



The Healthy Voice Herald

Volume 4 Issue 1

www.healthyvoice.freeservers.com

October 2004

October Fest 2004

with **FRED KALIL & CINDY CANNON**
Thursday October 21st
from 12noon – 1:00 pm
In the Herschel Walker Room – 1st floor
Royal Center One Building (Aetna)
SEE YOU THERE!

SEPTEMBER BEST

	Speakers	Evaluators	Table Topics
9/30	Stacey Richardson, CTM	Deanna McKinney, CTM	Mike Dayoub
9/23	Joel Richardson	Ginnie Sams, CTM	Bruce Leyton Mike Dayoub
9/16	Ginnie Sams, CTM	Stacey Richardson, CTM	Ramzy Elgomayel
9/9	Carol Michaud	Linda Reid, CTM	Ginnie Sams, CTM
9/2	Tonya Smith, CTM		Bruce Leyton

WELCOME NEW MEMBERS!

Kelly Ganson
Brian Osborne
Eloy Gonzalez
Jyotsna (Jo) Kinnard, CTM, CL
Ghiyoung Im

- **SEMI ANNUAL OFFICERS ELECTIONS.** It's time to step up to the plate and serve as an officer. Please submit all nominations by the end of October.
- **Healthy Voice will be conducting Table Topics Speech contest in November.** If you are interested in participating, please contact VP of Education, Tonya Smith.

MEMBER PROFILE

Lana McFarlane
 – Sergeant at Arms.



Lana was born and raised in England, and had spent almost half her life in the United States. She still has debates with her boss as to whether she is British or West Indian. Her view is, she is British with West Indian parents.

Lana is married with two children. An employee of Aetna, Lana started her insurance career 10 years ago with former Prudential Healthcare, and currently serves as a Network Consultant in Aetna's Pharmacy Management area.

Her hobbies are reading, knitting and walking. Coming from England where Tennis at Wimbledon is second to Cricket for the British folks, Lana feels that she is lame at tennis but good enough to give the sport a shot just to keep her 13 year-old daughter active.

Since joining Healthy Voice Toastmaster for almost a year, Lana indicated the greatest reward is the people she has had the privilege to meet. When asked what Toastmaster has done for her, she instantly responded, "Toastmasters is giving me the skills and tools to learn to enhance the gift God gave me, my voice". She strongly feels that Healthy Voice is a very interactive and lively club of which the members gain significant Hands-on Communication and Leadership training.

SEPTEMBER WORDS OF THE DAY

Mission , noun A body of persons sent to conduct negotiations; nonsense.	Cognition - Awareness with perception	Howbeit \hou-BEE-it\ adverb - Nevertheless. Conjunction--although.	Hebetude \HEB-uh-tood ("oo" as in "food")\ noun Lethargy, dullness	Tenebrous \ten-e-bres\, <i>adjective</i> Cut off from the light; Hard to understand
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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 meetings to learn more about the benefits of Toastmasters. Contact any of the officers below for more info:
 President – Linda Reid, CTM 770-346-1267 VP Education – Tonya Smith, CTM 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.