



The Healthy Voice Herald

Club #8236 District 14

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

April 2006

SPECIAL 5TH ANNIVERSARY EDITION



EXCELLENCE & ACCOUNTABILITY COME FROM LOOKING, LISTENING AND THE ABILITY TO COMMUNICATE....

By Mark Johnson, ATM-B

Keynote Speaker, Mr. Karl Wichser, Head of Underwriting at Aetna, addressed members and guests at the 5th Anniversary of Healthy Voice Toastmasters Club on Thursday April 27, 2006.



Karl Wichser

We were very pleased to have such a distinguished leader as Karl to be the Keynote Speaker. The theme of his speech was the importance of communication, and how great leadership and excellent communication skills are inseparable.

He asked the question, "of the many leaders we know, what is the one thing they all have in common?" The one quality they all possessed was the ability to communicate effectively.

He opened with a childhood story, when at an early age, he learned the importance of having competent communication skills. He had to explain to his father and a neighbor, who was also a stern elementary school teacher, how her son fell and soiled his good shoes and clothing. Karl had to state his case in a way that was clear, concise, and believable in order to dismiss his involvement in his friend's falling in a puddle while running. He was successful in convincing the neighbor. The only coaching Karl received that day was from his father, while they were both walking to the neighbor's house. Karl's father told him he needed to explain exactly what happened while looking their neighbor right in her eyes. This was a key element in effective communication that Karl acquired at early age.

He illustrated another fine example that in order to be an effective leader, one must have the ability to communicate well. One of his former bosses who through his great communication ability not only became a CEO but also very wealthy.

He then focused on just one of Aetna's Core Values, "Excellence", and how possessing excellent communication skills is vital to overall job effectiveness and how successful we will ultimately be dealing with our customers, brokers, and our peers. Karl emphasized that Excellence and Accountability come from looking, listening and the ability to communicate.

Mr. Wichser, through his well-developed communication ability, definitely demonstrated how developing our own communication skills would determine just how successful we would ultimately be in not only our professional endeavor, but also our personal lives.

MESSAGES FROM CURRENT AND PAST PRESIDENTS...

Healthy Voice Past Presidents joined the list of dignitaries that addressed the audience at the Club's 5th Anniversary Celebration. Each of the Past Presidents in attendance, Crystal Russell, Cheryl Dixon and Roy Ganga, echoed the similar theme of enhancing communication and leadership skills through Toastmasters. These former leaders also reached out to non-members encouraging them to be a part of the wonderful learning experiences that Toastmasters offers. Each of them shared personal experiences on how being a part of Healthy Voice has influenced their lives for the better. Melanie Sills, Healthy Voice 2nd President sent her congratulations to her former club members on a job well done. In a written message, Healthy Voice Immediate Past President Linda Reid said, "Our lives seem to get busier and busier, and we devote less and less energy to Toastmasters. That is when you learn the value of being a member of Healthy Voice Toastmasters. The leadership of Healthy Voice never allowed me to give up and encouraged me when I felt I could not squeeze one more hour into my day for a Toastmasters meeting. Thank you for helping me to grow both personally, as well as professionally. Continue to demonstrate that T E A M works!"



L-R: Tonya Smith 2005-current, Roy Ganga 2003-2004, Cheryl Dixon 2002-2003, Crystal Russell 2001

Current President, Tonya Smith talked about the club goals she established at the beginning of her term. One of which was to continue the precedent set by her predecessors of maintaining Healthy Voice's distinct honor of being a President's Distinguished Club. Her challenge is for Healthy Voice to achieve a perfect score of 10 out of 10 goals, which will be achieved before June 30. Tonya's theme to Step Up, Reach Out and Make Things Happen was resonated throughout the meeting. She challenged everyone to reach higher and not be complacent in where they stand, and to always strive to get to the next level. She continues to urge everyone to step up to the plate, step out of their comfort zone and step out on faith, by encouraging one another, giving unconditionally, spreading love and doing what it takes to make things happen.

