

# 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>

Volume 43 - Issue 1

Our Next Meeting will be on  
**July 19, 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—July 5, 2016

by Anita Ford, Secretary



### Meeting started at 6:30pm

**Presiding Officer:** Craig Thrift

**Members present:** Don Barnett, Butch Barney, Marcia Barney, Pam Christopher, John Clark, Anita Ford, Peter Gross, Dihn Vo, Craig Thrift, Bob McHone, Shinika McKiever

### **Announcements:**

Minutes accepted by members as provided in the Northwestern Toastmasters newsletter.

Sergeant of Arms, Peter Gross, has received his Advanced Communicator Bronze.

### **New Business:**

August 30 meeting is a Leadership training meeting for all members.

Prepared speeches will be given as deemed necessary by Vice President of Education. The motion passed as amended.

Persons interested in the Humorous Speech contest need to start preparing their speech now.

**Guests:** Pete Kovacevich, Leah Taylor, Maddie Decker

**Toastmaster:** John Clark

**Grammarian:** Anita Ford

**Timer:** Marcia Barney

**Vote Counter:** Peter Gross

**Word Master:** Marcia Barney

**Table Topics Master:** Butch Barney

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

Shinika McKiever (Take the First Step/CC #2)/Marcia Barney

Dihn Vo (How to be More Organized in Your Personal Life/CC #2)/Peter Gross

Pam Christopher (Icebreaker/CC #1)/Craig Thrift

John Clark (Good Ole Summertime/Humorously Speaking Manual #3)/Bob McHone

**General Evaluator:** Don Barnett

**Joke Master:** Marcia Barney

### **Awards:**

Best Evaluator: Marcia Barney

Best Table Topics: Anita Ford

Best Speaker: Shinika McKiever

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

Anita Ford #3 Grammarian

Don Barnett #10 General Evaluator

Pam Christopher #7 Befriend a Guest

### **New Members:**

Peter Kovacevich

**Meeting adjourned at 8:00pm**

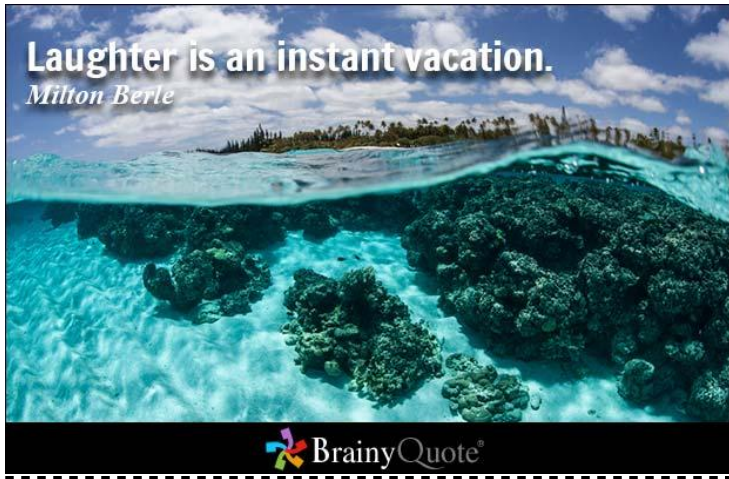
\*\*\*\*\*



Dates to Remember

**November 18-20: District 37 Fall Conference.** Clemmons, NC. “Dream It, Believe It, Achieve It.”  
*(Hint: Begin Preparations for your Humorous Speech Now.)*

.....



**90 TIPS FROM TOASTMASTERS  
 (CONTINUED FROM LAST NORTHWEST WORDS  
 ISSUE)**

**16. Test your volume.** Before your speech, ask a friend or colleague to listen to you from the back of the room to ensure you’re speaking at the right volume.

**17. Enter contests.** Entering contests is a challenging and fun way to improve your skills. Toastmasters offers various speech contests throughout the year.

**18. Enjoy yourself.** Choose a topic on something that is important to you, and that you feel passionate about. Your commitment to the topic will help sell the speech to your audience.

**19. Use visuals.** Make sure your visual aids reinforce your message and don’t distract from it.

**20. Embrace your unique style.** Don’t copy the style or gestures of other speakers, as your audience will sense a lack of authenticity. Be yourself; no one does that better than you can.

**21. Fuel your mental engine.** Eat a light meal at least 20 minutes prior to your speech.

**22. Burn off anxiety.** Your body produces cortisol when you’re anxious or stressed, which limits your creativity and ability to process complex information. Be sure to burn off cortisol with exercise before any speaking engagement.

**23. Be prepared for the worst.** Murphy’s Law states that anything that can go wrong will go wrong. Be prepared by having print-outs of your presentation slides and a copy of your presentation on USB drive.

**24. Pause.** Before addressing your audience, pause for a few seconds. This will gain their attention and increase impact.

**25. Ask a thought-provoking question.** Capture the audience’s attention by asking a question they may not know the answer to. For example, “Do you know why the sky is blue? It’s a question many kids ask their parents as kids, and I’m honestly not sure I could explain it without a Google search. But I do know what will turn the sky from blue to grey, and that’s pollution.”

From: 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		7/19/2016	8/2/2016	8/16/2016
Don	Barnett, AC-G	r	Evaluator	
Butch	Barney, DTM		Evaluator	General Evaluator
Marcia	Barney, DTM	Evaluator	Joke Master	Speaker
Pam	Christopher, DTM	Timer	Speaker	Toastmaster
John	Clark, DTM	Evaluator		Joke Master
Brian	Davidson, DTM			
Karen	Fion	Speaker	Grammarian	Table Topics
Anita	Ford	Table Topics	Speaker	Vote Counter
Peter	Gross	Toastmaster	Word Master	Evaluator
Natoshia	James	Evaluator	Toastmaster	Evaluator
Petar	Kovacevich	Speaker		
Cherish	Liles			
Randy	Liu			
Bob	McHone	Speaker	Timer	Grammarian
Shinika	McKiever	Word Master	Vote Counter	Speaker
Doug	Nance	Vote Counter	Evaluator	Timer
Florian	Neuhauser		Evaluator	Speaker
Rob	Phelps			
Joel	Schanker, DTM	Grammarian	Table Topics	Evaluator
Krista	Scott	Evaluator	Speaker	Evaluator
Sean	Scott		General Evaluator	Word Master
Scott	Stewart	Joke Master		
Kimondra	Studevent			
Craig	Thrift, CC/CL	General Evaluator		Speaker
Dinh	Vo	Speaker		Evaluator

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