

# 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 2014-2015

Don Barnett, AC-S/CL	President
Jeff Walker, CC	VP-Education
John Clark, DTM	VP-Membership
Brian Davidson, DTM	VP-Public Relations
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Marcia Barney, DTM	Treasurer
Craig Thrift, AC-B/AL-B	Sgt. at Arms
On the web at	<a href="http://www.NWTM.org">www.NWTM.org</a>

Volume 41 - Issue 4

Our Next Meeting will be on  
**September 16, 2014**  
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.*

## The Way It Was – September 2, 2014



...as recalled by the assistant to the  
assistant Secretary

Vice President of Education Jeff Walker conducted an effective, efficient business session in which he welcomed our guest for the evening Sabrina Williams. We also welcomed Sebastian Luensburg as our newest member.

Improved Communications Seminar (ICS) Chair Marcia Barney passed around a sign-up sheet for educational presentations at the ICS program beginning on September 30. She also reminded members to invite friends and associates to sign up for the program. Treasurer Marcia Barney reminded us that dues are due (see related article.) After a brief recess, Jeff introduced Craig Thrift as Toastmaster for the Evening.

Word master Brian Davidson gave "extol," praise highly, glorify, as the Word for the Day.

Table Topics Master Marcia Barney gave topics to:

- Pam Christopher finished the statement "A funny thing happened to me on the way to." (A day with her granddaughters.)
- Sile Kelleher addressed "It wasn't funny then, but it sure is funny now."

- Sebastian Luensburg was asked to tell us about "the funniest thing he's heard on a TV commercial."

Chief Judge Butch Barney explained the rules for our Annual Humorous Speech Contest. We heard four delightful and funny humorous speeches from Joel Schanker, Jeff Walker, Randy Liu and Don Barnett.

Butch Barney also served as General Evaluator for the meeting. Marcia Barney evaluated Craig's warm-up speech. All members of the audience evaluated the speech contestants. Brian Davidson served as Chief Timer for the evening and Sebastian Luensburg was Assistant Timer. Pam Christopher was the grammarian. Marcia Barney was Vote Counter.

## Awards

Best Table Topics Speaker  
Sile Kelleher.

**First Runner up in the 2014 NWTM Humorous  
Speech Contest**  
**Jeff Walker**

**Winner of NWTM 2014 Humorous Speech Contest**  
**Joel Schanker**

## No More Pre-Speech Jitters

# Speech Evaluation Contest Tuesday, September 16<sup>th</sup>

Speech Evaluation Contests provide us the opportunity to sharpen our evaluation skills. This is a great opportunity for ALL NWTM club members. Sign-up is still open. Send Jeff Walker an email and let him know you want to participate.

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## Improved Communications Seminar

 **Starting**  
**September 30, 2014**

Our Improved Communications Seminar begins on September 30. Please pass the attached flyer along to friends and associates who could benefit from improving their listening, thinking, and speaking skills.

We also need experienced Toastmasters to present the following topics: Controlling Fear, Use of Humor, Gestures and Other Body Language, Using Visual Aids, Using Written Notes, Speech Language, How to Listen Effectively, Audience Analysis. Let Marcia Barney ([hmbarn@aol.com](mailto:hmbarn@aol.com)) know if you are willing to tackle these topics.

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## Dues are Due

It is time for all Northwestern Toastmasters to pay their semi-annual dues. Please bring your check (cash is also acceptable) for \$39.50 (payable to "Northwestern Toastmasters" to our September 16 meeting. If you cannot attend the meeting, please mail your check to: Marcia Barney, DTM, 3501 Lakefield Court, Clemmons, NC 27012.

Thank You to NWTMs who have already paid: Don Barnett, Butch Barney, Marcia Barney, Pam Christopher, Brian Davidson, Randy Liu, Sebastian Luensburg, Craig Thrift.

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## Welcome New Member!

Sebastian Luensburg is the latest addition to Northwestern Toastmasters. Randy Liu told Sebastian about our club. Sebastian will give his Ice Breaker on September 16. We're delighted to have you with us, Sebastian, and look forward to learning more about you!

For some of you, being well-prepared and getting a good night's sleep are the keys to a successful presentation. For the rest of us, nerves take over regardless, and we step up to the podium with heart racing, palms sweating, and voice quivering.

To alleviate public-speaking fears, you might consider trying some of the following.

**Visualize yourself at your best.** Star sports figures and Olympic athletes are coached to think of themselves in a peak performance state. Days or weeks before your presentation visualize yourself at your best, positively getting through the speaking engagement. Imagine yourself as resilient, see yourself as flexible, adaptable, and handling the presentation effectively even if things don't go as planned. Don't expect perfection, but do imagine yourself at your personal best. When you step up to the stage, take a moment to breathe, and create a safe place for yourself. Imagine a circle around you filled with white light and positive energy. Imagine radiating that positive energy.

