

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

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

Volume 43 - Issue 1

Our Next Meeting will be on
August 2, 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 19, 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, Petar Kovacevitch, Bob McHone, Joel Schanker, Craig Thrift

Announcements:

New Business: Pam Christopher: The Fall Conference will be held in Clemmons in November. Suggested that Northwestern Toastmasters members create and enter a "Club Pride" basket at the conference. The basket has a theme which is identified by the items placed in it. Those who attend the conference get to bid on the basket. Vote passed to submit a basket. It will be decided at the next NWTM officer's meeting what the basket theme will be and decision will be published in the next NWTM newsletter.

Peter Gross: NWTM instructed to review the agenda for August 30, 2016. Items pertaining to the Fall Conference will be covered during this meeting.

Pam Christopher: Pam has been asked to be a Toast Master for the Semi-final #3 World Championship of Public Speaking.

Guests: Paul Sheehy

Toastmaster: Peter Gross

Grammarian: Joel Schanker

Timer: Pam Christopher

Vote Counter: Pam Christopher

Word Master: Joel Schanker

Table Topics Master: Anita Ford

Speakers (Name of Speech and Manual)/Evaluators:

Peter Gross ("The Great Santini", Interpretive Reading Project 1)/Marcia Barney

Petar Kovacevitch (Ice breaker, CC Manual Project 1)/John Clark

Bob McHone ("Music; a Precious Gift," CC Manual Project 4)/Natoshia Miles

Don Barnett ("Eyes is the Skies" CC Manual Project 2)/Butch Barney

General Evaluator: Craig Thrift

Awards:

Best Evaluator: Natoshia Miles

Best Table Topics: Pam Christopher

Best Speaker: Bob McHone

Joke Master: John Clark

Competent Leadership Manual Report:

Anita Ford Table Topics Project 7

Pam Christopher Timer Project 4

New Members: None

Meeting adjourned at 8:12pm



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.)
August 30: Club Planning meeting for Humorous Speech contest, Club Pride Basket.

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90 TIPS FROM TOASTMASTERS

The previous newsletters, posted the first 25 tips from Toastmasters.org. To review the remainder 26-90 tips, go to www.toastmasters.org.

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5 Tips to Overcome Chronic Self-Doubt

(Thanks to Pam Christopher, Past President, for forwarding this article.)

Self-doubt is crippling, personally and professionally. How do you gain more confidence?

Some folks just seem so smooth. Nothing ruffles their feathers; they always seem to have the right answers. People listen to them. People like them. And then there's you. And millions just like you. You were absent the day they handed out confidence, and you second-guess every decision. This chronic self-doubt is crippling, personally and professionally. No matter what you say or do, you see yourself as smaller, less, and weak. It seems there is no way out. I'm here to tell you there is a way out. You can gain confidence. You will get the attention, recognition, and validation you deserve. These 5 steps are the beginning of the rest of your life.

1. Know Who You Are
 And be honest. Take stock of your strengths, all of them; you'll probably be surprised at how awesome you really are! Now list your weaknesses. They won't seem so overwhelming against the list of your assets. Use this as a starting point to tackle those places you need work.

2. Look Your Best
 It's a fact that when you look good, your confidence goes way up. Invest in a wardrobe that makes you look, and feel, like a winner. Even a few great pieces can make difference.

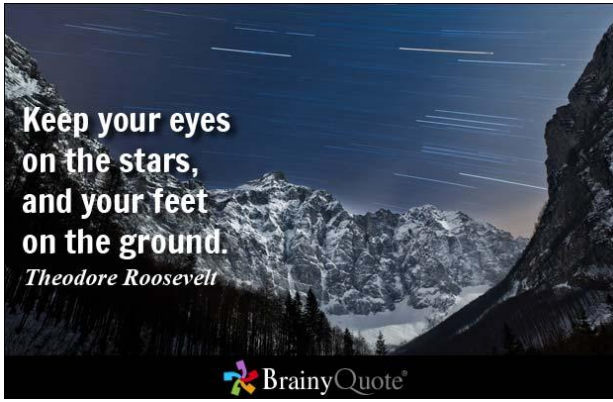
3. Get Your Facts Straight
 When you know what you're talking about, you exude confidence. People will listen to you.

4. Learn To Speak
 Overcome the most common fear: public speaking. Take a course at your local community college; join Toastmasters; give monthly brown-bag sessions in your office. The ability to stand in front of a group of people, whether it be three or three hundred, is enormously empowering.

5. Stop Second Guessing Yourself
 Take the time to make well-thought-out decisions and stand by them. People (and your kids) will expect you to waffle, hem and haw, and change your mind; because that's what you've always done. They may even push you to capitulate to their position. Don't do it. Force yourself to stand firm. It will be incredibly difficult at first. But if you know that your decision is well founded, then your position is defensible. Stand your ground.

These 5 tips can change your life, if you let them. They will give you the internal confidence you so desperately need, and that will shine through. And you will be see a difference in the way people look at you.

BY RHETT POWER
<http://www.inc.com/rhett-power/5-tips-to-overcome-chronic-self-doubt.html>



~~ 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		8/2/2016	8/16/2016	8/30/2016 Club Planning Meeting
Don	Barnett, AC-G	Evaluator		
Butch	Barney, DTM	Evaluator	General Evaluator	
Marcia	Barney, DTM	Speaker		
Pam	Christopher, DTM	Toastmaster	Toastmaster	
John	Clark, DTM		Joke Master	
Brian	Davidson, DTM			
Karen	Fion			
Anita	Ford	Speaker	Vote Counter	
Peter	Gross	Word Master/ Evaluator	Evaluator	
Petar	Kovacevich	Timer		
Cherish	Liles			
Randy	Liu			
Bob	McHone	Grammarian		
Shinika	McKiever	Vote Counter	Speaker	
Natoshia	Miles		Toastmaster	
Doug	Nance		Timer	
Florian	Neuhauser	Evaluator	Speaker	
Rob	Phelps	Joke Master		
Joel	Schanker, DTM	Table Topics	Evaluator	
Krista	Scott		Evaluator	
Sean	Scott	General Evaluator	Word Master	
Scott	Stewart			
Kimondra	Studevent			
Craig	Thrift, CC/CL	Speaker	Speaker	
Dinh	Vo		Evaluator	

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