TOASTMASTER OF THE YEAR...

The leadership team of Healthy Voice looked for commitment, participation and willingness to participate in choosing the Toastmaster of the Year. Several members met the criteria but everyone agreed that Toastmaster Mike Dayoub was most deserving of this honor. In addition to the qualities the leadership team looked at, Mike clearly exemplified what it is to truly Step Up, Reach Out and Make Things Happen by filling roles when called upon and making everything seem so seamless. His ability to respond impromptu to Table Topics questions with much humor, creativity and a style of his own has been one of his key strengths. Congratulations Mike and keep us laughing!



Mike Dayoub

MEMBERS ACHIEVEMENT RECOGNITION...

During the award segment of the meeting, several members were recognized for their contribution in helping the club achieve the ten goals required for the Distinguished Club Program.



L-R: Tonya Smith President, Deanna McKinney VPE, Roy Ganga VPM, Maria Castaneda Treasurer, Mark Johnson VPPR, Carla Young Secretary, Lana McFarlane SAA

The current leadership team was acknowledged for stepping up and making things happen, as well as, for participating in the required club officers' training.



L-R: Maria Castaneda, Tarnaz Greene, Lana McFarlane, Cynthia Swahn

Competent Toastmasters (CTM) achievements were presented to Lana McFarlane, Tarnaz Greene and Maria Castaneda.

Competent Leader (CL) achievements were presented to Linda Reid, Lana McFarlane and Maria Castaneda.



L-R: Tonya Smith, Patricia Williams, Mark Johnson



L-R: Linda Reid, Lana McFarlane, Maria Castaneda

Advance Toastmaster Bronze (ATM-B) achievements were presented to Patricia Williams, Mark Johnson and Tonya Smith.

One of Healthy Voice's added programs, the Full Circle Program, ensures every member gets an opportunity to participate in the various meeting roles during a six-month period. Cynthia Swahn, Karen Chapman, Lana McFarlane, Linda Reid, Maria Castaneda and Mark Coote were recognized for completing the Full Circle between 7/1/2005 and 12/31/2005. Each of these members was presented with a special pin and certificate for their contribution.



L-R: Mark Coote, Maria Castaneda, Linda Reid, Karen Chapman, Lana McFralane

Congratulations to all the award recipients!

A MESSAGE FROM HEALTHY VOICE EXECUTIVE SPONSOR....

Greetings to the distinguished members and friends of Healthy Voice Toastmasters. I was honored to get the invitation to address your group at your fifth anniversary celebration. Unfortunately, Aetna commitments have me "speaking" at another location across the country in California. Still, as I experience the famous West coast sunshine, I doubt it will shine brighter than your accomplishments since your inception.

As you think about the direction of Healthy Voice in the future, it is good to reflect on the personal and professional growth you have experienced thus far. From a personal standpoint, Toastmasters has had a positive impact on my life. Hopefully, the same is true for all of you. Therefore, savor its effects and find a way to share them with others. Participation in Toastmasters is truly a gift worth giving and receiving.

So, my sincere congratulations for a great five years of developing your "Healthy Voice". May your communication skills and sense of team continue to get a clean bill of health!

Best wishes from a fellow Toastmaster supporter,

John Webb
Head of Aetna Business Alliances

GOOD-BYE...

An emotional moment during the meeting came when the founder of Healthy Voice and Charter President, Crystal Russell bid farewell to the members of Healthy Voice. Crystal's professional career has taken her on a new journey and she credits her experience in Toastmasters for paving the way for more opportunities. Crystal remarked that she has a lot of pride in this club and what we have collectively accomplished in such a short time. She wrapped up her presentation with the quote, "A ship in the harbor is safe, but that is not what ships are built for". "I am going to sail out of the harbor and embark on a new journey", said Crystal. On behalf of the leaders and members of Healthy Voice, we thank you for paving the way for us to reap the Toastmasters benefits. All of us at Healthy Voice wish you much success as you embark on your new journey.