**Repeat positive affirmations.** When walking up to the stage, go slowly, breathe, and say positive affirmations to yourself. Use words that are calming or empowering like "easy and effortless," "I trust myself," and "calm and relaxed."

**Create a warm and friendly environment.** Make connections with the audience through eye contact. If you can send out warm, inviting energy, most people will respond in a positive way. Remember the audience is there for you and they want you to succeed.

**Take a personal inventory.** This is a stream-of-consciousness monologue that you do semi-audibly so that you can hear your own words but no one else can. The exercise trains you to stay in touch with your moment-to-moment feelings and alleviates tension. You start by asking yourself, "How do I feel?" and then answering yourself. Keep repeating the question and answering it. Do it for as briefly as two minutes or for as long as you comfortably can.

While you do this exercise, things outside yourself will interrupt your monologue and distract you. Allow these distractions and include them in the monologue. For example, "*How do I feel?* My eyes are scanning the room; they feel scratchy, not enough sleep last night. *How do I feel?* I feel anxious, a bit tense in the chest and forehead. Maybe the shoulders, too. Yeah, tense in the shoulders. I hear a fly buzzing in the window, wonder how it got in there? *How do I feel?* I feel stuck. I don't know how I feel right now. Taking another deep breath. I feel my stomach is bloated, should lose some weight. Now I feel more in touch with how I feel. The excitement is coming up again. *How do I feel?*" etc.

**Practice deep breathing.** Start by inhaling slowly through your nose -- and as you inhale your stomach should expand outward. As you exhale through your mouth, your stomach flattens out. Start to breathe this way while you're waiting to speak -- that time is crucial to most speakers. Practice it standing up. Take a nice, deep, diaphragmatic inhale. When you begin to exhale, you start to talk - - out loud, or to yourself -- "one by one" "two by two" "three by three."

Excerpted from article by Jennifer A. Redmond



# Improved Communications Seminar

Northwestern Toastmasters Club will offer an improved communications seminar beginning Tuesday September 30, 2014. The seminar is eight sessions designed to, through instruction and practice, improve specific skills of:

Introducing Others  
Listening  
Impromptu Speaking  
Constructive Evaluation  
Group Discussion  
Effective Use of Voice  
Audience Analysis

Prepared Speaking  
Speech Organization  
Selecting Speech Topics  
Use of Visual Aids  
Speech Language  
Gestures and Other Body Language  
Effective Use of Notes

The sessions will be each Tuesday for eight weeks. The first session will be on September 30, 6:30 PM, Mayberry's, 50 Miller Street, Winston-Salem. Graduation will be on November 18. Toastmasters International, a non-profit, educational organization, developed the program, which has been training members in improved communications and leadership techniques for more than 80 years. Northwestern Toastmasters are the local sponsors of the program.

The cost of materials for the program is \$25 per participant. Any adult interested in improving his or her speaking, listening, and thinking skills is invited to participate.

**To register:** Detach and mail the reservation form below by September 23 (or e-mail by September 26). If you have questions, call Marcia Barney at 712-8183.

Detach here

Mail to: Northwestern Toastmasters  
P.O. Box 534  
Clemmons, NC 27012

or e-mail: [HMBBar@aol.com](mailto:HMBBar@aol.com)

Please register me for the Improved Communications Program that begins on September 30. Enclosed (or bring to first meeting with you if registering by e-mail) is my check for \$25 (made payable to "Northwestern Toastmasters").

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

## ~~ Meeting Schedule ~~

Please Note. The Vice President of Education is continually adjusting the schedule to meet the requirements of our members. So, if you need to see the current schedule, contact our Vice President of Education.

	9/16/2014	9/30/2014
	<b>EVALUATION CONTEST</b>	<b>ICS Week 1</b>
<b>Barnett, Don</b>		Joke Master
<b>Barney, Butch</b>		
<b>Barney, Marcia</b>	Evaluator	Toastmaster
<b>Christopher, Pam</b>	Contest Toastmaster	Speaker
<b>Clark, John</b>	General Evaluator	
<b>Conricode, John</b>	Timer	
<b>Davidson, Brian</b>	Vote Counter	
<b>Fesler, Rex</b>	Speaker	Evaluator
<b>Gravelly, Brian</b>	Speaker	
<b>Gross, Peter</b>		General Evaluator
<b>Kelleher, Sile</b>	-	-
<b>Liu, Randy</b>	Table Topics	Toastmaster
<b>Luensburg, Sebastian</b>	Speaker	-
<b>Schanker, Joel</b>	Speaker	Table Topics
<b>Thrift, Craig</b>	Evaluator	
<b>Walker, Jeff</b>	Joke Master	Evaluator

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