

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 2016-2017

| | |
|--------------------|---------------------|
| Craig Thrift, ACS | President |
| Peter Gross | Acting 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 14

Our Next Meeting will be on
January 17, 2017

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—January 3

2017 by Anita Ford, Secretary



(sitting in for Anita this meeting is Don Barnett, VPPR)

Northwestern Toastmasters Meeting 01-03-2017

Meeting started at 6:30 pm

Presiding Officer: Craig Thrift

Members present: Don Barnett, Butch Barney, Marcia Barney, Pam Christopher, John Clark, Peter Gross, Bob McHone, Rob Phelps, Joel Schanker, Craig Thrift

Announcements:

Previous meeting minutes approved as provided in NWTM newsletter. The dates for the Area and District Speech Contests were announced. Joel Schanker challenged members of the club to begin preparation for the District 37 Speech Contest and offered his assistance to members interested. The Spring Conference will be May 5-7.

New Business: None

Guests: None

Toastmaster: Marcia Barney

Grammarian: Craig Thrift

Timer: Craig Thrift

Vote Counter: Craig Thrift

Word Master: Peter Gross ("orthorexia")

Table Topics Master: Rob Phelps

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

Bob McHone (Ripples of the Yadkin, Interpretive Reading Manual Project #4)/Butch Barney

Pam Christopher (The Rock, Interpretive Reading Manual Project 2)/Don Barnett

John Clark (Receiving the Advanced Leader Bronze Award, Special Occasions Manual, Project #5)/Peter Gross

Marcia Barney (Progress, Presenting an Award, Special Occasions Manual, Project #4)/Joel Schanker

General Evaluator: Joel Schanker

Joke Master: John Clark

Awards:

Best Evaluator: Butch Barney

Best Table Topics: Don Barnett

Best Speaker: Bob McHone

Competent Leadership Manual Report:

Rob Phelps, Project #1, Table Topics

Pam Christopher, Project #5, Speaker

New Members: None

Meeting adjourned at 8:00 pm

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Dates to Remember

- February 14, 2017: Valentine’s Day
- April 8, 2017: Area 41 Speech Contest
- April 22, 2017: Division E Speech Contest
- May 5-7, 2017: District 37 Spring Conference

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Toastmasters, The International Speech and Table Topics Contests are approaching. This is a good time to begin preparation for the International Speech.

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Tips for when presenting when you have a cold:

• **Do not start the talk by saying “Sorry, I feel sick.”** I realize it’s tempting to introduce yourself this way. Doing so is a bit like saying you feel nervous: it’s successful in garnering audience empathy, but unsuccessful in [convincing them of your message](#). You don’t want people focused on your cough rather than your message.

• **Be aware of the fact that due to congestion, you can no longer accurately gauge your volume.** Before your talk, have someone (a friend, conference volunteer, whomever) head to the back of the room. Keep decreasing your volume until they can no longer hear you. Take mental note of that volume and always try to exceed it. Feel free to play with variations, too, i.e. “Do I sound excited enough?”

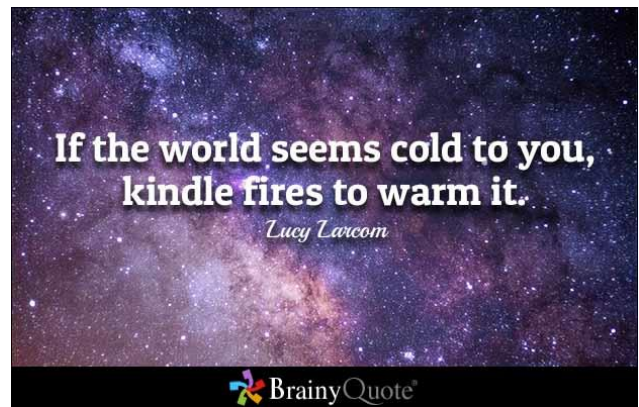
• **Time how long you can maintain energy.** If you can’t go 15 minutes without coughing, plan some sort of break every ten minutes: a video clip, audience interaction, even an actual break. If you’re wearing a mic, remember to switch it off for a second, cough, then turn it back on.

• **Finish early.** I have never, ever heard someone complain about a talk going short. It will probably make you feel better, too.

• **Smile.** [Even if it doesn’t feel authentic.](#)

(From: <https://decker.com/blog/how-to-present-when-youre-sick/> }

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~~ 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 | | 01-17-2017 | 01-31-2017 | 02-07-2017 |
|----------|------------------|---------------------------|---------------------------|------------------------|
| Don | Barnett, AC-G | Joke Master | Evaluator | Toastmaster |
| Butch | Barney, DTM | Evaluator | Speaker | Evaluator |
| Marcia | Barney, DTM | Table Topics | Word Master/ Evaluator | Speaker |
| Pam | Christopher, DTM | Vote Counter/Timer | Joke Master | Evaluator |
| John | Clark, DTM | Evaluator | Evaluator | Speaker |
| Brian | Davidson, DTM | Grammarian | Table Topics | Word Master |
| Anita | Ford | General Evaluator | Vote Counter/Timer | Joke Master |
| Peter | Gross | Speaker | Evaluator | Evaluator |
| Bob | McHone | Evaluator | Grammarian | Speaker |
| Shinika | McKiever | Speaker | Speaker | Evaluator |
| Natoshia | Miles | Toastmaster | General Evaluator | Table Topics |
| Rob | Phelps | Evaluator | Toastmaster | General Evaluator |
| Angela | Ruiz | | | |
| Hector | Ruiz | | | |
| Joel | Schanker, DTM | Speaker | Evaluator | Grammarian |
| Craig | Thrift, CC/CL | Word Master/ Evaluator | Speaker | Vote Counter/ Timer |
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Remember: All roles are important! If you cannot attend the meeting, then PLEASE contact our VP of Education.

