



THE HEALTHY VOICE HERALD

CLUB 8236-14 JUNE 2007

PRESIDENT'S CORNER

BY LANA MCFARLANE, CTM, CL



Lana McFarlane, CTM, CL

As we approach the end of the Toastmaster year, I want to say a big Thank You to all of you. Collectively, you have mentored, encouraged others and given

your support which helped the club achieve the success of reaching 10 out of 10. We have indeed had a fantastic year 2006-2007.

Thank you to the awesome team of officers I've had the privilege to work with throughout the year. Not only did we **Reach for the Sky**, we went for the galaxy.

Healthy Voice has its first **Distinguished Toastmaster**. Congratulations to **Roy Ganga, DTM!!!**

It was exciting to celebrate with him as he accepted his

award at the District 14 Spring Conference in May with his family. We didn't stop there...

Healthy Voice also achieved the **TALK UP TOASTMASTERS** award from Toastmasters International. Please join me as we give a warm Healthy welcome to our newest members –

Dale Boyd, Eric Morgan and **Hilary Ndulue** as they challenge themselves to Achieve Their Goals and... **"Reach for the Sky"**.

IN THE KNOW

- June 21, 2007—*Ice Breaker Day*
- Saturday June 23, 2007 *Summer 2007 TLI - Toastmasters Leadership Institute, Gwinnett Center.*
- *New Officers Induction, June 28, 2007*
- *Club Evaluation & Humorous Speech Contest—July 26, 2007*
- **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.

OFFICERS ELECTION RESULTS...

The results from the Officers election held on May 24, 2007 are official. The elected officials that will lead Healthy Voice for the 2007-2008 Term (7/1/2007 - 6/30/2008) are:

- President -- Deanna McKinney, CTM (McKinneyDH@aetna.com)
- VP Education -- Lana McFarlane, CTM, CL (McFarlaneLS@aetna.com)
- VP Membership -- Marjorie Huggins (HugginsMS@aetna.com)
- VP Public Relations -- Josh Vaughters (josh.vaughters@northpoint.org)
- Secretary/Treasurer -- Roy Ganga, DTM (ganga.tribbuan@aetna.com)
- Sergeant at Arms -- Sheila Hairston (HairstonSM@aetna.com)

Congratulations to all the elected officers! Induction of the new officers is schedule for Thursday June 28, 2007.

Thank you to all the out going officers for a job well done, and for ensuring that Healthy Voice continued the trend of achieving the highest honor bestowed on a club -- the distinct honor of being a President's Distinguished Club.

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WHO ARE YOU PEOPLE?

BY MARIA CASTANEDA, CTM



Maria Castaneda, CTM
VP of Education

About two years ago, I was running errands with my son who was 5 years old at the time. At the last minute, I decided I could squeeze in some time to get my eyebrows waxed. So I went to a local salon owned by Vietnamese. I never took my son there before, but I knew he'd be OK. It would be quick and he could just sit quietly next to me. So as I'm getting the waxing done, we could hear the chatter of quite a few Vietnamese women speaking their native language. But it didn't bother *me*. Suddenly I heard my son yell out: WHO ARE YOU PEOPLE?! He wasn't sitting close enough to me for me cover his mouth. So I said, KORBEN, QUIET! He said, MAMI, WHAT ARE THESE PEOPLE TALKING ABOUT? I DON'T UNDERSTAND WHAT THEY'RE SAYING?!

Fellow Toastmasters, we're exposed to so many languages in our travels and especially in our own country. So we have no excuse not to learn another language, other than English. I'd like to point you to the many advantages of doing so.

- Exercise your brain for longevity
- Expand your professional opportuni-

ties

- Open your mind and heart to other cultures
- Build special friendships

Starting with **Exercise your brain for longevity:** Studies have shown that people who have lived to their 100th birthday have done so by exercising their brains, keeping their minds sharp and challenged.

