



# THE HEALTHY VOICE HERALD

CLUB 8236-14      FEBRUARY 2007

## PRESIDENT'S CORNER

BY LANA MCFARLANE, CTM CL



Lana McFarlane, CTM CL  
President Healthy Voice

With the holidays behind us it's time to get down and take charge. We are off to a great start having earned 8 out of 10 DCP goals by Jan 2007.

Our members worked hard in 2006 so what better way to recognize their accomplishments than to have an

Award Day Celebration. We thank District Lt Governor of Education & Training, Joy Lewis, DTM, for participating as our distinguished guest and keynote speaker. Congratulations to Johnny Ren, CC, Valerie Ganga, CC, Roy Ganga, ACS, ALS and Tonya Smith, ACS, CL.

My resolution is to continue to lead Healthy Voice to President's Distinguished Club Status for year 6 since the club first chartered in April 2001. We won't settle for less.

Another great accomplishment – Healthy Voice Toastmasters was the only

club in Division G to have all seven officers in attendance at the Toastmasters Leadership Institute (TLI) training at the Gwinnett Civic Centre on Jan 13. If we're not trained, how can we perform our roles as officers effectively? At our officer induction we committed to perform our duties to the best of our abilities, so once in a while we need to check in for a "TUNE UP". We still have work to do to complete the home stretch.

Are you ready? Then, LET'S GO and **"REACH FOR THE SKY"!!!!**

duction by Division G Governor Roy Ganga ... (continue on page 2)

## IN THE KNOW

- February 21, 2007 – Area 74 Table Topics & International Speech Contests.
- March 24, 2007 – Division G Table Topics & International Speech Contests, UPS HQ.
- Club Full Circle program for the period 1/1/2007 – 6/30/2007 is in progress. To achieve Full Circle, members must fulfill each of the club roles within the 6-month period. Please see VP Education, Maria Castaneda if you have any questions.
- May 4-5, District 14 Spring Contest, Renaissance Concourse Hotel, At the Hartsfield-Jackson Airport Concourse

## HEALTHY VOICE AWARDS DAY

BY MARK COOTE

Our semi-annual awards day was held on Thursday, January 25, 2007. The event was in the usual high energy up tempo fashion that Healthy Voice members and guests have become accustomed to.

As we moved into the awards segment we took time to acknowledge our

three guests Wes McDaniel of Aetna Inc, Tim Vartanian of ExecuTrain, and Madge Butler charter member of SunGard SpeakEasy Toastmasters located at Sun-guard. We also welcomed two of our long lost family members Xilin Chen, and Tarnaz Greene.

After an impressive intro-



Mark Coote  
SAA Healthy Voice

INSIDE THIS ISSUE:	
PRESIDENT'S CORNER	1
AWARDS DAY	1 / 2
IT'S A WONDERFUL LIFE/NEW MEMBERS	3
RECENT BEST/DCP STATUS	4
INNOVATIVE NOVEMBER	5

## HEALTHY VOICE AWARDS DAY CONT'D...

### Awards Presentation



L-R: Lana McFarlane, Roy Ganga, Johnny Ren, Sean Kitzmiller, Valerie Ganga



L-R: Valerie Ganga, Tonya Smith



L-R: Karen Chapman, Valerie Ganga, Sean Kitzmiller



L-R: Maria Castaneda, Mark Coote

our keynote speaker Joy Lewis DTM, District 14 Lt. Governor of Training and Education took the podium. She spoke on the topic "Excellence in Action." She said that's the first thing that comes to mind when she thinks about Healthy Voice Toastmasters Club. She attributes our club's success to the fact that we focus on developing our members one by one. As a result, we have achieved 8 out of 10 goals towards our President's Distinguished Club designation. She closed by encouraging every member to go on to higher heights and not rest on our laurels, stating, "This is a strong and vibrant club because of its members."

Joy kicked off the Awards by presenting certificates to the club officers who attended the recent TLI training held at the Gwinnett Civic Center on January 13, 2007. Just as a side note, we were the only club in Division G that had all 7 officers attend TLI.

Members who completed their Full Circle were also recognized by Joy Lewis. Here at Healthy Voice we take pride in acknowledging our members' participation in

filling roles in our weekly meetings. As a result we've developed the Full Circle Award for members who fill all 8 roles (Speaker, Toastmaster, Table Topics Master, Timer, Evaluator, Ahh Counter, Grammarian, and Master Evaluator) in a 6 month period. The recipients were Sean Kitzmiller, Roy Ganga, Valerie Ganga, Johnny Ren, and Lana McFarlane.

