



# The Healthy Voice Herald

Club #8236 District 14

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

August 2006

## AND THE WINNERS ARE...

CONGRATULATIONS to **DEANNA MCKINNEY** and **MARK COOTE** on being victorious at the Healthy Voice



Evaluation and Humorous Speech contests respectively, held on Thursday July 20th, 2006.

By winning the club level contests, Deanna and Mark have advanced to the Area level contests, which will be held on Wednesday August 16, 2006, where they will proudly represent Healthy Voice.



All at Healthy Voice wish both Deanna and Mark good luck as they continue to the next level. Congratulations to all the contestants who

participated in the first speech contests of 2006!

## PRESIDENT'S CORNER...

I am honored to take over the role of club president of Healthy Voice Toastmasters from our immediate past president, Tonya Smith, ATM-B, CL. What an accomplishment for 2005-2006 of achieving all 10 goals and becoming President's Distinguished for the 5<sup>th</sup> year in a row. Tonya led us to Step Up, Reach Out and Make Things Happen.



This year 2006 -2007, Healthy Voice will Achieve our Goals and **"Reach for the Sky"**, and continue to Dare to Soar. We will incorporate the new Competent Communicator program starting with all the club officers leading the way.

July kicked off to a great start with the Officers Inductions performed by our Division Governor, Roy Ganga. All members that completed the "Full Circle" program for Jan – June, 2006 were presented with their **Outstanding Member** pins. Last and by no means least, congratulations to the three members that completed their Competent Toastmaster Member speeches, **Melissa Bentley, Mike Dayob** and **Karen Chapman**.

We are pleased to welcome the new members to Healthy Voice....as we help them Achieve their Goals and **"Reach for the Sky"**.

## HEALTHY VOICE WELCOMES 3 NEW MEMBERS:



- ◆ James Ge
- ◆ Donna Sloane
- ◆ Monique Burt

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## ACHIEVEMENTS...

CONGRATULATIONS to the following individuals that were recognized for special achievements:

Achievement Award Recipients:

- ❖ Karen Chapman, Melissa Bentley and Mike Dayoub on obtaining their CTM designations.

Full Circle Award Recipients:

- ❖ Valerie Ganga
- ❖ Lana McFarlane
- ❖ Maria Castaneda
- ❖ Deanna McKinney
- ❖ Linda Reid
- ❖ Johnny Ren
- ❖ Karen Scott
- ❖ Tonya Smith
- ❖ Cynthia Swahn
- ❖ Carla Young

### Recent Best

#### Speaker

Johnny Ren  
Mark Coote  
Lana McFarlane

#### Evaluator

Deanna Mckinney  
Xilin Chen

#### Table Topics

Holly Steinhoff

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## CONGRATULATIONS...



L-R: Area 74 Governor Lana McFarlane, Division G Governor Roy Ganga, Area 55 Governor Tonya Smith

Roy Ganga, ATM-B, CL, was elected Division Governor for Toastmaster 2006-2007 year. Roy assumed the responsibilities as the Division G Governor on July 1, 2006, having jurisdiction of six Areas and thirty Clubs. He served as the Area 74 Governor for 2005-2006 year. At Healthy Voice, Roy held club officer positions as the Club President in 2003-2004, VP Public Relations 2004-2005 and VP Membership 2005-2006. Roy also serves as the 2006-2007 Awards & Recognition Chair for District 14.

Lana McFarlane, CTM, CL Healthy Voice 2006-2007 President, was appointed Area 74 Governor for the Toastmasters 2006-2007 year. Lana's theme for her term as President is "Reach for the Sky", which coincides with District 14 Theme of "Dare to Soar". Lana was Healthy Voice past Sergeant-at-Arms and served as Area 75 Governor in 2005-2006. Lana also serves as the 2006-2007 TLI Training Records Coordinator for District 14.