Expand your professional opportunities: Bilingual and multilingual candidates tend to fare better at advancing their careers than those who only knowing one language. Why do you think that is? Those versed in different languages and cultures can relate better to diverse customers. Leaders can relate better with their diverse staff. These soft skills make them more well-rounded professionals. One particular quality comes to mind ... patience. That takes me to my next point.

Open your mind and heart to other cultures. No offense intended as I am very proud to be a US-born American, but *generally*, many Americans are impatient with foreigners who don't speak English well. Yet when we visit a foreign country, we expect everyone to speak English to us. But let me tell you that when we gain an appreciation for the world outside the U.S., we'll never be the same again. We may even learn that there's a better way to do things. Even our taste buds will be delighted. The possibilities are endless.

Lastly, **Building Special Friendships.** Making the effort to speak someone's language excites people. They welcome you into their circle. You'd be surprised with the doors of opportunity that may be opened as a result.

So you think you're too busy to learn another language? Who said you had to be completely fluent to benefit from these advantages?

Here's a simple strategy. Make it a point to ask every new foreigner you meet how to say something in their language. The basics: Hello, how are you, my name is, thank you, etc. Ask them something unique in their culture. Ask about their foods and beverages. Learn a little more each time you meet with them. Show an interest and respect for their customs. Then surprise someone else with what you've learned.

You'll be amazed with the advantages you'll have. You'll be:

- Exercising your brain for longevity
- Expanding your professional opportunities
- Opening your mind and heart to other cultures, and
- Building special friendships

¡Buena Suerte! WHO ARE YOU PEOPLE?! That's Spanish for "Good Luck!"

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 FAMILY REUNION

BY KAREN CHAPMAN, CC



Karen Chapman, CC
Club Treasurer

In traditional Presidential Distinguished Club style, the Healthy Voice family, friends and guests were treated to an afternoon of fun, food and an opportunity to share with those we see regularly and those we have not seen for a while.

A few weeks before the reunion, one of our members, Marjorie Huggins, gave a speech on planning a family

reunion, and by the time she was finished we were all waiting for an invitation because it sounded like so much fun. Little did she know that we were able to tap in on some of her invaluable tips as we planned our own Healthy Voice Family reunion.

All of the elements of a great get-together were on hand--great food, wonderful people and lots of laughter.

The family "leader", Roy Ganga, spoke on the benefits of Toastmasters and how it has changed his life. This was also his final speech for towards his attaining the DTM designation. It was so fitting that his Healthy Voice family be there to share in this wonderful occasion.

Of course, the reunion was not without the usual controversy. Our wonderful Table

Topics Master, Maria Castaneda, allowed us the opportunity to weave tales of connections with the rich and famous. We all have family members who like to drop names about whom they know and where they have been. We also had the usual rumor mill stirring about our Healthy Voice Ministry. As we all know, things are not always what they appear to be.

One member of our family, who returned after a long hiatus, was Patricia Williams. We all enjoyed seeing Patricia again and we hope to see much more of her in the future.

If you were not at this year's Family Reunion, you missed a wonderful event! We hope to see you at the next one.

TOASTMASTERS MEMBERS PLEDGE...

To attend meetings regularly and prepare fully for each assignment;

To apply myself to the program outlined in the Toastmasters manuals;

To participate actively in Club activities;

To evaluate others in a positive, constructive manner;

To build open, friendly relationships with my fellow members; and,

To bring other new members into the Club so that they can also gain the benefits of Toastmasters."

CONGRATULATIONS!

Healthy Voice members has consistently stepped up to accept leadership challenges within the district. This coming Toastmasters years a couple of exemplary leaders from Healthy Voice were elected to serve District 14 in various leadership capacity.

Lana McFarlane, CTM, CL & **Tonya Smith, ACS, CL** were elected to serve as Division Governors during the 2007-2008 Toastmasters Year. Lana will serve as Division G Governor, while Tonya will serve as Division I Governor.

Additionally, **Valerie Ganga, CC, CL** was appointed to serve as Area G74 Governor, having responsibilities for governing 4 clubs in this Area, including Healthy Voice.