Valerie Ganga gave a very awe inspiring speech in presenting Advanced Communicator Silver trophies to her husband and inspiration to join Toastmasters Roy Ganga, and our Immediate Past President Tonya "Step up, Reach out, and Make Things Happen" Smith. Karen Chapman (my vote for most improved Toastmaster) also gave a wonderful speech in presenting the outstanding member "traveling" trophy to the unsuspecting Sean Kitzmiller. Just a reminder Sean, the trophy has a "Return Ticket".

One of the reasons Healthy Voice is such a successful club is that our officers come up with innovative themes and contests to encourage member participation and growth.

One such contest is our "3 in 3" in which members were required to give 3 speeches in 3 months from August through October 2006. The recipients were Mark Coote, Tonya Smith, Johnny Ren, Valerie Ganga, and Lana McFarlane.

Valerie and Johnny were recipients of Competent Communicator Awards, having completed the first 10 required speeches.

The day's Evaluators, Marjorie Huggins and Xilin Chen, evaluated Valerie and Karen respectively, maintained the flawless flow by giving wonderful encouraging feedback to our speakers.

The meeting concluded with our 3 guests saying how encouraged and privileged they felt to be part of our meeting, and vowed to return whenever possible.

Our awards day was a huge success, and a good time was had by all (it never hurts to have food). Congratulations to all winners.

Remember, in order to achieve your goals you must **"Reach For The Sky."**

### CONTESTS UPDATE

MARIA CASTANEDA and MARK COOTE will be representing Healthy Voice in the Area 74 International Speech and Table Topics contests, which will be held on Wednesday, February 21, 2007. Mark, the contestant in Table Topics Contest advanced to the Area level by emerging victorious at the Club Level. Maria will be the contestant for the International Speech Contest. All of us at Healthy Voice wish both of them good luck as they continue to the next level.

## IT'S A WONDERFUL LIFE

BY KAREN CHAPMAN, CC

*What would the world have been like if you had not been born?* Taken from "It's a Wonderful Life" starring Jimmy Stewart, that was the question posed at the Healthy Voice Table Topic Contest held on January 18, 2007.

The Club's participants did a fantastic job in describing the affects that their lives have had on their respective families and communities.

**Josh Vaughters** – Josh broke his speech down in to his professional and personal life. Professionally as a Network Engineer at North Point Church, Josh described how he uses his skills to bring North Point Community Church to the world via the internet and allows for participation outside the church walls. Personally, Josh shared how his brothers would not have a big brother to look up to for guidance as a role model or simply taking care of school bullies.

**Mike Dayoub** – Mike took us on a journey where he often wondered how or why he made it through tragic events in his life. After the birth of

his children, Mike is convinced that his children are the reason why. In them, he sees great and wonderful things and is certain that at least one of them will make a significant contribution to humanity. Mike also shared that everyday he attempts to do some small act of kindness to make our community a better place. He does this in many ways from bringing a smile to someone's face or straightening a shelf in a grocery store.

**Mark Coote** – In usual comedic form, Mark shared how the world would be robbed of meeting his son, the charming and intelligent, Jon-Marc Coote. He also shared how his wife, Yvette, would have been deprived of being Mrs. Mark Coote. Mark closed by reminding us of the contribution he makes to Healthy Voice and how he brings joy and humor to our club.

**Johnny Ren** – Johnny took us on a journey to another world in his "Life without Johnny" speech. In this other world he could see the people he left behind some were sad and some were happy that he



Karen Chapman, CC

wasn't around. Johnny feels that he makes the world a better place by making people laugh

and the world needs more laughter.

In closing, the contest was excellent and Mark Coote will go on to represent Healthy Voice at the area level contest. Mike Dayoub came in a close second.

The Healthy Voice members wish Mark "Good Luck" as he moves to the next level.

### Quote

*See, that's all you're thinking about, is winning. You're confirming your sense of self- worth through outward reward instead of through inner appreciation.*

*Barbara Hall,  
Northern Exposure,  
Gran Prix, 1994*

### 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.*

### HEALTHY VOICE WELCOMES 3 NEW MEMBERS

- RAJ NEDNUR
- HELEN TAFFET
- ROBERT CARRERA



## RECENT BEST



**Speakers:**

- 12/7 – Josh Vaughters
- 12/14 – Johnny Ren
- 12/21 – Linda Ladd
- 1/4 – Sean Kitzmiller
- 2/1 – Sean Kitzmiller
- 2/8 – Tony Chapek
- 2/15 – Sean Kitzmiller

**Evaluators:**

- 12/7 – Valerie Ganga
- 12/14 – Sean Kitzmiller
- 12/21 – Valerie Ganga
- 1/4 – Lana McFarlane
- 2/1 – Karen Scott
- 2/8 – Roy Ganga
- 2/15 – Johnny Ren

