



The Healthy Voice Herald

Club #8236 District 14

<http://tmclub.zapto.org/healthyvoice/>

March 2005

FEBRUARY WORDS OF THE DAY

- ◆ **Tendentious** - marked by a tendency in favor of a particular point of view; biased
- ◆ **Perdurable** - Very durable; lasting; continuing long.
- ◆ **Assiduous** - Constant in application or attention; diligent
- ◆ **Eristic** - characterized by disputatious and often subtle and specious reasoning

FEBRUARY BEST

Speakers:

- ◆ Lana McFarlane
- ◆ Tarnaz Greene
- ◆ Michael Dayoub

Evaluators:

- ◆ Mark Johnson, CTM
- ◆ Joel Richardson
- ◆ Roy Ganga, ATM-B CL
- ◆ Deanna McKinney, CTM

Table Topics:

- ◆ Mark Halvorsen, CTM
- ◆ Patricia Williams, CTM CL
- ◆ Mark Johnson, CTM
- ◆ Tarnaz Greene

UPCOMING EVENT

- ◆ March 19th -- Division-G Table Topics Contest & International Speech Contest.
Time: 9:00 am sharp
Location: ALLTELL, 13560 Morris Rd, Alpharetta 3004
- ◆ May 13-14 -- District 14 Spring Conference.
Location: Crowne Plaza Atlanta Perimeter; 6345 Powers Ferry Road, NW; Atlanta, GA.
For more info visit <http://www.gatoastmasters.org/conferences/index.html>

SEMI ANNUAL DUES

- ◆ Semi Annual Dues for period 4/1/05 - 9/30/05 are due by 3/18 for timely submission to World Headquarters. Please contact Secretary/Treasurer, Carol Michaud, if you have any questions.

HEALTHY VOICE CONTESTANTS

HIT HOME RUNS IN SPEECH CONTESTS!

CONGRATULATIONS to Crystal Russell and Bruce Leyton on emerging victorious at the Area 63 Speech Contests, held on Thursday March 3rd, for Table Topics



L-R: Crystal Russell, Bruce Leyton, Kelly Vandever.

Speech and International Speech respectively. This win advances Crystal and Bruce to the Division-G contests on March 19th, where they will represent Area 63. Alltel Orators will host the Division-G contest.

Address to Alltel is: 13560 Morris Rd, Alpharetta, GA, 30004. Please come and support our contestants.

MEMBER PROFILE...

The feature Toastmaster this month is none other than our own Vice President of Education, Tonya Smith. Tonya is a chartered member of Healthy Voice club. She obtained her CTM designation in July 2002 and CL in December 2004. In addition to serving as the current VP of Education, Tonya also served as club Sgt at Arms from 07/01/02 to 12/31/02 and club Secretary from 01/01/03 to 06/30/03. As VP of Education, Tonya ensures that all weekly meeting roles are filled, and member's educational achievements and goals are met. *"She is a very determined and persistent individual. Tonya has a unique approach in recruiting members to participate at weekly meeting and insures that we are all aware of opportunities to speak or to fill any open assignments,"* remarked Healthy Voice member, Deanna McKinney, CTM.



Tonya exemplifies what a true Toastmaster is all about by participating in various roles and responsibilities. She is an advocate towards the benefits Toastmasters offer. Asked what Toastmasters has done for her, Tonya responded, *"Toastmasters has enriched my life as a speaker, listener, leader and overall communicator. It has helped me in my personal and professional life by boosting my Confidence in Speaking in front of people. It has helped me*

NEWSLETTER & WEBSITE ARTICLES

- ◆ Deadline for submitting articles for next month newsletter is March 28th. Please send articles to VP Public Relations, Roy Ganga @ ganga.tribbuan@aetna.com

Visit Healthy Voice web site @ <http://tmclub.zapto.org/healthyvoice/>

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

to Step Out of My Comfort Zone of being shy and not being heard. I have also had the opportunity to meet many new friends. When I first started Toastmaster, it was said that I was laid back and needed to take the initiative. Well I did take the initiative and I owe all to Toastmasters... Look at me now!!!"

Tonya is employed as a Sr Consultant in Aetna Integrated Informatics, Business Solutions Group, in Alpharetta. She lives in Lithonia and takes pride in personal development of her 2 handsome sons Jamel 14, Jawaun 11, and one beautiful daughter Nia 1 and looks forward to every opportunity she spends with them. She says they are the pride and joy of her life.

ACHIEVEMENT...

Congratulations to Roy Ganga ATM-B, on fulfilling the requirements for Competent Leader (CL). Roy's CL achievement solidified Healthy Voice's 2004-05 overall goals for recognition as Toastmasters International, President's Distinguished Club. Roy currently serves as Healthy Voice VP of Public Relations and is the club immediate past president.

HEALTHY VOICE HAS DONE IT AGAIN...

THANK YOU to all Healthy Voice members for contributing to another year in which Healthy Voice Club will obtain the distinguished honor of being a **PRESIDENT'S DISTINGUISHED CLUB**. Below is an update of the Club's achievement:

		GOAL	ACTUAL	ACHIEVED
(1)	CTMs	2	2	*
(2)	Additional CTMs	2	0	
(3)	ATMs	1	1	*
(4)	Additional ATMs	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	9	*
(9)	Officers Trained (both required)			
	June-August	4	5	
	and December-February	4	7	*
(10)	Submitted on time (both required)			
	October or April Renewal	1	1	
	and Officer List	1	2	*

Total Goals Achieved To-Date: 9

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 – Linda Reid, ATM-B 770-346-1267 VP Education – Tonya Smith, CTM, CL 770-346-2949 Secretary/Treasurer – Carol Michaud 770-346-2039
VP Membership – Mark Halvorsen, CTM 770-993-1973 VP Public Relations – Roy Ganga, ATM-B 770-346-2232 Sergeant at Arms – Lana McFarlane 770-346-4220

T E A M – Together Everyone Achieves More.