Roy Ganga became Healthy Voice first Distinguished Toastmasters (DTM). DTM is awarded to those who demonstrated outstanding leadership and communication skills and who have used these skills to help others in their self-development efforts. Roy was also appointed to serve as District 14 Public Relations Officer for the upcoming Toastmasters year.

All at Healthy Voice wishes Roy, Lana, Tonya & Valerie much success in their new Toastmasters Leadership endeavours.



L-R: Tonya Smith, Division I Governor
Valerie Ganga, Area 74 Governor
Roy Ganga, District 14 PRO
Lana McFarlane, Division G Governor

RECENT BEST



Speakers:

- 5/3 – Mark Coote
- 5/10 – Valerie Ganga
- 6/7 – Sean Kitzmiller
- 6/14 – Valerie Ganga

Evaluators:

- 5/3 – Roy Ganga
- 5/10 – Tonya Smith
- 5/17 – Jackie Marshall
- 6/7 – Tonya Smith
- 6/14—Bob Carrera

Table Topics:

- 4/26 – Tonya Smith
Linda Ladd
Mark Coote
- 5/10 – Deanna McKinney
- 5/17 – Eric Morgan
- 5/24 - Karen Chapman
- 5/31 - Mark Coote
- 6/7 – Linda Ladd
- 6/14—Bob Carrera

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	2	*
(3)	ACs	1	1	*
(4)	Additional ACs	1	2	*
(5)	CL, AL, or DTM	1	1	*
(6)	Additional CLs, ALs, or DTMs	1	2	*
(7)	New Members	4	4	*
(8)	Additional New Members	4	13	*
(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	2	
	and Officer List	1	1	*

Total Goals Achieved To-Date: 10



10 out of 10
2 years in a row and
6 consecutive years
as a *President's*
Distinguished
Club

WELCOME



Dale Boyd

HEALTHY VOICE WELCOMES 3 NEW MEMBERS

- DALE BOYD
- ERIC MORGAN
- HILARY NDULUE



Eric Morgan



Hilary Ndulue

HEALTHY VOICE TRAVELING STAR AWARD



The Traveling Star trophy is awarded to an outstanding member every month.

The Traveling Star Trophy was awarded to Marjorie Huggins for the month of May.

Marjorie's commitment, dedication and willingness to step up to the plate, has earned her the coveted prize and bragging rights for the month.

For June the coveted Trophy was awarded to Xilin Chen for his can do attitude and fulfilling roles at every meeting.

Congratulations Marjorie and Xilin for reaching for the skies. **Who will it be next month?**

HEALTHY VOICE EXEMPLIFIES *DARE TO SOAR...*

BY LANA MCFARLANE, CTM, CL

The theme for District 14 2006-2007 was "Dare to Soar". Healthy Voice certainly went for the challenge to see how high the club could go? We wanted to know!!!! Home club of Division Governor and two Area Governors Healthy Voice displayed commitment, enthusiasm, support and Leadership. These are all the key values that Toastmasters teaches us as we start out as members. Healthy Voice club didn't

stop there. Not only reaching President's Distinguished Status as a club, Healthy Voice is the home club to two Area Governors achieving Presidents Distinguished Area -- Area G74 Lana McFarlane, CTM, CL and Area E55 Tonya Smith, ACS, CL... Wait!!!! Healthy Voice is also home club to President's Distinguished Division for Division G Governor, Roy Ganga... We didn't stop there... Healthy Voice

achieved its first ever Distinguished Toastmaster – ROY GANGA, DTM.

In 2006-2007 Healthy Voice has earned its place on Mount Rushmore.



2006-2007 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, CL 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 August 15, 2007. Please send articles to VP Public Relations Josh Vaughters @ JOSH.VAUGHTERS@NORTHPOINT.ORG

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!

District 14 Georgia Toastmasters 2007-2008 Theme *Excellence in Action*

