



The Healthy Voice Herald

Club #8236 District 14

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

April 2005

ONE, TWO AT DIVISION LEVEL...

A remarkable display of confidence, coupled with enthusiasm and a wonderful message, give Bruce Leyton of Area 63 and Healthy Voice the win over four other talented speakers at the Division-G International Speech Contest held on Saturday March 19th. Bruce captivated the audience and won the hearts of the judges with his G-O-L-P-H message.



First Place Winner
Bruce Leyton

At the Division Table Topics contest held on the same day, Crystal Russell another Healthy Voice member came in a very close 2nd to trial lawyer Roland Knaut, with her answer to the fuel crisis. Crystal's charm and wit, along with her direct answer set her apart from her other four opponents. In the end, the judges voted Crystal 2nd place.

Congratulations to both Bruce and Crystal on their

awesome achievements! Health Voice is proud of you both. Both of you truly represented your home club and Area 63 very well.

Bruce's win advances him to the District 14 International Speech Contest, on May 14, during the Spring Conference in Atlanta. Bruce, your fellow Toastmasters at Healthy Voice and all of Division-G wish you GOOD LUCK at the District Level.



Crystal Russell with Division G
Governor John Watkins

MARCH WORDS OF THE DAY

- **Desultory** - Marked by lack of definite plan, regularity, or purpose; not connected with the main subject; disappointing in progress, performance, or quality.
- **Blarney** - Smooth, flattering talk.
- **Fugacious** \fyoo-GAY-shuhs\, *adjective*: Lasting but a short time; fleeting.
- **jingoism** \JING-goh-iz-um\ *noun*: extreme chauvinism or nationalism marked especially by a belligerent foreign policy.

MARCH BEST

Speakers:

- Mark Johnson, CTM
- Tarnaz Greene
- Lucy Basow

Evaluators:

- Bruce Leyton, CTM
- Mark Johnson, CTM
- Deanna McKinney, CTM

Table Topics:

- Audrey Perkins
- Linda Reid, ATM-B
- Tarnaz Greene

UPCOMING EVENT

- 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

- If you have not paid your Semi Annual Dues for period 4/1/05 - 9/30/05, please contact Secretary/Treasurer, Carol Michaud, ASAP!

WELCOME NEW MEMBERS

- Lucy Bosow
- Maria Castaneda
- Valerie Ganga
- Cynthia Swahn

NEW MEMBER FACE TOASTMASTERS CHALLENGES HEAD ON...

All of us at Healthy Voice are proud of Lucy Basow's first steps in strengthening her communication competency. She took on the challenges faced by many new Toastmasters and delivered her first speech "The Ice Breaker" one week after



joining Toastmasters. Her presentation earned her the weekly Best Speaker recognition. We truly would like to give credit to Bettina Gregg, Lucy's manager, for embracing the Toastmasters Communication and Leadership program as one of her staff's communication development goals. We are aware that quite a few of Bettina's staff are (or will be) taking advantage of this program base on Bettina's recommendation. Thank you for recognizing this need. Amongst the underwriting

group are a few seasoned Toastmasters, Mark Johnson and Patricia Williams, both of whom have earned their Competent Toastmasters recognition (CTM). Mark is also Lucy's Toastmasters sponsor and mentor.

Thank you managers for providing this development opportunity to your staff and encouraging them to part take in these meetings.

WERE YOU READY...

On March 31st, Healthy Voice was host to successful motivational speaker, Chris Gloss. The keynote speaker at the club's meeting, Chris' energy and positive attitude illuminated the room the moment he spoke. The essences of his message were framed around having a positive attitude and believe in yourself. He left the audience with three tasks:

1. Create a "WHY" statement - "Why" do I get up to come to work? "Why" do I go to toastmasters? ...
2. Feed your faith - **Eye gate:** watch and read positive material; **Ear gate:** be cognizant of what/whom you listen to; **Mouth gate:** always speak positive of yourself and others
3. Protect your attitude - You do this by protecting your gates (eyes, ears, mouth). Don't let outside influences keep you from achieving your goals.



Healthy Voice President Linda Reid presents Chris Gloss with a token of appreciation.

Overall, everyone who had the opportunity to hear this revitalizing and refreshing speech left feeling confident, energized and invigorated.

Chris is the CEO of Success Solutions 4U, LLC an image enhancement consulting company. For more info, visit the website at:
<http://www.successsolutions4u.com>

FOUR SUCCESSFUL YEARS...

