



The Healthy Voice Herald

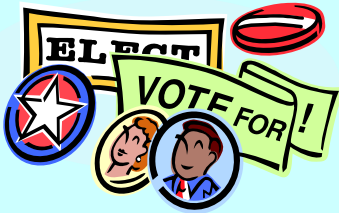
Club #8236 District 14

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

May 2005

UPCOMING EVENTS

- ◆ 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>



- ◆ May 19th - Healthy Voice Officers Elections

APRIL WORDS OF THE DAY

- ◆ Deride - di-rid: Scoff at
- ◆ Categorical - absolute or unqualified.
- ◆ Irrefragable - ir-ref-ruh-guh-bul impossible to refute; incontestable; undeniable

APRIL BEST

Speakers:

- ◆ Bruce Leyton, CTM
- ◆ Mark Johnson, CTM

Evaluators:

- ◆ Roy Ganga, ATM-B CL
- ◆ Deanna McKinney, CTM

Table Topics:

- ◆ Tarnaz Greene
- ◆ Bruce Leyton, CTM
- ◆ John Webb

THE SPEECH CRAFT - SEMINOLE SPIRIT CLUB

Founded in December 2004 by Healthy Voice current Vice-President of Membership, Mark Halvorsen, Seminole Sprit was formed for survivors of traumatic injuries to getting their voices restored through effective communication. A brain injury survivor himself, Mark is an inspiration to the club members. Collaboratively working with Kathy Peyton, a 24-year speech language therapist, they provide first class cognitive evaluation to the members.

Recently this speech craft club graduated 3 of its members, Mr. Bill Peete (ABI survivor), Mr. Bill Deanglo (TBI survivor) and Mr. Mort Miller (Stroke survivor). Each of these new graduates presented the required 6 speeches from the Speech Craft program and will most like transition to an established Toastmasters club to continue their communication development.

The Seminole Spirit speech craft club will meet for the next 6 sessions 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.

HEAD OF AETNA'S BUSINESS ALLIANCES GROUP DELIVERS KEYNOTE ADDRESS...

Inspiring, humorous, motivational, electrifying, are all words that come to mind when reflecting on the keynote address given by John Webb, the Head of Aetna's Business Alliances Group during the 4th Anniversary Celebration of Healthy Voice Toastmasters. The audience expressed their gratitude when John explained that he woke up at 4 am that morning to catch a "red-eye" flight from Hartford, CT to honor his commitment of speaking at our noon meeting.

During his keynote address, John spoke of his childhood memories of giving his first speech in an elementary school speech contest and winning 2nd place! He acknowledged that he truly understood the nervousness and fear of standing and speaking in front of your peers, and stressed the importance of overcoming these fears, which often lead to other successes in life.



John Webb

John emphasized that joining Toastmasters is one of the tools employees should utilize in their development planning. He classified effective communication in two ways -- email and telephonic are in lower leagues, whereby face-to-face communication is major league. The audience was inspired by John's personal stories and words of encouragement. He is definitely an executive who "walks the talk", and leads by example. After his address, John participated in Healthy Voice's Table Topics (impromptu) session, winning the coveted "Best Table Topics" ribbon.

A believer in the values of Toastmasters, John has graciously agreed to be Healthy Voice's Executive Sponsor, championing Healthy Voice among the Executive ranks, and encouraging other Aetna employees and individuals looking to improve their communication and leadership skills, to release the "power of their tongue".

MEMBER PROFILE...

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

An avid proponent of the Toastmasters values, Roy Ganga has credited Toastmasters for many of his successes and has seen the positive impact the Toastmasters program has on its members.

Roy is a chartered member of Healthy Voice and served as the club's 4th President from July 2003 – June 2004. Under his resplendent and enthusiastic leadership, Healthy Voice maintained the status of being a President's Distinguished Club, as well as earning the Smedley award for membership.

Roy is currently Healthy Voice's Vice - President of Public Relations, and has utilized this office to increase awareness of Healthy Voice and Toastmasters, as well as, to publicize and promote the club's events, accomplishments, educational opportunities and member's success.



