

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 2017-2018

| | |
|-------------------------|--|
| Peter Gross | President |
| Pam Christopher, DTM | VP-Education |
| Bob McHone | VP-Membership |
| Don Barnett | VP-Public Relations |
| John Clark, DTM | Secretary |
| Marcia Barney, DTM | Treasurer |
| Shawn Gaudet de Lestard | Sgt. at Arms |
| John Clark, DTM | webmaster |
| On the web at | www.NWTM.org |

Volume 44 - Issue 14

Our Next Meeting will be on
January 30, 2018

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 16, 2018



by John Clark, DTM
Secretary

Business Session (chaired by Don Barnett (VP PR))

- Russel Sequeria made the motion to accept the secretary's report, as printed in the newsletter.

Educational Session

John Clark was our Toastmaster of the meeting, with the theme "Speeches That Changed the World."

Don Barnett was our Word Master and gave us the word "concurrent."

Craig Thrift was both Timer and Vote Counter.

Rob Phelps was our grammarian (also known as the quarter-master.)

Marcia Barney was our Table Topics Master and directed her questions to - -

- Craig Thrift : What is more important in a speech, Content or speaker?

- Don Barnett: Pick a non-Toastmasters speaker and tell why they were great.

- Rob Phelps: Why do we tend to quote historical speakers instead of current speakers?

Our prepared speakers (in addition to the Toastmaster) were -

- Shawn Gaudet de Lestard used project 5 from the Competent Communications manual to tell us (in 7:45) "The Power of a Simple Bath Towel."

- Joel Schanker used project 10 from the Competent Communications manual to tell us (in 7:30) about "Taboo."

Our General Evaluator was Russel Sequeira who called on -

- Butch Barney to evaluate John's speech
- Pauline Pfaff to evaluate Shawn's speech
- Laura Phillips to evaluate Joel's speech

Don Barnett was awarded Best Table Topics Speaker.
Shawn was awarded Best Prepared Speaker.
Butch Barney was awarded Best Evaluator.

The meeting concluded with a bit of levity from our Joke Master, Laura Phillips

Our guest this evening was Harriet Clark.



Dates to Remember

- February 2, 2018: Ground Hog Day
- February 14, 2018: Valentine’s Day
- February 19, 2018: President’s Day

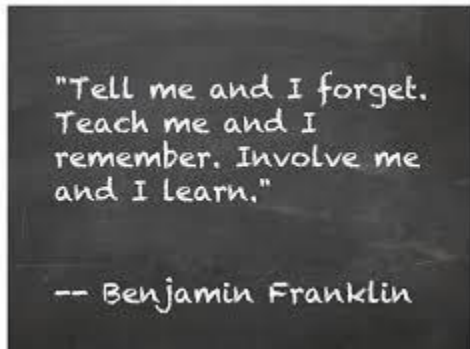
Five Simple Ways to Care for Your Voice in Winter

Winter’s cold, changing weather and dry indoor climates can put a lot of stress on your body, especially the respiratory system and your voice. Here are five easy ways to care for your voice this winter:

- Drink lots of fluid, especially water
- Use a humidifier
- Stay away from caffeine and alcohol if you have to speak, as they dehydrate
- Avoid milk products and chocolate, as they can lead to mucous congestion
- Suck on hard candy for added moisture

Everyone’s system is different, so know how you react to different foods and environmental conditions.

Source: <https://publicspeakingwire.com/category/voice-saving-hints/>



Check out the new look at our Northwestern Toastmasters website!!! www.nwtm.org. See the schedule of role assignments for future meetings under the “Members Only” tab.

Thank you, John Clark

January 30 in History

1933

[The Lone Ranger debuts on Detroit radio](#)

With the stirring notes of the William Tell Overture and a shout of “Hi-yo, Silver! Away!” The Lone Ranger debuts on Detroit’s WXYZ radio station.



Cold weather fact for North Carolina:

The coldest ever recorded temperature in North Carolina was **-34 °F (-37 °C)** on January 21, 1985, at Mount Mitchell.

The coldest weather temperature ever officially recorded in Greensboro is **-8 degrees**, which occurred on January 21, 1985 when a massive arctic chill spread across the south.

Source: *the World Wide Web*

~~ 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

Future Meeting Roles and Responsibilities:

| Member | | 1/30/18 | 2/6/18 | 2/20/2018 |
|----------|-------------------|--------------------------|-------------------|--------------------|
| Don | Barnett, AC-G | TOASTMASTER | Wordmaster | Evaluator |
| Butch | Barney, DTM | Speaker | Timer | Evaluator |
| Marcia | Barney, DTM | TABLE TOPICS MASTER | Grammarian | Speaker |
| Pam | Christopher, DTM | Evaluator | | Grammarian |
| John | Clark, DTM | Speaker | Evaluator | Timer |
| Shawn | Gaudet de Lestard | | Evaluator | Wordmaster |
| Peter | Gross | Grammarian | Speaker | GENERAL EVALUATOR |
| Bob | McHone | Speaker | Evaluator | TABLETOPICS MASTER |
| Rob | Phelps | GENERAL EVALUATOR | TOASTMASTER | Evaluator |
| Laura | Phillips | | Out | OUT |
| Joel | Schanker, DTM | Evaluator/ Jokemaster | Speaker | TOASTMASTER |
| Craig | Thrift, ACS/ALB | Wordmaster | GENERAL EVALUATOR | SPEAKER |
| Pauline | Pfaff | Evaluator | Vote Counter | Jokemaster |
| Sequeria | Russell | | Jokemaster | Speaker |
| | | | | |

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