

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, DTM	President
Christa Neuhauser, CC	VP-Education
Jeff Walker, CC	VP-Membership
John Clark, DTM	VP-Public Relations
Pam Windley, CC	Secretary
Marcia Barney, DTM	Treasurer
Mark Perew, DTM	Sgt. at Arms

Volume 37 - Issue 25

Next Meeting is on

May 17, 2011

(Next Tuesday)

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.

Guests and New Members

Susan Platt was our guest at the May 3rd meeting. All of us hope that you enjoyed the meeting and were able to see how Toastmasters can be an asset.

Your Horoscope

While being a good friend means telling the truth, you will soon realize being a true friend means keeping your mouth shut.

Congratulations on Achievements

by Ace Reporter Marcia Barney

Two Northwestern Toastmasters have achieved the Competent Communicator Award. For Pam Windley this is her first CC Award and she has chosen *the Speaking to Inform and Interpretive Reading* manuals for her journey toward Accomplished Toastmaster. Elaine Wiles, AC-Gold has completed another CC Award. Her next step will be the DTM award. Elaine is one of the many experienced Toastmasters in our club who have found that a second (or third or fourth or fifth or...) time through the CC Manual can be quite valuable.

Congratulations to our most recent achievers - Elaine Wiles and Pam Windley!

An English professor wrote the words:

"A woman without her man is nothing"

on the chalkboard and asked his students to punctuate it correctly.

All of the males in the class wrote:

"A woman, without her man, is nothing."

All the females in the class wrote:

"A woman: without her, man is nothing."

I.C.S. - The way it was on May 10

By Ace Reporter P.Fantum

If you missed this one, you missed a top-notch meeting. Here's why: We heard an Ice Breaker from Gwen Brown. Gwen told us a lot about herself impressing most of us with the amount of information and impressing Joel with the length of her speech (he still has the Ice Breaker record, but by less than a minute. *(ed: Joel has made time control one of his Toastmasters goals and has successfully demonstrated that control.)*) Gwen's speech, *The Obituary*, was evaluated by Don Barnett. Diann Boyette gave her second speech *Money Talks* to practice for a professional presentation next month. Brian Davidson evaluated her speech.

Joel Schanker gave a presentation on *Overcoming the Fear* in which he said "Experience is a light - it shines in all the corners of our psyche." The presentation was evaluated by Lance Kull.

Other support personnel at the meeting were Marcia Barney, Butch Barney, Pam Christopher, and Elaine Wiles.

The real uniqueness of this meeting happened when we reached the group discussion part of the evening. Those contributing ideas included 8 past club presidents, 6 Distinguished Toastmasters, 3 Past District Governors, and 2 International Directors. The results of this discussion were used to update the attached "Using Body Language" and "Selecting Speech Topics" handouts. These will be added to our on-line library also.

We will again use the group discussion and workshop method of educational presentations at the May 24 meeting, so be sure to be present for some lively and valuable discussion of Speech Language and Introducing a Speaker.

(Note: The Handouts are attached to this newsletter and will soon be available on our award winning web site.)

The Way it Was - May 3, 2011

By Pam Windley CC, Secretary



The business section was opened by Brian Davidson, President. Brian announced that tonight's meeting is the initial session of the Improved

Communications Seminar. He also recounted a letter from Craig Thrift, Area 21 Governor, detailing the achievements of Northwestern Toastmasters. Christa Neuhauser, Vice-President of Education, reminded us that if a new manual is needed to request one from Marcia Barney, Treasurer. With the numerous completions of the Basic Manual this year, we should be able to deplete Marcia's inventory.

At the end of the educational meeting, the Nominating Committee revealed a list of candidates for next year's officers. The nominees are: Christa Neuhauser, President; Jeff Walker, Vice-President of Education; Jessica Pockey; Vice-President of Membership; John Clark, Vice-President of Public Relations; Elizabeth Stepp, Secretary; Brian Gravely, Sergeant of Arms and Marcia Barney, Treasurer. Additional nominations can be made from the floor.

Toastmaster for the opening of the Improved Communications Seminar Series was Don Barnett. Don led us through a lesson "Organizing a Speech" using Project 2 from the Basic Manual. Don's speech used the simile of a guided tour to make the points of selecting the topic, using an attention-getting opening, telling a story to make a point, and concluding with a reiteration of the point(s) of the speech.

Barbie Morgan was our Wordmaster. She introduced omnipresent a word which means "found everywhere." Other club members participating in tonight's meeting included Jessica Pockey as Timer and Mark Perew as Vote Counter.

Table Topics were selected by Butch Barney, who mined the subject of Topic Selection. Barbie Morgan transitioned nicely when asked to remember the favorite of her last four speech topics and decided it may be better to describe how she selects speech topics. Jessica Pockey's answered the question about her Ice Breaker speech when asked the same question of selecting her favorite speech topic. Elizabeth Stepp was asked how she expands her speech topics. Elizabeth revealed she brainstorms while driving or doing "busy" tasks, commits to the topic, and then expands her material using electronic research. Craig Thrift gave his top 3 methods to developing his speech topic: the Toastmaster Manual he is working in, the internet, and lastly, a trusted friend.

