



The Healthy Voice Herald

Club #8236 District 14

<http://toastmasters.sandyeast.com/healthyvoice/>

February 2006

UPCOMING EVENTS

- ◆ Thursday March 2, 2006; 12:00pm - 1:30pm - Area 74 International Speech and Table Topics Contests.
- ◆ District 14 Spring Conference - May 5 -7, Wyndham Peachtree, Conference Center, Peachtree City, GA
- ◆ TALK UP TOASTMASTERS Membership Contest/Add 5 New Members

RECENT BEST...



Speakers:

- ◆ 2/16 - Carla Young
- ◆ 2/9 - Deanna McKinney
- ◆ 2/2 - Mark Coote
- ◆ 1/19 - Tonya Smith
- ◆ 1/12 - Crystal Russell & Mike Dayoub
- ◆ 1/5 - Johnny Ren

Evaluators:

- ◆ 2/16 - Roy Ganga
- ◆ 2/9 - Tonya Smith
- ◆ 2/2 - Maria Castaneda
- ◆ 1/19 - Tarnaz Greene
- ◆ 1/12 - Jason Bishop
- ◆ 1/5 Mark Halvorsen

Table Topics:

- ◆ 2/16 - Mark Coote
- ◆ 2/9 - Cynthia Swahn
- ◆ 2/2 - Karen Chapman
- ◆ 1/19 - Deanna McKinney
- ◆ 1/12 - Carla Young
- ◆ 1/5 - Bruce Leyton

SEMI ANNUAL DUES...

It's that time again. Club Secretary Maria Castaneda will be sending invoices for Dues for period 4/1 - 9/30/2006. Please remit payment as soon as possible.

AND THE WINNERS ARE...



L-R: Bruce Leyton and Linda Reid

CONGRATULATIONS to **LINDA REID** and **BRUCE LEYTON** on being victorious at the Healthy Voice Table Topics and International Speech contests respectively, held on Thursday, January 27, 2006.

Linda Reid's impromptu response to the question "*If you had no economic issues or practical considerations what would you do and why?*", was on target. She took command of the subject as she clearly articulated how she would preside as leader of the free world. The three other contestants, Mark Coote (2nd Place), Melissa Bentley and Mike Dayoub, each answered the same question with poise and confidence.

Bruce Leyton's thought provoking speech presented during the International Speech contest was again top notch. He had stiff competition from the other two contestants, Tarnaz Greene (2nd Place) and Mark Halvorsen.

By winning the club level contests, Linda and Bruce have advanced to the Area level contests, which will be held on Thursday March 2, 2006, where they will proudly represent Healthy Voice. The Healthy Voice members wish both Linda and Bruce good luck as they continue to the next level.

Congratulations to all the contestants who participated in the first speech contests of 2006!



HEALTHY VOICE WELCOME 2 NEW

MEMBERS:

- ◆ Jackie Marshall
- ◆ Erin Lord

THE TOASTMASTER'S PROMISE

As a member of Toastmasters International and my Club, I promise ...

- ◆ To attend all Club meetings regularly
- ◆ To prepare all of my speeches to the best of my ability, basing them on projects in the Communication and Leadership Program manual or the Advanced Communication and Leadership Program manuals
- ◆ To prepare for and fulfill meeting assignments
- ◆ To provide fellow members with helpful, constructive evaluations
- ◆ To help the Club maintain the positive, friendly environment necessary for all members to learn and grow
- ◆ To serve my Club as an officer when called upon to do so
- ◆ To treat my fellow Club members and our guests with respect and courtesy
- ◆ To bring guests to Club meetings so they can see the benefits Toastmasters membership offers
- ◆ To adhere to the guidelines and rules for all Toastmasters educational and recognition programs
- ◆ To maintain honest and highly ethical standards during the conduct of all Toastmasters activities

PLEASE MARK YOUR CALENDARS... THURSDAY APRIL 27, 2006, HEALTHY VOICE WILL CELEBRATE 5 SUCCESSFUL YEARS, IN TRUE PRESIDENTS DISTINGUISHED CLUB STYLE. AWARDS, RECOGNITION AND MUCH MORE... STAY TUNE FOR MORE DETAILS.

THE VISION, THE PLIGHT & A SPEECHCRAFT IN ACTION...

BY ROY GANGA, ATM-B, CL, AREA 74 GOVERNOR

Seminole Sprit, a speech craft Toastmasters program spearheaded by Healthy Voice member Mark Halvorsen CTM, has sprung in full throttle.



