

# 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
Peter Gross	Secretary
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>

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Our Next Meeting will be on  
**October 21, 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 – October 14, 2014

Peter Gross, Secretary



Marcia Barney opened the session at 6:30. She announced the meeting format would not follow our normal meeting format since this was an Improved Communication Seminar Session and not a Northwest Toastmaster meeting. Marcia outlined the meeting format of the prepared speeches followed by two educational presentations and the speech evaluations.

Marcia Barney then gave Cricket Mendezoff Randy Liu's introduction to practice and polish and gave Peter Gross Sebastian Lueneburg's introduction to practice and polish.

Marcia introduced Becky Cole for her Icebreaker speech titled "I left my heart in San Francisco". Becky spoke for 4 minute 45 seconds of a scheduled 5 minute speech.

Marcia introduced Annette Grefe for her Icebreaker speech titled "My odyssey". Annette spoke for 6 minute 33 seconds of a scheduled 6 minutes speech.

Marcia introduced Sabrina Williams for her Icebreaker speech titled "Nobody puts baby in a

corner". Sabrina spoke for 5 minutes 20 seconds of a scheduled 5 minute speech.

Peter Gross introduced Sebastian Lueneburg for his CC#3 speech titled "The Liquidity Coverage Ratio".

Sebastian spoke for 6 minutes 25 seconds of a scheduled 6 minute on a new financial regulation banks must comply with.

Cricket Mendezoff introduced Randy Liu for his CC#4 speech titled "Ultimatums and Dictators".

Randy spoke for 7 minutes 57 seconds of a scheduled 7 minute 30 second speech on an economic study that found most people would rather be slightly altruistic than greedy.

Marcia Barney introduced Brian Davidson who gave a presentation on the use of humor.

Marcia Barney gave a presentation on body language.

- Marcia Barney reviewed Becky Cole's speech.
- John Clark reviewed Annette Grefe's speech.
- Brian Davidson reviewed Sabrina Williams's speech.
- Butch Barney reviewed Sebastian Lueneburg's speech.
- Craig Thrift reviewed Randy Liu's speech.

Marcia gave a general evaluation of the meeting and a grammarian's report. Marcia adjourned the meeting at 7:45 pm.

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## Welcome New Member!

Richard Wright is the newest Northwestern Toastmaster. Rich found out about us from former president Christa Neuhauser. We'll find out more about Rich when he gives his Ice Breaker on Tuesday!

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## The Way It Was – October 7, 2014

Peter Gross, Secretary



Vice President of Education, Jeff Walker, opened the business session at 6:30. No old or new business was announced. New members welcomed; Annette Griffey and Sabrina Williams. Meeting adjourned until 6:45 pm.

At 6:45, the meeting was opened by Jeff Walker who announced the changes to the program. Jeff introduced Pam Christopher as Toastmaster and Competent Communication leader for the evening. Pam gave a speech on introductions, introduced the grammarian, Marcia Barney, word master, Butch Barney, timer and vote counter, Randy Liu and introduced the Table Topics Master, Butch Barney. The word for the evening was Laconic.

Butch focused his table topics questions on fear and asked Craig Thrift, "Three days before a speech how do you prevent the fear?" Craig spoke for 1 min. 16 sec. and answered "practice, practice and more practice". Butch asked Marcia Barney "How do you reduce fear just before a speech?" Marcia spoke for 1 min. 55 sec. and answered, "Use and turn the energy of fear, do anaerobic exercises and develop a routine." Butch Barney asked Pam Christopher "How do you handle the fear of giving a speech when walking up to the podium?" Pam spoke for 2 min. 22 sec. and answered "Deep breaths and smile" The Timers report was called and all Table topics participants qualified for voting. Votes were sent to Randy Liu.

The Toastmaster introduced Marissa Dixon for her Ice Breaker speech. Marissa introduced us to herself and spoke for 4 min. 22 sec. of a scheduled 4.5 min. speech.

Pam introduced Cricket Mendezoff for her Ice Breaker speech. Cricket presented values important to her and spoke for 5 min. 3 sec. of a scheduled 5 min. speech.

Pam introduced Peter Gross for his CC speech 9 titled Good and Managers. Peter spoke for 9 minutes 3 sec. of a scheduled 7 min. speech emphasizing communications and good processes for managers and management.

Pam introduced Rob Phelps for his Story telling speech 2 titled The Gospel According to Uncle Jurd. Rob spoke for 6 min. 5 sec. of a scheduled 6 min. speech describing his Uncle Jurd holding audience at his old family farm.

Pam introduced the General evaluator Craig Thrift. The timer's report and votes were called for.

- Craig introduced Brian Davidson who evaluated Marissa Dixon's speech for 2min. 53 sec.
- Craig introduced Marcia Barney who evaluated Cricket Mendezoff's speech for 2min. 24 sec.
- Craig introduced Butch Barney who evaluated Rob Phelps's speech for 2 min. 29 sec.
- Craig introduced Jeff Walker who evaluated Peter Gross's speech for 1 min. 52 sec.

The timers report was given and votes passed to Randy. The Grammarian's report and Word Master's report were presented. Marcia used Laconic once.

Craig Thrift gave a positive general evaluation of the meeting.

Pam wrapped up the meeting and called on Jeff Walker to present the following awards for the evening:

## Awards

### Best Table Topics Speaker

Marcia Barney

### Best Evaluator

Butch Barney

### Best-Prepared Speaker

Rob Phelps

Pam Christopher introduced Jeff Walker to conclude the meeting with his Area 41 winning humorous speech "Lifeguard Rules".

Meeting adjourned.

## ~~ 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.

	<b>10/21/2014</b>	<b>10/28/2014</b>	<b>11/4/2014</b>
	<b>ICS Week 4 - Effective Evaluations</b>	<b>ICS Week 5</b>	<b>ICS Week 6 - Speech Language</b>
<b>Barnett, Don</b>	Table Topics / Evaluator		Toastmaster
<b>Barney, Butch</b>	Speaker		
<b>Barney, Marcia</b>	Speaker		
<b>Christopher, Pam</b>	Speaker		Table Topics
<b>Clark, John</b>	absent	absent	absent
<b>Davidson, Brian</b>	Toastmaster		
<b>Dixon, Marissa</b>			Speaker
<b>Fesler, Rex</b>			
<b>Gravely, Brian</b>	GE		Speaker
<b>Grefe, Annette</b>	absent		
<b>Gross, Peter</b>	Evaluator	Speaker	
<b>Kelleher, Sile</b>	-	-	-
<b>Liu, Randy</b>	absent		Speaker
<b>Lüneburg, Sebastian</b>	Vote Counter		Speaker
<b>Mendezoff, Cricket</b>			
<b>Phelps, Rob</b>	absent		
<b>Schanker, Joel</b>	absent		
<b>Thrift, Craig</b>	Evaluator / Word Master		
<b>Walker, Jeff</b>	Grammarian / Evaluator / Joke Master		
<b>Williams, Sabrina</b>			

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