

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 24

Our Next Meeting will be on
June 21, 2016

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—June 7, 2016

by Anita Ford, Secretary

(Sitting in for Anita this week, is Don Barnett, VPPR)



Meeting started at 6:38pm

Presiding Officer: Pam Christopher

Members present: Don Barnett, Butch Barney, Marcia Barney, Pam Christopher, John Clark, Peter Gross, Bob McHone, Joel Schanker, Dinh Vo

Announcements:

Pam Christopher: Minutes from previous meeting approved.

Pam Christopher: informed the members that Anita Ford's brother died this week.

TLI: is scheduled for July 9 in Winston Salem

New Business: None

Guests: None

Toastmaster: Don Barnett

Grammarian: Marcia Barney

Timer: John Clark

Vote Counter: John Clark

Word Master: Dinh Vo

Table Topics Master: Bob McHone

Speakers (Name of Speech and Manual)/Evaluators:

Don Barnett ("Emotions" Storytelling Manual)/Butch Barney

Peter Gross ("Geek You Out" Technical Presentations

Manual)/Marcia Barney

General Evaluator: Joel Schanker

Joke Master: Butch Barney

Awards:

Best Evaluator: Butch Barney

Best Table Topics: Pam Christopher

Best Speaker: Don Barnett

Competent Leadership Manual Report:

Don Barnett Project 8, Toastmaster

New Members: None

Meeting adjourned at 7:45 pm

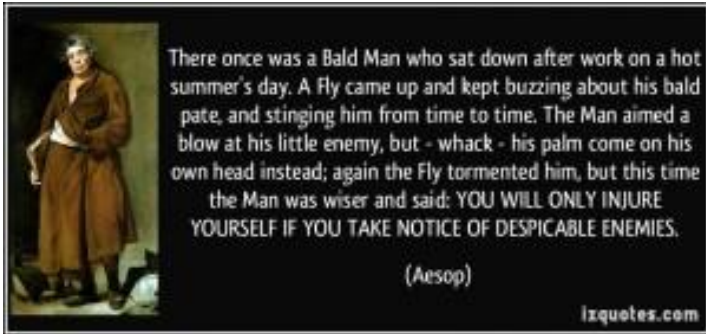




Dates to Remember

June 21, 2016 – Last NWTM meeting of the Toastmaster 2015-2016 year.

July 9, 2016 – Division E TLI, 8:30 am - 2:00 pm. St. Anne's Episcopal Church, 2690 Fairlawn Drive, Winston-Salem, NC 27106.



Dehydration can lead to heat-related illnesses

Ah, summer...a time of baseball tournaments and long days at the lake. But, it's also a time when the weather can present challenges as people work outside or enjoy the outdoors. Not staying adequately hydrated is a common problem. Here's why you need to avoid dehydration.

"One potential problem is dehydration," said Mary Knapp who is the state climatologist for Kansas. "The human body is about two-thirds water. Dehydration occurs when a person loses more water than he takes in - by sweating, for example."

This can be a particular problem in hot, windy weather and can lead to various heat-related illnesses, including heat stroke, which can cause permanent physical impairments or even death, Knapp said.

Thirst serves as an indicator of dehydration. But, by the time people actually feel thirsty, they can already be dehydrated. This is especially true for children and older adults.

"The easiest way to avoid problems is to drink lots of water - as much as six to eight glasses a day," said Knapp, who runs the Kansas Weather Data Library, based with Kansas State University Research and Extension.

"Start drinking before you begin such activities as hiking or playing ball and then keep drinking regularly, every 20 minutes or so."

Health-and-wellness



~~ 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

Member	6/21/2016	7/5/2016	7/19/2016
Don Barnett, AC-G		Speaker	
Butch Barney, DTM	Toastmaster		
Marcia Barney, DTM	Evaluator		
Pam Christopher, DTM	Evaluator	Word Master	
John Clark, DTM	Speaker	Toastmaster	
Brian Davidson, DTM	Evaluator	General Evaluator	
Karen Fion	Timer	Joke Master	
Anita Ford	Table Topics	Evaluator	
Peter Gross	General Evaluator	Vote Counter	
Natoshia James		Speaker	
Cherish Liles			
Randy Liu			
Bob McHone	Table Topics	Evaluator	
Shinika McKiever		Timer	
Doug Nance		Speaker	
Florian Neuhauser	Evaluator/Timer	Joke Master	
Rob Phelps			
Joel Schanker, DTM	Evaluator	Evaluator	
Krista Scott	Speaker	Vote Counter	
Sean Scott	Speaker	Speaker	
Scott Stewart			
Kimondra Studevent	Speaker	Evaluator	
Craig Thrift, CC/CL	Word Master	Evaluator	
Dinh Vo	Speaker	Table Topics	

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