Tonya Smith, ATM-B, CL was appointed Area 55 Governor for the Toastmasters 2006-2007 year. Tonya was Healthy Voice 2005-2006 President, leading Healthy Voice to achieve a perfect 10 with their DCP goals. Her Step-up Reach Out & Make Things Happen slogan was an inspiration to the club members.

Please join us in congratulating Roy, Lana & Tonya. Each of you has exemplified true Leadership within Healthy Voice and the District.

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## UPCOMING EVENTS...

- Healthy Voice is the host for the Area 74 Humorous and Evaluation Speech Contests on Wednesday August 16, 2006. Contest begins promptly at 6:30 p.m., in the Herschel Walker Room. Please make every effort to attend this contest and show support to our home club representatives.
  - Division G Humorous and Evaluation Speech Contests on Saturday September 16, 2006 at the UPS Headquarters.
  - Club Full Circle program for the period 7/1/2006 – 12/31/2006 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.
  - Membership renewal for the period 10/1/2006 – 3/31/2007 is now open. Healthy Voice is looking to earn the Early Bird reward by having its membership renewal submitted by end of August. Please contact Treasurer Karen Chapman if you have any questions.
  - Deadline for submitting articles for the next newsletter is September 29. Please send articles to VP Public Relations Johnny Ren @ johnnyren@yahoo.com.
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## INTRODUCING YOUR 2006-2007 HEALTHY VOICE OFFICERS



The results from the Officers election held in May are official. The seven elected Officials who will lead Healthy Voice for the 2006-2007 year are : L-R: Lana McFarlane CTM, CL - President, Maria Castaneda CTM, CL - VP Education, Linda Reid ATM-B, CL - VP Membership, Johnny Ren - VP Public Relations, Valerie Ganga - Secretary, Karen Chapman CTM - Treasurer, Mark Coote - Sergeant-at-Arms.

Congratulations to all of you!

Thank you to out going President Tonya Smith, ATM-B, CL for a job well done. Tonya will continue to be in Healthy Voice's leadership role, serving as the club's Immediate Past President, providing leadership and guidance to the newly elected officers.

Also, Thank You to Roy Ganga, Deanna McKinney, Carla Young and Mark Johnson who served the club diligently as VP of Membership, VP Education, Secretary and VP Public Relations respectively. Healthy Voice will be counting on your expertise as we move forward to making the club even more successful.

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# MY SCARIEST SPEECH

By Maria Castaneda



Back in March of this year, I received a request from my son's (Korben's) elementary school for the parents to participate in Career Day for the children. I didn't really think much about it, I simply signed up. A few days later, it dawned on me, what in the world was I going to tell my son's Kindergarten class about my career? My career has been based on insurance underwriting. It's hard enough to explain what I do to another adult without evoking a yawn, mostly from me! Don't get me wrong, I have truly enjoyed my profession for the last 16 years, but describing my analysis of risk, projections, rating, yawn, etc, yawn, etc, yawn. See what I mean? I panicked. I spoke to the school's career day coordinator, but she told me not to worry, whatever I said would be just fine. But I wasn't a nurse, policeman, fireman, or chef, like the other parents. Who was I to speak to a bunch of kindergarteners? Well, I thought: I'm the mom of one of them and I talk to him all the time. I just had to multiply that by 15 other little critics like him.

I needed to use my Toastmasters skills—for a bunch of Kindergarteners—and I was scared. I heard the voice of our former Club President, Tonya Smith, saying Step Up, Reach Out, Make Things Happen. This was definitely outside my comfort zone. But I got some notes together. I was ready for Career Day. I was the only parent that volunteered for my son's class, so I was given a whopping 20 minutes. I had only prepared for five to seven minutes (sounds familiar?). Not a problem. I'm a Toastmaster. Right. That's what I kept on repeating to myself. Apply Toastmaster skills, Maria.