Mark Halvorsen, CTM

The members of this speech craft program are all survivors of traumatic injuries. They have forged together, under the direction of speech language therapist Kathy Payton, to restore their voices and confidence through the efficiencies of the Toastmasters program.

Being able to enunciate a message effectively is something an average citizen takes for granted. To the speech crafters of Seminole Sprit, this has been a tremendous hurdle to overcome. Restoring their voices is what pushes them on and what challenges them every step of the way. Seminole Sprit has graduated 4 of its 10 members of their speech craft club, and although it may seem a slow process, the benefits gained outweigh the pace of advancement. During the time they have met, Mark has seen significant accomplishments amongst his group.

A strong voice and advocate for survivors of traumatic injuries, Mark has devoted a considerable amount of his time to ensure there are appropriate programs in place that will aid in their recovery process. Himself, a survivor of a Traumatic Brain Injury, Mark leads by example and has demonstrated that it is possible to succeed regardless of the challenges, by attaining his Competent Toastmasters designation, as well as served in a leadership role as the Vice President of Membership at Healthy Voice.

His vision for the Seminole Spirit speech craft club is to begin a transition process for the graduating members to an established Toastmasters club and continue to build this road to a Healthier and Confident Voice.

Mark acknowledged the impact Toastmasters have on his personal development, by thanking the members of his home club, Healthy Voice, for being there every step of the way and encouraging him to accept the challenges he faced. Commenting on the Toastmasters program in general, Mark said, "This atmosphere of inclusiveness and harmony is what allowed me to become a true Healthy Voice Toastmaster. Toastmasters have helped me to logically articulate my ideas. It also has helped me restore the essential listening discipline required when raising a family".

The Seminole Spirit speech craft club currently meets at the Roswell Public Library. Meeting times are bi-weekly Wednesdays from 6:30 pm – 7:30 pm. Please contact Mark at 404-434-7452 to schedule a visit.

THE MISSION OF A TOASTMASTERS CLUB

The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

COMING SOON... NEW TOASTMASTERS EDUCATIONAL PROGRAM

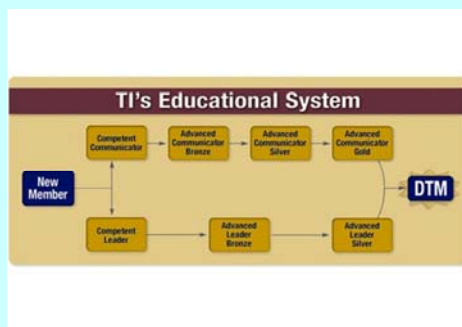
Toastmaster International is making some exciting changes to the Educational Program and awards designations. Beginning July 1, 2006, members can earn the following communication and leadership awards:

COMMUNICATION TRACK --

- ◆ COMPETENT COMMUNICATOR (CC)
- ◆ ADVANCED COMMUNICATOR BRONZE (ACB)
- ◆ ADVANCED COMMUNICATOR SILVER (ACS)
- ◆ ADVANCED COMMUNICATOR GOLD (ACG)

LEADERSHIP TRACK --

- ◆ COMPETENT LEADER (CL)
- ◆ ADVANCED LEADER BRONZE (ALB)
- ◆ ADVANCED LEADER SILVER (ALS)
- ◆ DISTINGUISHED TOASTMASTER (DTM)



Visit Toastmasters International website @ www.toastmasters.org to learn more or speak to any of your Health Voice Officers.

THE PRESIDENT'S CORNER

Step Up Reach Out MAKE THINGS HAPPEN

Greetings Fellow Toastmasters!

I am so excited and proud to report that Healthy Voice has reached 9 out of it's 10 goals and is currently a President Distinguished Club again this year!!! Only one more CTM is required, and we will have a perfect 10 score. Who will it be?



Tonya Smith, ATM-B, CL

Six of the club officers attended the TLI Training held on January 14, 2006 at the Gwinnett Civic Center. This contributed to another goal on the DCP Plan. Thank you Roy, Carla, Deanna, Maria, and Lana for attending Officer Training. You are the Best!

We held our International Speech Contest and Table Topics Contest on January 26, 2006. The winners from these two contests, Bruce Leyton, CTM for the International Speech Contest and Linda Reid, ATM-B, CL for the Table Topics Contest, will represent Healthy Voice in the Area 74 Contest, to be held on March 2, 2006 at the Alpharetta Location at 12:00 p.m. Congratulations again to Bruce and Linda. We are so Proud of both of You!!! Check out their picture on the Healthy Voice Website. The alternates for the Area contests, in the event Bruce and Linda are unavailable, are the 2nd place winners, Tarnaz Greene –International Speech and Mark Coote for Table Topics.