Roy Ganga, ATM-B, CL

Roy has obtained his Competent Toastmaster (CTM), Advanced Toastmaster Bronze (ATM-B) and Competent Leader (CL) designations. He continues to provide quality input to Healthy Voice leadership team. Roy assists in Area activities when called upon, such as, mentoring another club within the area, speaking and filling roles at a speech craft club and demonstrating the Toastmasters protocol at these meetings. His philosophy is to lead by example and has demonstrated to his fellow Toastmasters the additional benefits Toastmaster offers, by participating in the speech contests and mentoring roles, such as:

- Area Evaluation Contestant (2004)
- Club Humorous Speech Contestant (2003)
- Division International Speech Contestant (2002)
- Mentor to Healthy Voice members (2002 to current)
- Mentor to Brookside Toastmaster Club (2004)

An outstanding leader in his local community, Roy currently serves as the Public Relations Officer for his church, and credits Toastmasters for showing him the way to overcome his communication challenges. He works with kids on developing their confidence and looks at this opportunity as a way to give back to his community the knowledge he has acquired.

Roy is a Manager in Aetna Integrated Informatics, a division of Aetna Inc. He had this to say when asked what Toastmasters has done for him, "*Toastmasters has provided the forum for me to control my anxiety and take control of the challenges of public speaking. I have incorporated quite a few of the skills I 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. The evaluations I conduct, as well as my listening skills, have improved tremendously since participating in the Toastmasters program. 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 at how much you will learn in a very short timeframe.*"

Originally, from Guyana South America, Roy resides in Alpharetta with his wife and son. He and his family enjoy the sport of Martial Arts. His 14-year-old son holds a 2nd degree black belt, while he and his wife are close to achieving their 1st degree rank.



Healthy Voice members express their sincere appreciation and heartfelt thanks to John Webb and Patricia Buck. John, for adjusting your schedule to speak at our anniversary meeting and Patricia, for coordinating a surprise lunch for our members and guests. Your commitment and generosity is much appreciated.

NEWSLETTER & WEBSITE ARTICLES

- ◆ Deadline for submitting articles for next month newsletter is May 31st. Please send articles to VP Public Relations, Roy Ganga @ ganga.tribbuan@aetna.com

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

CONGRATULATORY MESSAGES AS HEALTHY VOICE CELEBRATED 4 YEARS

- ◆ Congratulations on celebrating 4 years! Although I would love to join in, I have another commitment. Have a great time! ~ Joy Lewis District 14 Public Relations Officer and Candidate for District Lt Governor of Marketing (www.joy4LGM.com)
- ◆ Dear Healthy Voice Toastmasters, Congratulations on 4 successful years! You are a great example of what Toastmasters clubs can accomplish. Unfortunately, I will not be able to attend the celebration, but please accept this message of congratulations instead. Wishing you many more years of success! ~ Felicia Artis District 14 Lt. Gov. – Education and Training
- ◆ I am unable to attend that meeting but I wanted to write and congratulate your club for all your progress. I was a mentor to that club while it got started and I'm proud of your accomplishments. ~ Doug Keipper
- ◆ Healthy Voice, It is unbelievable to hear that you are only 4 years old. I am so proud to that I grew up in Healthy Voice. This club is an example of how to be successful; your leadership is extraordinary and forward thinking. I know I don't know everyone there now, but let be call out a few of the members that guided me. Patricia, Roy, Tracy, Tonya, Deanna (thanks for your honest evaluations), Mark, and Ed Delise, these are some of the members that guided and inspired me when I first joined. HEALTHY VOICE I wish you only the best, may you continue to grow and shine and I will see you all soon. God Bless ~ Lawrence Clark
- ◆ The pleasure was all mine in attending in your 4th Anniversary Celebration. As I have said in the past, Toastmasters is a great developmental opportunity for those who invest the time to participate. Healthy Voice is to be commended for its effort in sustaining such a solid program for the past four years. And yes, I love the name, too! Please give my regards to your members; I truly enjoyed participating in your special meeting. ~ John Webb, Head of Aetna's Business Alliances Group.

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 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.