First, know your audience and create a common ground with them; figure out what they'd be interested in hearing from me. So, I started by telling them that my Mommy, Korben's grandma, was a teacher, just like Mrs. Moot, their teacher. I helped my Mommy with grading tests from her students, which lead me to want to be a teacher too. Now I help "big people" learn to do their jobs better. (That was my Kindergarten version of training and developing my team of underwriters.) I told them that because I was a "good listener" and "made good decisions" (they've been drilled with these expressions), I was asked to go to other countries to do my job. I even told them how Korben went to those countries with his Dad and me. (The children wowed; my son approved.) We talked about the different countries some of the students were from and languages they spoke at home.

I asked them if they had already given thought to what they wanted to be when they grew up. I handed out colorful sheets of papers and crayons and asked them to make a drawing of themselves describing their future job. Their teacher and I were quite amused with their aspirations. Among the unusual: Karate Man, Shelter Worker, and my son? A Polar Bear Worker, to take care of polar bears in Antarctica.

Then I started describing what I needed to learn to be good at my job and asked them if they would need them too for their jobs. I started with reading. They all agreed that they needed to know how to read well, so I asked them to write "Read" on the backs of their pictures. I did the same for Write, Math, and then a few other exercises. It didn't matter anymore what *I* did for my career. What mattered was to give thought to what *they* wanted to be and what *they* needed to do well to achieve that. It's never too early to start dreaming and planning and I was so thrilled to see them get that.

I used vocal variety, gestures, props, storytelling, convincing arguments, and persuasion, everything I learned as a Toastmaster. Before I knew it, my 20 minutes were over and the children wanted us to keep the discussion going. I was mostly thrilled that I didn't disappoint or embarrass my son, as we parents inadvertently do. On the contrary, he was proud of his Mami. Then my bubble burst. One of the students began to cry in a state of panic. I couldn't console her. The teacher stepped in to find out what was going on. Little Emmy wailed out: "I don't know what I want to be when I grow uuuuuuuup!" Mrs. Moot said: "That's OK, you're only 6 years old. You have a lot of time to figure that out." Another Toastmaster truth: You can't reach each and every person in your audience.

In the end, I walked away satisfied with the experience, the challenge. Yes, I was scared, but I survived. Now if only I had an evaluator there to help me do better the next time...

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## NEW TI EDUCATIONAL SYSTEM...

New Acronyms effective 7/1/2006:

**CC** – Competent Communicator (formerly CTM - Competent Toastmaster)

**ACB** – Advance Communicator Bronze (formerly ATMB – Advance Toastmaster Bronze)

**ACS** – Advance Communicator Silver (formerly ATMS – Advance Toastmaster Silver)

**ACG** – Advance Communicator Gold (formerly ATMG – Advance Toastmaster Gold)

**CL** – Competent Leader (New CL Program as outlined in the Competent Leadership manual)

**ALB** – Advance Leader Bronze (similar to Old CL requirements)

**ALS** – Advance Leader Silver (formerly AL – Advance Leader)

**DTM** – Distinguished Toastmaster (no change from previous requirements)

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## PUBIC SPEAKING SKILLS AREN'T DEBATABLE...

People who get ahead in life are those who can communicate effectively. Wouldn't you like to develop this priceless skill? Now you can!

Toastmaster will show you how to listen effectively, think on your feet, and speak confidently. You will learn the valuable leadership skills – all in a supportive, non-intimidating environment.

Attend one of Healthy Voice Thursday meetings and see what Toastmasters training will do for your personal and professional development!



*How high can you go?  
You'll never know – until you...*

*...DARE TO SOAR!*

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 – Lana McFarlane CTM, CL 770-346-4220

VP Membership – Linda Reid ATM-B, CL 770-346-1267

VP Education – Maria Castaneda CTM, CL 770-346-1152

VP Public Relations – Johnny Ren 770-337-1893

Sergeant at Arms – Mark Coote 770-346-1342

Secretary – Valerie Ganga 770-346-4281

Treasurer – Karen Chapman CTM 770-521-3508

***Reach for the Sky!***