Thanks to everyone that participated in the contest and stepping up to fill roles on the Agenda. Special Thanks to two distinguished judges for assisting, Area 72 Governor Maryann Azar and Area 73 Governor Dorie Jackson. We had a Great Time!!!

We are currently conducting our Fabulous February Contest: If you attend 4 out 5 meetings in the month of February your name will go in a Special Drawing to receive a cool prize.

We have seen significant improvements in our speakers. Everyone is truly stepping out of their comfort zones, by coming from behind the podium, working the entire room, and using less Interjections such as "Um's, But's and you knows. Keep up the Good Work!

In conclusion, here is a little food for thought:

There are 3 types of people in this world:

Those who make things happen

Those who watch things happen

And Those who wonder what happened.

We all have a choice. You can decide which type of person you want to be. I have always chosen to be in the first group.

I encourage and challenge all of you to Step Up Reach Out Make Things Happen!!!



As the competition for advancement in your career gets tougher, you need to be able to confidently communicate your thoughts and ideas.

Toastmasters provide you with this confidence by giving you the opportunity to develop strong communication and leadership skills in a fun, friendly, and casual environment.

"U" CAN

FOOD FOR THOUGHT

Success is just around the corner for the person who refuses to quit...

NEWSLETTER & WEBSITE ARTICLES

Deadline for submitting articles for next month newsletter is **March 16th**. Please send articles to VP Public-Relations Mark Johnson, ATM-B @ JohnsonM5@aetna.com

Visit Healthy Voice web site @ <http://toastmasters.sandyeast.com/healthyvoice/>

THE DEPRESSION/OBESITY RELATIONSHIP:

BY MARK JOHNSON, ATM-B, CERTIFIED PERSONAL TRAINER

We all over indulge in food from time to time. One of the most interesting areas in my undergraduate clinical psychology studies was understanding the underlying causes for our actions. Just understanding the "Cause and Effect" relationship was not enough. Understanding and eliminating the "Effect" can be considered the first step in positive behavioral modification.

My experience as a Program Director for Multi-Resources, a state funded facility in Sebring, Florida, I have witnessed the benefits of behavioral modification programs. I have found through creating many diversified treatment plans that we may not be able to change the "Cause" but we do have control over its "Effect" .

Life brings many possible triggers or "Causes". Several examples of these types of "Causes" can be loss of employment, job related stress, divorce, death in the family, a major illness, etc. Obviously we have little control, in most cases, to what may come our way but we can control how we choose to react to them.

Depression can be the result of an unpleasant occurrence in our lives. The category of depression we are referring to is much more than having a bad day or week. True depression can be a state of being that can last weeks, months and even years. Depression can lead to overeating. Overeating can lead to obesity, which can lead to further depression. You have heard the saying, "Why don't they just snap out of it!" and "He/she needs to stop eating so much!". This is easier said than done. Most people don't realize the connection between depression and obesity.

Obviously the ideal solution is not to become depressed in the first place. Most psychiatrists treat the symptoms of depression and even work towards decreasing the severity of depression without dealing with how we react to the "Causes" or triggers. It is important how we react to the curve balls life throws our way to help avoid the depression/obesity cycle.

First, we need to recognize the symptoms of depression and get professional help. Over eating is only one of the results of depression. Second, if we train ourselves to eat well-balanced meals and snack on fruits and vegetables, and staying away from fattening foods like meals high in saturated fats or starches and sweets, it would be a huge step towards battling at least one of the results of depression, obesity.

Healthy Voice Toastmasters welcomes new members who are seeking to improve their communication and leadership skills within a positive, supportive club environment. Please join us at one of our weekly Thursday meetings to learn more about the benefits of Toastmasters. Contact any of the officers below for more info:

President – Tonya Smith, ATM-B, CL 770-346-2949
VP Membership – Roy Ganga ATM-B, CL 770-346-2232

VP Education – Deanna McKinney, CTM 770-346-5134
VP Public Relations – Mark Johnson, ATM-B 770-346-5054
Sergeant at Arms – Lana McFarlane CTM, CL 770-346-4220

Secretary – Carla Young 770-346-4229
Treasurer – Maria Castaneda, CTM 770-346-1152

Step Up, Reach Out and Make Things Happen!