**Table Topics:**

- 12/7 – Linda Reid
- 12/14 – Taylor Marshall
- 12/21 – Linda Reid
- 1/4 – Johnny Ren
- 1/4 – Roy Ganga
- 1/4 – Tonya Smith
- 1/11 – Mark Coote
- 1/11 – Marjorie Huggins
- 1/18 – Mark Coote
- 1/18 – Mike Dayoub
- 2/1 – Mark Coote
- 2/15 – Christian Proctor

## CLUB DISTINGUISHED CLUB PLAN STATUS

**GOAL**

- Achieve any five of 10 goals
- Achieve any seven of 10 goals
- Achieve any nine of 10 goals

**RECOGNITION**

- Distinguished Club
- Select Distinguished Club
- President's Distinguished Club



		GOAL	ACTUAL	ACHIEVED
(1)	CCs	2	2	*
(2)	Additional CCs	2	1	
(3)	ACs	1	1	*
(4)	Additional ACs	1	1	*
(5)	CL, AL, or DTM	1	1	*
(6)	Additional CLs, ALs, or DTMs	1	1	*
(7)	New Members	4	4	*
(8)	Additional New Members	4	5	*
(9)	Officers Trained (both required)			
	June-August	4	7	*
	and December-February	4	7	
(10)	Submitted on time (both required)			
	October or April Renewal	1	1	
	and Officer List	1	1	*

**Total Goals Achieved To-Date: 9**

## Club Officers

### President:

Lana McFarlane, CTM, CL 770-346-4220

### VP Education:

Maria Castaneda, CTM, CL 770-346-1152

### VP Membership:

Linda Reid, ATM-B, CL 770-346-1267

### VP Public Relations:

Johnny Ren, CC 770-337-1893

### Secretary:

Valerie Ganga, CC 770-346-4281

### Treasurer:

Karen Chapman, CC 770-521-3508

### Sergeant at Arms:

Mark Coote 770-346-1342

### Immediate Past President:

Tonya Smith, ACS, CL 770-346-2949

---

EMAIL: S029438@AETNA.COM

---

Deadline for submitting articles for the next newsletter is March 30, 2007. Please send articles to VP Public Relations Johnny Ren @ johnnyren@yahoo.com

Healthy Voice Toastmasters, welcomes new members who are seeking to improve their communication and leadership skills within a positive, supportive club environment. Healthy Voice is an open club to the community. The club meets every **Thursday from 12:00 noon - 1:00 pm** at the Aetna Office Complex (Royal Centre One Building) 11675 Great Oaks Way, Alpharetta GA 30022

Our club has been in existence since April 2001 and has earned the prestigious honor of being a President's Distinguished Club each year since it was chartered. This is the highest honor bestowed upon a club by the Toastmasters International Organization.

Please join us at one of our weekly Thursday meetings to learn more about the benefits of Toastmasters. For information on becoming a member or to be a guest, please contact any of the club officers or members.



*...Reach for the Sky!*

## INNNNOVATIVE NOVEMBER CONTEST....

BY MARIA CASTANEDA, CTM, CL, VP EDUCATION

In preparation for TMI's International Speech and Table Topics Contests beginning January 2007, our club created its own contest:

### *"Innnnovative November Contest"*

A prize was to be awarded each week and the winners for each week would compete during the last week of iNNNNNovative November for a grand prize.

We were looking for: **Innovation, Exaggeration, Balderdash, Tall-Tales, Intrigue, Captivation, Suspense**, etc. Contestants were to use loads of **body language** and **facial ex-**

**pressions** to tell their unbelievable, incredible stories.

On **November 2**, the contest got well underway.

**Mark Coote** asked the audience for a speech topic for an impromptu speech. We asked him to run for Mayor. We were amazed at how well he pulled it off, running for office in Cootesville and winning Round 1 of the contest. Very iNNNNNovative!

On **November 9**, **Mike Dayoub**, intrigued us with his winning Tall Tale of the mysterious girl on his porch back in his college days (awesome story!).

Lastly, on **November 16**,

**Valerie Ganga** gave a powerful speech to persuade members and guests to pursue their CC. This was her 10th speech and she earned her title as Competent Communicator and winner of the contest's Round 3.

The iNNNNNovative **November Speech Contest** came to a close on November 30. **Valerie** entertained and informed us with her family's experience donating time to feed the less fortunate. **Mike's** innovative invention intrigued us as he presented a sales pitch and survey. But **Mark**, our Jamaican tour guide with Rasta wig and all, took us on

a journey to win him the final prize for the speech contest.

Thanks to all the other speakers who participated (**Lynne Unglo, James Ge, Tony Chapek, Tonya**

**Smith, and Johnny Ren**) and we hope others have been encouraged to participate in future contests.



L-R: Mark Coote, Lana McFarlane