

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 2011-2012

Christa Neuhauser, CC	President
Jeff Walker	VP-Education
Jessica Pockey	VP-Membership
John Clark, DTM	VP-Public Relations
Elizabeth Stepp, CC	Secretary
Marcia Barney, DTM	Treasurer
Brian Gravely, CC	Sgt. at Arms
On the web at	www.NWTM.org

Volume 38 - Issue 21

Our Next Meeting will be on
March 20, 2012
(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.

Schedule of Contests (updated)

Each spring we have an International speech contest and a Table Topics contest. Each Toastmasters club holds a contest for these two events. Club level winners compete in Area contests. Those winners go on to compete in a Division contest. Division winners compete at the District contest. Those winners go to the regional contest and, finally, the International Contest. The schedule for Northwestern Toastmasters is --

Club Contests (March 6, and March 20)

-- Brian Gravely - winner of International Speech Contest

-- ?? - winner of the Table Topics Contest

Area Contests (March 31, 2012)

VIP - 7730 N Point Blvd 9 am

Division Contests (April, 15, 2012)

District Contests (May 3, 2012)

Corrections, updates and other details, such as time and place, will be included in the newsletter.

Words of Wisdom (from an old Cowboy)

Don't look at things for what they're not;
look at them for what they are.

The side of life you see is the side of life you show.
Control your temper before you try to control a horse.

Here are some interesting & true facts:

Sharks can live up to 100 years.

Mosquito's are more attracted to the color blue than any other color.

Kangaroos can't walk backwards.

About 75 acres of pizza are eaten in the U.S. everyday.



Brian Gravely won the Club Level contest for Toastmasters International Speech Contest. Brian is shown receiving the First Place award from Club President Christa Neuhauser.

A chicken crossing the road is poultry in motion.

Shortest distance between two jokes - a straight line.

The Way it Was - February 21, 2012

By Elizabeth Stepp, CC/CL



The meeting started at 6:37 p.m. with President Christa Neuhauser opening the meeting. There were no Officer's Reports, Committee Reports, Old Business or New Business.

Don Barnett was the Toastmaster for the meeting. Don spoke about the need to "step up" when called upon. He noted the agenda changes, as well. The Chief Judge was Marcia Barney, Chief Timer was Allan Chavez and Assistant Timer was Elizabeth Stepp. Vote Counter was Butch Barney. The other judges were Butch, John Clark and Pam Christopher. Marcia acted as the Grammarian for the evening. There was also one other unidentified (or tiebreaker) judge.

The Table Topics session was hosted by John Clark. He asked Allan his opinion of Daylight Savings Time. He asked Christa what she thought about St. Patrick's Day. He asked Butch to evaluate Allan's Table Topics response. He asked Elizabeth to evaluate Christa's Table Topics response.

The word for the evening was: assiduous, meaning marked by careful, unremitting attention or persistent application.

During the contest, Brian Gravely and Jeff Walker participated in the club speech contest. Jeff's speech was entitled, "The Enemy Within." He spoke about several hidden dangers in food and food substances today. During his interview, we learned about his experience in Toastmasters as well as his daily work.

Brian's speech was entitled, "What's Wrong with Men Today." Brian spoke about why men may not be living up to their ideals and the premise that it may be due to a lack of thinking. During the interview, he spoke about his work as a Senior Vice President of a bank developing information technologies.

Pam Christopher served as the General Evaluator for the evening. Elizabeth was the evaluator for Jeff and Christa evaluated Brian. Allan let us know who used the word for the evening. Marcia gave the grammarian's report for the evening. Allan won for Table Topics and Christa won for her evaluation.

Brian won the club speech contest. He now moves onto the Area Speech Contest on Saturday, March 31. The contest will be at the Industries for the Blind. Butch will be the Toastmaster of that event. All members are encouraged to attend and support Brian.

Don provided the joke and the meeting was adjourned at 7:48 p.m.

Always remember that you are absolutely unique. Just like everyone else.