Daniel Parker opened the prepared speech section of the meeting with his Icebreaker Speech. Daniel, the statistician, seems to be attached to the number two. From the twin cities of Minneapolis - St Paul's to the co-joined cities of Winston and Salem. Daniel has great interest in investing, also. A true numbers' guy since elementary school.

Pam Windley gave Speech # 10 from the Basic Manual, which she titled "From Losing to Winning". This completes Pam's requirements for the Competent Communicator designation.

Christa Neuhauser presented Speech # 1 from the Speaking to Inform Manual. Christa's speech, "Touring Overseas" gave information on how to make a trip overseas more comfortable without losing the sense of adventure, whether traveling by motorcycle or automobile.

Brian Davidson's speech from the Public Relations Manual, Speech #3 was titled "Why Are We Still Sick?". Brian's speech compared socialized medicine in other industrialized nations with the American health system.

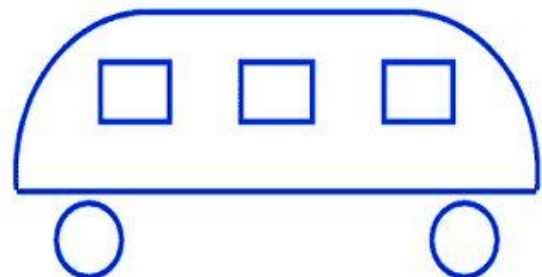
The General Evaluator of the evening was Joel Schanker. Joel's focus was on areas where efficiencies would speed the pace and smooth the flow of the meeting. He turned his attention to Table Topics, reminding participants not to use the chair as a prop as this is a "mini" speech. After the individual evaluations were completed, Joel highlighted the use of examples from the speeches by the evaluators as a meaningful way to coach the speakers.

Prepared speakers were evaluated by -

- Ø Marcia Barney evaluated Don Barnett
- Ø John Clark evaluated Daniel Parker
- Ø Lance Kull evaluated Pam Windley
- Ø Mark Perew evaluated Christa Neuhauser
- Ø Elizabeth Stepp evaluated Brian Davidson

Jeff Walker was the grammarian for the evening. He cited the use of filler words as the #1 faux pas of the meeting. Barbie Morgan was voted the best Table Topics Speaker. Elizabeth Stepp was voted the best Evaluator. Brian Davidson was voted the best Speaker.

Diann Boyette, Jokemaster, closed the meeting with a true story about patient relations in a doctor's office and the need for prozac.



Grade school students were shown this picture and then were asked, "Which way is the bus facing?" Do you know?

Left. It it were facing right, you could see the door.

~~ 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.)

Improved Communications Seminar runs from May 3 through June 21. See Lance Kull or Marcia Barney for role assignments on the non-regular (ir-regular?) meeting nights

Member	05 / 17 / 2011	05 / 31 / 2011	06 / 07 / 2011	06 / 21 / 2011
Steve Albon	Speaker		Speaker	Joke Master
Don Barnett, AC-B	Vote Counter	Grammarian	Evaluator	Speaker
Butch Barney, DTM	Evaluator	Toastmaster	Toastmaster	Evaluator
Marcia Barney, DTM	Table Topics	Speaker		General Evaluator
Diann Boyette	Speaker	Word Master	Speaker	
Pam Christopher, DTM	Evaluator	Speaker		
John Clark, DTM	Grammarian			
Brian Davidson, DTM	Evaluator	Speaker	Vote Counter	
Brian Gravely	Speaker	Evaluator	Speaker	Table Topics
Scott Hill			Evaluator	
Lance Kull, DTM		General Evaluator	Evaluator	Evaluator
Barbie Morgan, AC-B	Joke Master			Grammarian
Christa Neuhauser, CC				
Florian Neuhauser, CC				
Daniel Parker	Speaker	Evaluator	Speaker	Word Master
Mark Perew, DTM	Word Master	Evaluator	Joke Master	
Jessica Pockey	Speaker	Grammarian	Evaluator	
Barbara Schanker, AC-S	General Evaluator	Table Topics	Word Master	Speaker
Joel Schanker, DTM	Evaluator	Speaker	Table Topics	Vote Counter
Elizabeth Stepp	Timer	Vote Counter	Speaker	Evaluator
Craig Thrift, CC/CL	Evaluator		Grammarian	Speaker
Jeff Walker, CC		Evaluator	Evaluator	
Elaine Wiles, CC-G	Toastmaster	Joke Master	General Evaluator	
Nancy Wilson, CC				
Pam Windley, CC		Evaluator	Speaker	
Chuck Wooton	Speaker	Speaker		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

(
 (Label)
 ()

Body Language



When we speak, our body talks, too. Effective use of body language adds visual emphasis to the sounds we make. We add the sense of sight to the sense of hearing, making our messages more comprehensible, more interesting, and more memorable. We can emphasize a point, add feeling, give directions and dimensions, or even contradict ourselves through body language. In short, our bodies – hands, face, torso, even feet – are our most readily available and most versatile visual aid. So use it! Our message begins via body language even before we approach the lectern. While we're sitting, waiting for that fabulous introduction, how we feel can express itself: nervous, enthusiastic, relaxed, or bored. Our approach to the lectern – whether with a spring in our step or a dallying delay – sends a message to our audience.