HEALTHY VOICE celebrates it's 4th Anniversary on April 27, 2005. What a phenomenal four years it has been. The club has benefited many members who came to conquer their fear of Public Speaking or to strengthen their overall Communication & Leadership skills. The club's atmosphere and camaraderie amongst members is very conducive to learning and honing the basic skills required to be successful -- listening, communication, presentation and feedback. It's the most cost effective program available that provides the forum for continue self-development. Healthy Voice's accomplishments over the past four years include:

- Achieving the prestige honor of being a "President's Distinguished Toastmasters Club" each of the four years.
- Home club for 2 Area Governors
- Home club to 1 Division Governor
- Winner District Public Relations contest (2002)
- Winner District CTM Contest (2002)
- Representatives at both Division Tall Tales and Division International speech contests during the first year of charter (2002)
- Representative at District Humorous Speech Contest (2004)
- Representative at District International Speech Contest (2005)
- Representative at Division Table Topics Contest (2005)



Members TOASTimonials...

"Healthy Voice Toastmasters has enriched my life both professionally & socially. I have met some of the most talented, positively motivated people and have been inspired to soar. Over the past two years, I have grown in the area of leadership and finally overcame my fears of public speaking". President, Linda Reid, ATM-B

TOASTMASTERS MISSION AND PURPOSES

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth. In order to carry out this mission, this Club shall:

1. Help its individual members improve their abilities to communicate effectively;
2. Provide for its individual members' instructions, educational materials and opportunities which will give them skill and experience in the preparation and delivery of speeches;
3. Encourage its individual members to read and to listen analytically;
4. Provide for its individual members' fair and constructive evaluation of their efforts toward self-improvement;
5. Increase its individual members' knowledge of the rules of parliamentary procedure and their skills in conducting meetings and participating in-group discussions;
6. Afford leadership training for its individual members; and
7. Provide opportunities and encouragement for its individual members to appear before audiences and to express their thoughts creditably.

NEWSLETTER & WEBSITE ARTICLES

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

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

"Just feel good in knowing that as a "head injured survivor", I have used Healthy Voice to restore my voice. It has been restored by organizing my thought process and by listening very closely to other people speak. Being succinct in conversation is critical in restoration of ones speech language. I have used Toastmasters successfully in the last "6-month's" to become less egocentric and a better listener with my teenage young adult children. Applying what you learn in Toastmasters in life is key". VP Membership, Mark Halvorsen, CTM

"Toastmasters have provided the forum for me to control my anxiety and take control of the challenges of public speaking. I have incorporated quiet a few of the skills I have acquired, as well as the immediate feedback, in my personal and professional life. Participating in the various club roles and contests has strengthened my confidence. I feel I am better able to articulate my messages and add impact to my presentations. My listening skills have improved tremendously and so are the evaluations I conduct. I truly credit Toastmasters for getting me over this hurdle and continuing to help me everyday. My recommendation to anyone who is contemplating joining Toastmasters, but still has reservations about their ability to succeed, is to try it. You will be amazed on how much you will learn within a very short timeframe". VP Public Relations, Roy Ganga, ATM-B CL

"Participating in Toastmasters has changed my life. I used to feel anxiety when having to talk at meetings or in public settings. Practicing at the Toastmaster meetings has rid me of those anxieties. I am more comfortable and can now articulate more effectively in those situations". Secretary/Treasurer, Carol Michaud

"Toastmasters have 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 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!" VP Education, Tonya Smith, CTM CL

Toastmasters provide the tools that enable you to become effective communicators and leaders all at a very low cost. At Healthy Voice Club, this on-going "hands-on" training helps members:

- give better sales presentations
- hone their management skills
- work well with fellow employees
- effectively develop and present ideas
- offer immediate constructive feedback
- accept criticism more objectively



SPRING TIPS

- ◆ **Replace or clean your furnace filter.** It should be checked once a month and replaced or cleaned as needed. Some filters are reusable and are supposed to be taken out, washed with a hose and re-inserted. A dirty filter can lower the efficiency of the heating/cooling system, increase heating costs, and cause fires.
 - ◆ **Review your fire escape plan with your family.**
 - ◆ **Run through a severe-weather drill with your family.**
 - ◆ **Always have a multi-purpose fire extinguisher accessible.** Make sure it is Underwriters Laboratories (UL) listed or Factory Mutual (FM) approved. Check the gauges to make sure they are charged and ready to use.
 - ◆ **Home composting.** This is the best thing to do with garden waste, for the following reasons:
 - Reduce your waste -- Composting reduces waste by up to one third.
 - Save money -- Compost is free and "feeds" your garden!
 - Help the environment -- Using compost instead of peat on your garden help to protect peat bogs where rare plants and animals live.
- Things to put on the compost heap:**
- Garden waste
 - Tea leaves and teabags
 - Vegetable and fruit peelings
 - Egg shells
 - Grass mowings
 - Leaves

If you use an accelerating compound from a garden centre, the compost will be produced more quickly.

- ◆ **Improve your Communication & Leadership skills.** Attend and participate in Toastmasters meeting regularly.

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.