Before borrowing money from a friend, decide which you need more. (Friend or Money !)

Dues Are Due (Last Call)

Your semi-annual dues are due in March. Many members have already paid their \$39.50 to remain a member of our outstanding organization. If you would like to get yours in and prevent further "reminders" from our zealous Treasurer bring cash or check for \$39.50 to our March 20 meeting or mail a check (payable to Northwestern Toastmasters) to:

Marcia Barney
3501 Lakefield Court
Clemmons, NC 27012

To Breathe or Not To Breathe

by Marcia Barney, DTM

There are many ways to breathe. We've been doing it for decades and probably have an established pattern. Here are three ways to achieve potentially amazing results from something that is all around us, free, and plentiful:

Oxygenate your blood! Sit comfortably in with your back straight. Inhale through your nose thoroughly until you feel that your stomach and diaphragm are completely filled with air. Hold the breath for 4 or 5 seconds then exhale slowly and completely through your mouth. Repeat this exercise four or five times.

Breathe to relax! Place the tip of your tongue against the ridge of tissue just behind your upper front teeth and keep it there throughout this exercise. Breathe in deeply through your nose for a count of 4. Hold the breath for a count of 7. Now exhale through your mouth around your tongue making a whooshing sound for a count of 8. Repeat this exercise several times and several times per day. It can also be used to help you fall asleep at night.

Try the stimulating breath! Feel like you need a cup of coffee or an energy boost? Try this breathing exercise instead. Sit with your back straight and your tongue against the ridge of tissue behind your upper front teeth. Keep it there through the exercise. Inhale and exhale rapidly through your nose keeping your mouth closed but relaxed. Try for 3 in-and-out breath cycles per second keeping the in and out duration's equal. Do this exercise for less than 15 seconds for the first few times.

Breathing can be much more than just another required activity. Increase your energy and improve your health with the simple act of breathing!

The more I learn about terrorism, the more I understand the phone company.

The problem with the world is that everyone is a few drinks behind. -Humphrey Bogart

The professor discovered that her theory of earthquakes was on shaky ground.

The roundest knight at King Arthur's round table was Sir Cumference.

~~ 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 Vice President of Education

March 20 is the Club Level International Speech Contest.

Member		03 / 20 / 2012	04 / 03 / 2012	04 / 17 / 2012	05 / 01 / 2012
Don	Barnett, AC-B	Table Topics	General Evaluator	Vote Counter	Speaker
Butch	Barney, DTM	General Evaluator	Vote Counter / Timer	Word Master	Speaker
Marcia	Barney, DTM	Evaluator / Grammarian	Evaluator		Evaluator
Allan	Chavez	Vote Counter			
Pam	Christopher, DTM	Speaker	Joke Master		Speaker
John	Clark, DTM	Toastmaster	Speaker	General Evaluator	Evaluator
A.J.	Daoud			Evaluator	Joke Master
Brian	Davidson, DTM	Evaluator	Speaker	Grammarian	Word Master
Brian	Gravely	Speaker	Evaluator	Speaker	Table Topics
Piyush	Gupta		Speaker	Evaluator	Timer
Scott	Hill				
Lance	Kull, DTM				
Christa	Neuhauser, CC		Grammarian	Toastmaster	
Daniel	Parker	Joke Master	Word Master	Speaker	
Jenny	Patterson				
Jessica	Pockey				
Barbara	Schanker, AC-S				
Joel	Schanker, DTM	Evaluator	Evaluator	Table Topics	Speaker
Kristin	Schokett				Toastmaster
Achal	Shah	Timer	Table Topics	Speaker	Vote Counter
Elizabeth	Stepp, CC		Evaluator	Joke Master	General Evaluator
Craig	Thrift, CC/CL		Toastmaster	Evaluator	Grammarian
Jeff	Walker, CC	Word Master	Evaluator	Speaker	Evaluator
Elaine	Wiles, CC-G				Evaluator
Chuck	Wooten				

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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