Once we're at the lectern, a gracious handshake for the person who introduced us followed by a warm smile for our audience can go a long way toward initiating real rapport. Start now with the eye contact which says – louder than any words – "I'd like to talk to YOU." Continue to look at your listeners throughout your speech.

Once the presentation is launched, gestures and facial expressions can become your best friend or your worst enemy. Make them a friend by being sure that they agree with your words. When you express grave concern, do so with both your body and your words. Simultaneously, too!

Timing of gestures is very important. Gestures that are too early or too late can be quite confusing. So can gestures that are too long or too fast. Let your audience see the gesture, but when it has served its purpose, put it away.

Directional gestures allow the head to provide an extra dimension to body language beyond just facial expressions. The head can direct the audience's attention. Beware the head, also, for it offers ample opportunity for distractions as well as attractions: Glasses can be pushed up on the nose, taken off, and put back on; ears can be pulled, the chin can be scratched, rubbed, or touched endlessly.

Natural body language enhances your message simply through allowing your body to express the feelings your words convey. When you speak of pleasant events, allow your face to smile, your back to straighten, and your eyes to glow. When angry, show a clenched fist and a frown. Counting can help listeners keep up with your points *if* they coincide with the words.

Moving around behind the lectern is a very good way to dispel nervous energy. Such movements can add to a presentation if they are controlled and meaningful. Stepping toward an audience can say, without words, that the speaker would like to be closer to the listener. Simply stepping away from an obstructing lectern can give the impression of openness to a message. Stepping backward or leaning forward can express shock or intense feeling. However, too much movement behind the lectern can be distracting. When moving around be sure that you keep your body facing your listeners.

Dramatic gestures can cause dramatic reactions – use them carefully. The size of the gesture should fit the size of the audience.



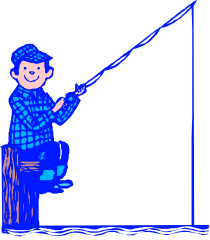
The hands and arms are the greatest assets and liabilities in gesturing. Use them to show dimension, action, or emotion. Beware of the repetitious, excessive, or one-sided gesturing. Make giving or taking gestures, but avoiding accusing gestures such as finger pointing. Be aware of what a gesture means to your listener. One way to overcome bad habits with the hands and arms is to watch yourself in a mirror when you practice your presentation. Videotaping is even better. Gestures, like any other part of speaking, must be practiced to be perfected. Practice them for timing, appropriateness and expressiveness.

Be sure your movement and gestures come from your content. Write your speech, practice your speech, add gestures and movement to emphasize your points as you practice your speech again and again.

Remember, your body is constantly sending messages to your listeners and potential listeners. Be sure those messages are the ones you want "heard."



Selecting Speech Topics



The first hurdle we face when it is time to make a speech is What Am I Going to Talk About? The answer is both very broad and very narrow: Talk about something that is of interest to you (and hopefully your intended listeners) and in which you have (or are willing to obtain) some expertise. Here is a list of potentials to get you thinking:

- Some aspect of your business or profession
- Your hobbies – why, how to, results
- How to do something
- Understanding something
- Problems or challenges – solved, social, or pending
- Values –moral, social, economic
- Making money
- Ideals
- Sports
- Historical Events
- Facebook
- Gardening
- Leadership
- New Technology
- Politics
- Important Information
- Fear
- An Industry – clothing, oil, auto
- Travels or vacations
- Selling or buying on e-bay
- Inventions
- How something works

- People
- Social Issues
- Books
- Music
- Couponing
- Media
- The Value of something
- Procrastination
- Any kind of process
- Frustrations
- Government
- Charity
- Stress
- Pets
- Buying
- Selling
- Diet
- Exercise
- Health
- Stories
- Social norms
- Beliefs



Now take pen (or keyboard) in hand and make a list of 15 things that pique your interest. Write or type these very fast as in a brainstorming exercise – don't edit, judge, or cull now, just list the first things that come to mind. When you have 15 you can edit and eliminate: I have expertise in this one, I'd like to learn more about these, this one is too broad and I need to narrow it,

Within 48 hours after having discovered you are to speak, choose the topic of your speech. Once picked, don't vacillate. Now you are ready to do your research write the speech, practice the speech, edit the speech, practice the speech, edit again, practice (don't forget to time it) the speech. Practice the speech at least 3 more times – more if possible.

