

# 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	<b>www.NWTM.org</b>

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Our Next Meeting will be on  
**July 5, 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 21, 2016

by Anita Ford, Secretary



### Meeting started at 6:30pm

**Presiding Officer:** Pam Christopher

**Members present:** Peter Gross, Shinika McKiever, Anita Ford, John Clark, Craig Thrift, Rob Phelps, Karen Fion, Butch Barney, Marcia Barney, Pam Christopher

### **Announcements:**

Motion moved to accept minutes from last meeting.

TLI on July 9<sup>TH</sup>. Officers encouraged to attend as well as those who are interested in becoming officers.

**New Business:** None

**Guests:** None

**Toastmaster:** Butch Barney

**Grammarian:** Craig Thrift

**Timer:** Karen Fion

**Vote Counter:** Karen Fion

**Word Master:** Craig Thrift ("demure")

**Table Topics Master:** Anita Ford

**Speakers (Name of Speech and Manual)/Evaluators:**

Butch Barney ("Icebreaker" The Competent Communicator, Project #5)/Pam Christopher

John Clark ("Pay Attention" Humorously Speaking, Project #2)/Rob Phelps

Peter Gross ("Thank you for Making me Sneaky" Special Occasions Manual # 5)/Marcia Barney

**General Evaluator:** Peter Gross

### **Awards:**

Best Evaluator: Pam Christopher

Best Table Topics: Pam Christopher

Best Speaker: John Clark

### **Competent Leadership Manual Report:**

Peter Gross: #3 General Evaluator

Anita Ford # 5 Table Topics

Pam Christopher #8 Evaluator

Rob Phelps #8 Evaluator

**New Members:** None

### **Installation of Toastmasters Officers:**

Sergeant of Arms: Peter Gross

Treasurer: Marcia Barney

Secretary: Anita Ford

VP of Public Relations: Don Barnett (Not present)

VP of Membership: John Clark

VP of Education: Florian Neuhauser (Not present)

President: Craig Thrift

**Joke Master:** Karen Fion

**Meeting adjourned at 8:00 pm**

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Dates to Remember

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

Go to: [www.d37toastmasters.org](http://www.d37toastmasters.org) to register.  
There is NO charge. It's free!

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**90 TIPS FROM TOASTMASTERS**

- 1. Know your material.** Speak about a topic you're interested in and know a lot about. Reinforce your message with facts and statistics, if possible.
- 2. Make it personal.** Use humor, personal anecdotes and conversational language to make your speech engaging.
- 3. Practice makes permanent.** Rehearse your speech aloud using any equipment and/or visual aids you'll use during your presentation. Rehearse as often as you can.
- 4. Time yourself.** Time your speech every time you rehearse it to ensure you don't go over the five- to seven-minute time limit.
- 5. Pace yourself.** People tend to rush when they're nervous, so practice keeping your speech at a calm, steady pace.

**6. Arrive early.** Give yourself enough time to get acquainted with the stage or presentation area, and test the microphone and any visual aids you'll be using.

**7. Relax.** Breathe and stretch before taking the stage. Pause for a few seconds, smile and count to three before speaking.

**8. Visualize your success.** Imagine yourself giving your speech: your voice is loud, clear and confident. Imagine hearing the audience's applause – it will boost your confidence.

**9. Trust your audience.** The audience isn't your enemy - they want you to be interesting, stimulating, informative and entertaining. They're rooting for you.

**10. Don't apologize.** If you make a mistake, there's no need to say you're sorry. Pick up where you left off and keep going.

**11. Use humor when things go wrong.** If something goes wrong during your speech, tell a quick joke to help put you and your audience at ease. For example, if the lights go out, a good joke might be: "Who forgot to pay the electric bill?"

**12. Gain experience.** Experience builds confidence, which is the key to effective communication. Joining a Toastmasters club can provide the experience you need in a safe and encouraging environment.

**13. Eliminate filler words.** Using umms and ahhs in your speech will distract your message. Briefly pause to gather your next thought, or take a sip of water.

**14. Ditch distracting mannerisms.** Nervous fidgeting or gestures will detract from your message. Use purposeful gestures to give your speech more impact.

**15. Keep your notes in check.** If you need to use notes, be subtle and do not read your speech.

Toastmasters.org

**(To be continued in the next Newsletter)**

## ~~ 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		7/5/2016	7/19/2016	8/2/2016
Don	Barnett, AC-G	Speaker		
Butch	Barney, DTM			
Marcia	Barney, DTM	Timer/Joke Master		
Pam	Christopher, DTM	Speaker		
John	Clark, DTM	Toastmaster		
Brian	Davidson, DTM	General Evaluator		
Karen	Fion	Joke Master		
Anita	Ford	Evaluator		
Peter	Gross	Vote Counter		
Natoshia	James			
Cherish	Liles			
Randy	Liu			
Bob	McHone	Evaluator		
Shinika	McKiever	Speaker		
Doug	Nance			
Florian	Neuhauser	Evaluator		
Rob	Phelps			
Joel	Schanker, DTM			
Krista	Scott	Word Master		
Sean	Scott	Grammarians		
Scott	Stewart			
Kimondra	Studevent			
Craig	Thrift, CC/CL	Evaluator		
Dinh	Vo	Speaker		

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