John Clark as Vote Counter. Butch chose the word for the evening; "infrequently" meaning seldom.

Table Topics Master Marcia Barney called on

- Pam Christopher described why Christmas was her favorite holiday.
  - Sha Tao reported how blizzard conditions made Thanksgiving travel difficult in Michigan.
  - Butch Barney demonstrated how to spin a Table Topic question answer into the Table Topic that he really wanted without getting everyone dizzy.
- Craig Thrift answered the final question about his insights and plans as Area Governor for the 2010/2011 year. Craig Thrift was named the Best Table Topic Speaker.

Three speeches were presented this evening:

- Scott Hill presented Speech # 2 from the Basic Communication Manual titled "Brain Health". Scott presented ways to keep protect and preserve our brains because "brain health determines overall health".

• Christa Neuhauser offered a Welcome Speech, a Real Life Speech, which she will present to the guests at an upcoming weekend tour sponsored by Road Runner Magazine. Her speech characterized warmth and hospitality.

• Don Barnett finished the prepared speech section with Project #5 from the Interpretive Reading Manual. He delivered Carl Sagan's "A Pale Blue Dot" speech. Don's interpretative reading won him the Best Speaker for the evening.

The General Evaluator of the evening was Brian Davidson. Scott Hill was evaluated by Craig Thrift, Christa Neuhauser was evaluated by John Clark, and Don Barnett was evaluated by Pam Windley. John Clark was voted the Best Evaluator,

Our Grammarian for the evening was Pam Christopher. Sha Tao, our Joke Master of the evening, entertained us with a joke about crime committed by his home country's favorite animal, the Panda.

## Guests

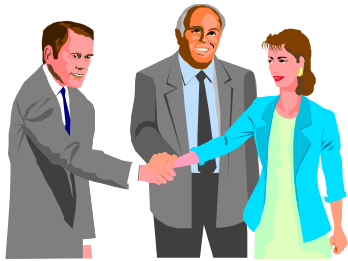
Guest at our last meeting was Steve Albon. We hope that you enjoyed the meeting and we look forward to seeing you again.

A farmer was feeding some spoiled vegetables to his pig. The hog greedily snarfed up each over-ripe tomato, cuke and leaf of lettuce offered, but when the farmer brought out the potato, he hesitated.

With a disappointed look in his eye, the pig watched as the farmer delivered the starchy treat to the sheep in the next pen. "Sorry, Wilbur," the farmer said, "The spud's for ewe."

**Body Language**

This is taken from an article by Inside CRM at [www.insidecrm.com/](http://www.insidecrm.com/). It is continued from the last issue of Northwest Words.



**Sitting pretty...**

Your posture while sitting is just as important as standing. Your level of interest in a conversation can be easily read by the position you sit in.

Be careful to position yourself in a way that shows you're powerful and actively engaged in what others have to say.

**What to do:**

- 20. Sit straight so that your shoulders touch the back of your chair. Slouching promotes the image of laziness.
- 21. Rest your hands on the arms of your chair, place them on your knees, or fold them on your lap so that they are not a distraction.
- 22. Make sure your chair is positioned so you're facing the person you're talking to. This will show that you're engaged in what they are saying.
- 23. Lean slightly forward to appear interested in a conversation and stress what you're saying.

**What not to do:**

- 24. Don't cross your ankles. Some people think it's a sign that you've got something to hide. Sit with your feet on the floor to minimize distractions.
- 25. Don't tilt your chair back so that it's standing on two legs. This shows a very casual, laid back attitude and does not earn you respect. You also run the risk of looking silly when you accidentally fall backwards.
- 26. Don't cross your arms across your body. You may come across as disinterested.
- 27. Stretching your legs out shows you're too relaxed and may also invade others' personal space.
- 28. Never put your feet up on the desk in front of you. You don't want to come across as condescending.
- 29. Ladies, be cautious when crossing your legs. If you'll expose things that are better left to the imagination, refrain from doing so.

**Heading for victory...**

The position of your head, the frequency of your breaths, even yawning are indicators of your level of interest in a conversation. Take care to avoid looking as if you're bored or disinterested. If you seem to be involved in what others have to say, they will naturally offer the same to you and build mutual respect.

**What to do:**

- 30. Tilting your head to one side during a conversation shows you're interested and thinking about what's being said.
- 31. Take regular, even breaths. Heavy breaths are a sure sign that you're nervous.
- 32. Be sure to nod your head so the person you're speaking with knows you're listening and interested.

**What not to do:**

- 33. Massaging your temples shows you're either at your wits' end or that you have a severe headache.
- 34. Don't swallow too often; it gives away the fact that you're not comfortable with the situation.
- 35. Yawning is an involuntary sign from your body saying that your brain's bored. You may not have much control over it, but yawning in the middle of a conversation will give away the fact that you'd rather be somewhere else.
- 36. A blank face conveys either disinterest or a lack of understanding.

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

**From the Peanut Gallery**

It looks like Northwestern, once again, has had a bloodless coup - otherwise known as a change of leadership. From the looks of things, our new leadership team is off to a great start. Our president, Brian Davidson, has a firm hand on the tiller and is working with our other leaders to make sure that Northwestern continues to be an effective tool that will help members to meet their goals. Our new Secretary, Pam Windley, is creating well-written and informative reports. Our new Treasurer, Marcia Barney, is just as adamant about collecting fines for grammatical errors as our old Treasurer, Marcia Barney. Christa Neuhauser, our new Vice President of Education is already churning out meeting roles designed to help members meet their goals.

One other note (perhaps B#) members, or guests, who have a question or comment about Northwestern are encouraged to use this newsletter as a great place to express yourself. If the editor doesn't know the answer, he at least knows where to find it. Just e-mail the editor. You may request that your name not be published.



~~ 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 / 20 / 2010	08 / 03 / 2010	08 / 17 / 2010	08 / 31 / 2010
Sujit	Assudani	Joke Master	Vote Counter	Speaker	
Don	Barnett, AC-B	General Evaluator		Evaluator	Toastmaster
Butch	Barney, DTM		Speaker		Evaluator
Marcia	Barney, DTM	Grammarian	Evaluator		General Evaluator
Pam	Christopher, DTM			Speaker	
John	Clark, DTM				Evaluator
Brian	Davidson AC-S/CL			Table Topics	
Scott	Hill		Speaker		
Greg	Jones	Word Master	Speaker		Table Topics
Lance	Kull, DTM	Evaluator		General Evaluator	
Bob	Lauwers	Speaker		Toastmaster	Timer
Elizabeth	McKinney	Speaker		Evaluator	Speaker
Barbie	Morgan, AC-B	Evaluator	Speaker	Evaluator	
Christa	Neuhauser, CC	Vote Counter	Evaluator		Speaker
Florian	Neuhauser	Evaluator	Grammarian	Speaker	Evaluator
Mark	Perew, DTM		Joke Master	Speaker	Vote Counter
Zoltan	Rab	Timer		Word Master	Evaluator
Barbara	Schanker, AC-S		Table Topics	Evaluator	
Joel	Schanker, DTM		General Evaluator		Speaker
Sha	Tao	Speaker			Word Master
Craig	Thrift, CC/CL	Table Topics	Timer		Speaker
Jeff	Walker, CC	Evaluator	Word Master	Timer	
Elaine	Wiles. CC-G		Evaluator	Vote Counter	
Nancy	Wilson	Speaker	Toastmaster	Grammarian	
Pam	Windley	Toastmaster	Evaluator		

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

Northwestern Toastmasters  
 4270 Mill Creek Road  
 Winston-Salem, NC 27106

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