

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 2015-2016

Pam Christopher, DTM	President
Peter Gross, CC	VP-Education
Craig Thrift, ACS	VP-Membership
Don Barnett, ACG	VP-Public Relations
Anita Ford	Secretary
Marcia Barney, DTM	Treasurer
Sean Scott	Sgt. at Arms
John Clark, DTM	webmaster
On the web at	www.NWTM.org

Volume 42 - Issue 08

Our Next Meeting will be on
October 27, 2015

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.

Minutes from our Meeting—Oct. 20, 2015

by Anita Ford, Secretary

(Sitting in for Anita this week is Don Barnett, VP-PR)



Toastmasters Meeting 10-20-2015

Meeting started at 6:30pm

Presiding Officer: Pam Christopher

Members present: Don Barnett, Butch Barney, Marcia Barney, Pam Christopher, John Clark, Brian Davidson, Natoshia James, Doug Nance, Sean Scott, Scott Stewart, Craig Thrift

Guests: Lauren Holder

Toastmaster: Brian Davidson

Grammarians: Marcia Barney

Timer: Doug Nance

Vote Counter: Natoshia James

Word Master: Marcia Barney

Table Topics Master: Craig Thrift

Speakers (Name of Speech and Manual)/Evaluators:

Brian Davidson: ("How to Evaluate Effectively")/Craig Thrift

John Clark: ("The Function of Evaluation and the Roles of the Evaluator")/Sean Scott

Pam Christopher: ("Self Esteem – Key to Personal Growth" CCM #7)/Don Barnett

Butch Barney: ("Speaker Responsibilities")/all present in round robin

General Evaluator: Marcia Barney

Joke Master: Sean Scott

Awards: Best Evaluator: Craig Thrift/Best Table Topics: Don Barnett/Best Speaker: Butch Barney

Competent Leadership Manual Report:

Marcia Barney: #5 General Evaluator

Craig Thrift: #7 Table Topics Master

Sean Scott: #2 Speech Evaluator

Don Barnett: #2 Speech Evaluator

Visitor:

Lauren Holder

Meeting adjourned at 8:05pm

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The Improved Communications Seminar continues to go well. The meetings are filled with instruction and activities to help us improve our public speaking skills. And humor, too.

Pam Christopher presented an educational speech on "Self Esteem – Key to Personal Growth." She shares the following as a handout:



How to Nourish Self Esteem when You Evaluate:

- Be genuine
- Recognize strengths
- Recognize improvements
- Create a climate for motivation
- Avoid value judgments (judge the behavior, not the person)
- Provide positive direction

Self Esteem – Keys to Personal Growth

Self Esteem is how we feel about ourselves. How does Self Esteem help us to become better speakers?

- Self Esteem fuels personal growth
- Feedback reinforces personal growth
- Personal growth nourishes self esteem
- More self esteem generates more growth

Peace cannot be kept by force; it can only be achieved by understanding.

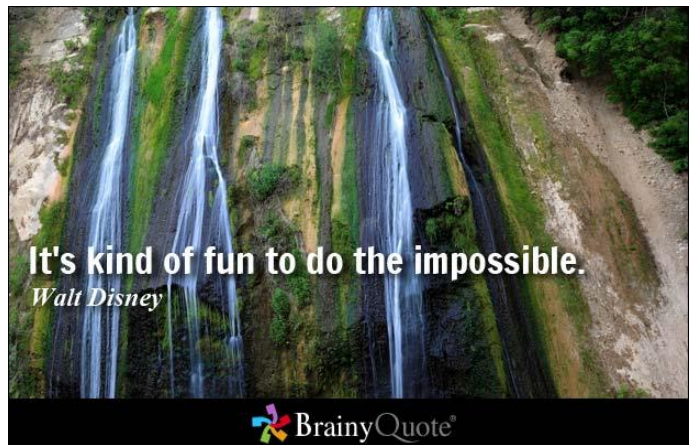
Albert Einstein



Dates to Remember

September 29-November 17, 6:30PM-8:00:
Improved Communications Seminar at Mayberry's

October 23-25: District 37 Conference –Fayetteville



Toastmaster Magazine Reviews

What article in the October Toastmaster Magazine did you enjoy? With my recent interest in mountain climbing, I read "The Climb" about Sara Safari's (DTM) attempt to ascend Mt. Everest earlier this year. Possibly the first DTM to ascend the world's highest mountain. Her climb was interrupted by Nepal's earthquake. A second article, "Try the Triangle" presented a new look at the structure of a speech. Information for me to ponder. Share your thoughts – email me.

Don Barnett, VP-PR.

~~ 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

		5 th Tuesday		ICS Graduation
Member		10/27/2015	11/03/2015	11/17/2015
Don	Barnett, AC-G	Speaker	Speaker	
Butch	Barney, DTM		Toastmaster	
Marcia	Barney, DTM		Speaker	
Pam	Christopher, DTM		Table Topics	
John	Clark, DTM		General Evaluator	
Igor	Dash			
Brian	Davidson, DTM	Speaker	Vote Counter	
Anita	Ford			
Peter	Gross		Word Master	
Randy	Liu		Joke Master	
Natoshia	James			
Rob	Phelps		Evaluator	
Doug	Nance	Speaker		
Florian	Neuhauser	Speaker	Grammarian	
Joel	Schanker, DTM			
Krista	Scott		Evaluator	
Sean	Scott		Timer	
Kimondra	Studevent		Speaker	
Scott	Stewart			
Craig	Thrift, CC/CL		Evaluator	

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