Crystal Russell, ATM-S, CL

MESSAGES FROM DIVISION AND DISTRICT LEADERS...

Sharing his congratulations and well wishes to the members of Healthy Voice, current Division G Governor, Crawford Murphy reminded the audience that our community and country was in a pervasive crisis. Not a crisis of war, or terrorist threats but a crisis of apathy and attachment, which Toastmaster can combat. He urged everyone to overcome inertia, and to stand up and make a difference. "Take the Toastmasters skills and impart it in your life, community and country. Focus on where you want to be and find the means to get there", said Crawford. The fear of stepping up is inevitable but Crawford reminded the members to look back at the first time they stood behind the lectern and hurdles they have overcome since. "You did it by eating at the elephant one bite at a time", remarked Crawford. The distinct Division Governor concluded with a quote from one of his favorite songs "The point of a journey is not to arrive", focus on where you want to be and enjoy the journey.



Crawford Murphy



John Watkins

District 14 Sergeant at Arms and Immediate Past Division G Governor John Watkins pointed out that Healthy Voice's motto of Stepping Up Reaching Out and Making Things Happen is the cornerstone and success of the club. "Healthy Voice personified this motto for each of the five years the club has been around" said John. He appreciated everything Healthy Voice has done for both its members and the District, and recognized this club for its strong leadership and member representation at contests every year.

Citing English as his second language, Immediate Past Area 74 Governor and current Division I Governor Sanjay Tiwari talked about the significant changes Toastmasters has made in his life, especially in the areas of clear communication, presentation and leadership. Sanjay spoke of his passion for Toastmasters and how he strives to make himself a more effective and eloquent communicator. He recalled speaking at Healthy Voice and how impressed he was with the quality of the meeting. Sanjay congratulated Healthy Voice on their successes and credits the leaders for making it happen.



Sanjay Tiwari

In a written message to Healthy Voice Toastmasters, District 14 Club Extension Chair, Cindy Cannon sent these words of wisdom to the members of Healthy Voice. "I am so proud of this club, I feel like I am part of your extended family. I am not surprised in how successful you are but surprised in how successful you are as a new club! I am so excited for the leadership and the teamwork that everyone has shown. I am sorry to miss such an important day. Know that you are all special!" Cindy Cannon DTM

On behalf of Growth Management Group, Inc, Cindy Cannon donated a gift certificate worth \$100 for one hour of free coaching for career changes, Boot Camp Interviewing, Goal Setting, Networking, Sales or Time Management training. The recipient of this gift certificate was Toastmaster Karen Chapman.



HEALTHY VOICE 2005-2006 OFFICERS

L-R: Maria Castaneda, CTM, CL, Treasurer
Lana McFarlane, CTM, CL, Sergeant at Arms & Area 75 Governor
Deanna McKinney, CTM, VP Education
Mark Johnson, ATM-B, VP Public Relations
Tonya Smith, ATM-B, CL, President
Carla Young, Secretary
Roy Ganga, ATM-B, CL VP Membership & Area 74 Governor

To learn more about Healthy Voice and Toastmasters, visit our website at:
<http://toastmasters.sandyeast.com/healthyvoice/>

FIVE SUCCESSFUL YEARS...

HEALTHY VOICE celebrated its 5th Anniversary on April 27, 2006. What a phenomenal five 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 is the most cost effective program available that provides the forum for continued self-development. Healthy Voice's accomplishments over the past five years include:

- Achieving the prestigious honor of being a **"President's Distinguished Toastmasters Club"** each of the five years.
- Home club for 4 Area Governors
- Home club to 1 Division Governor
- Winner District Public Relations contest (2002) & Honorable mention in 2004
- 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 Evaluation Contest (2005)
- Representative at Division Table Topics Contest (2005 & 2006)



Toastmasters program 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



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!