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.

President’s Corner
By Maria N. Terc, CTM, CL

For A Healthy Journey...

Welcome Healthy Voice Toastmasters to a new term (July 2008 to June 2009)!!

What an honor to preside over, and have the opportunity to lead our club to the President’s Distinguished Club status - the highest Toastmasters club status.

Since its inception, this club has known no other status, and its leaders have mentored a generous amount of other clubs to achieve their own goals.

Reflecting on past presidents and leaders, I have some well-traveled shoes to fill. However, my confidence in achieving our club goals is not arrogance, nor the simplicity of our goals, but having the support from you, the club members and from the other new club leaders, as all of our leadership and communications skills are improved as Healthy Voice Club members.

Incredibly, as we develop and polish our Competent Communicator and Competent Leadership skills, focus on personal and professional goals, take full advantage of learning from every meeting, provide and receive constructive feedback, impromptu speaking, facilitate meetings, etc, the club goals are achieved naturally in a domino-style effect.

Do you know what the club goals are to achieve President’s Distinguished Club status?

• 4 new Competent Communicators
• 2 new Advanced Communicators
• 2 new Competent Leaders
• 8 new Members
• At least 4 club officers trained by Toastmasters Learning Institute during two terms
• At least 1 membership dues renewal report and one club officer list submitted to Toastmasters on time

Can we achieve this? Absolutely! Healthy Voice club members are committed to success. Watch our progress as we Invent, Invest, Outgive, and Outdo... for you, for me, for the club, and for others...

... For Healthy Results
ON TIME!
More timely Toastmasters meetings.

By Lana McFarlane, ACB, ALC, Sergeant-at-Arms

“You may have already witnessed the awkwardness of this scenario: The club has invited a Keynote speaker, who is giving a passionate and inspired speech. Someone walks in and the door SLAMS! Sadly, the impact of the message is lost.”

Do you appreciate your club members’ respect for your time and busy schedule by keeping timely meetings? Have you noticed the awkward silence as latecomers enter the room after the meeting has already started, watching them duck their heads and avoiding eye contact?

You may have already witnessed the awkwardness of this scenario: The club has invited a Keynote speaker who is giving a passionate and inspired speech. Someone walks in late and the door SLAMS! Sadly, the impact of the message is lost. The speaker becomes flustered, despite speaking in public for years, or at a minimum, the latecomer becomes the new focal point until he/she settles in.

It would be nice for some members to begin the meeting when everyone has arrived, and is in place. However, my role as the Sergeant-at-Arms is to call the meeting to order ON TIME!! No matter what the situation, or reason.

Do you need a flip chart, overhead projector, etc? Let our Vice President of Education, or myself know, so your props are readily available and functional for your presentation, instead of scrambling to get the equipment set up just minutes before the meeting starts. Remember, I will start the meeting ON TIME!!

If you’re bringing a guest, I’d love to meet and greet them before the meeting starts, so I can ask them to sign the guest book, sign the security sheet, and present them with a visitor’s package before the meeting starts ON TIME.

Our meeting begins at 12:00 noon every Thursday. I look forward to seeing you there ON TIME!!

Web Statistics
A look at the traffic for www.healthyvoicetm.org.

By Josh C. Vaughters, VP of Public Relations

As your Vice President of Public Relations, it is my responsibility to maintain the Healthy Voice website. This includes gathering statistics on how many unique visits we receive per month, keeping pages up to date, and ensuring content is accurate.

I thought this newsletter would be a great opportunity for me to give you an inside look into how many visitors we have to our site every month, as well as throw in a pie chart (which I'm a HUGE fan of).

As you can see, our website is receiving an increasing number of hits every month, with 127 unique visitors in August. Keep spreading the word about our club, and telling others about the site!
The general purpose for the Table Topics session during our club meetings is to help us think on our feet. Our unrehearsed one- to two-minute responses to various topics provide us another opportunity to improve our communications skills, while helping us dig deep inside for an appropriate response that, for many, shake up our creative juices.

“I would look inwardly, and know that there was something in this former friend that told me that she wasn’t the type of friend that I should have had in the first place. So that’s a lesson learned.” - Beverly Watson

However, in a recent club meeting, it revealed a personal quality in one of our club members that truly inspired me, and made me proud to be in her company. Susan Oh was the Table Topics Master. She poses the following topic to Beverly Watson: You have just attended church, and you are in a spiritual high. You then go to a gas station to fill up, and pulling up next to your car is a brand new Mercedes Benz, driven by your former best friend, who two years earlier, had stolen a substantial amount of money from you. Remember, you are in a spiritual high. What do you say to the former friend?

The other club members humorously roar with their not-so-“spiritual” reaction. I found myself numb at the thought, and thankful I wasn’t asked that question.

Beverly takes a deep breath. She says, “I would look inwardly and know that there was something in this former friend that told me that she wasn’t the type of friend that I should have had in the first place. So, that’s a lesson learned. Next, I always say if it doesn’t kill you, it will either make you bitter or better, and I choose to be better. So, after what she did to me, I know it was difficult, but I struggled and recovered and became a better person. Everything happens for a reason, so I wouldn’t lose my spiritual high. I would greet her with courtesy.

Now, mind you, she spoke for about two minutes. So what I relate is the gist of what I got out of her impromptu response and what impressed me the most. I still didn’t know what I’d do under those circumstances but I was incredibly amazed by her response.

At the end of the meeting, I thanked Beverly and later discussed with Susan her thought-provoking question, and how everyone in the audience reacted. I said to her, I’ve been injured by others and have survived and somehow I’m wonderfully better off by the experience. I’m not one to hold grudges, but what would I say? Then it came to me. I said to Susan, “I know what I would say to the former friend, if I needed to say anything at all: ‘Thank you.’”

Lessons learned in less than two minutes: Pick your friends wisely; grow with every negative experience; be grateful for the growth; maintain your “spiritual high”... get to know your club members and be inspired.

We recently introduced a new system, in which you can sign up for meeting roles online. Please be sure to utilize this new system to assist the Vice President of Education in setting up meetings week-to-week. The online signup is available at www.healthyvoicetm.org/signup.html

To signup, simply click on an open role, and enter your name in the text field. You will then be assigned that role for the meeting. Please let the Vice President of Education know immediately if you become unavailable for a role after signing up.
Questions from our members...
For the Grammarian role, is it ever OK for a speaker to use slang?

Generally, slang is not an appropriate use of the English language. However, many times we tell a story where we may be imitating someone or a situation, calling for the use of slang. When that’s the case, the speaker would do well to distinguish his or her story-telling language, from his or her true speaking qualities. In other words, the listeners should be able to differentiate between the speaker’s usual grammar from his intentional use of slang.

For example, relating a story, the speaker says: “Then the local suddenly approached our group, and said, “What y’all doing here? You ain’t supposed to be out past curfew!”

The speaker is quoting someone, where the flavor of the story may be lost if grammar was used properly. Therefore, the Grammarian shouldn’t be alarmed by this use of slang.

Recently Bests

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2008-2009 Club Officers

President - Maria Terc
Vice President, Education - Valerie Ganga
Vice President, Membership - Karen V. Chapman
Vice President, Public Relations - Josh Vaughters

Secretary - Alicia McClain
Treasurer - Stephen J. Bissonnette
Sergeant at Arms - Lana S. McFarlane
Immediate Past President - Deanna McKinney

Toastmasters Member 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.