



THE HEALTHY VOICE HERALD

CLUB 8236-14 OCTOBER 2006

1ST FAMILY REUNION, A SMASHING SUCCESS

BY MARIA CASTANEDA, CTM CL

Our first official **Family Reunion** was a hit! If you missed it, you missed a lot! We had food, door prizes, and a very different TM meeting. But most of all, we had fun! We purposely had no scheduled speakers to accommodate movement during the meeting to get food. Instead, we had three rounds of Table Topics, with three rounds of voting.

The first round helped us get the Family Reunion started with introductions. But not just any introduction, a **Fascinating Introduction** of a guest to impress the family. **Mike Dayoub** got us started introducing an actual guest, and then only guests contin-

ued the round of 7 speakers. Then round two: **All the Drama**. At family reunions we have to get caught up on the latest happenings, good and bad. The object of this round was to defend yourself, give a truer version of the story, and point the finger elsewhere. That finger-pointing would lead to the next person to speak to do the same. So I started off by asking **Mark Coote** to clear up a rumor about his strange behavior a recent TM party. Well, the next thing we knew, this story and seven speakers later, we had drunkenness, clothes were flying around, husband and wife in apparent marital trouble, whis-



Maria Castaneda

pers over office walls, and a bunch of gossipers who only made matters worse. Yes, there was drama. Not to point fingers, but the other members who participated were **Deanna McKinney**, **Carla Young**, and **Karen Chapman**, plus 3 of our guests. Somehow **Roy and Valerie Ganga** got tangled into the web, but they could not ... (continue on page 2)

IN THE KNOW

- November 3 -4, 2006 – **District 14 Fall Conference**, Cunningham Center, Columbus State University, Columbus, GA. Registration info is available on the District 14 web site: <http://www.gatoastmasters.org/conferences/conferences.html>
- **Oktoberfest Guest Day** - October 12, 2006
- **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.
- **WIIFM**—What's in it For Me, Educational Session October 19

PRESIDENT'S CORNER

BY LANA MCFARLANE, CTM CL

I am inspired to work with the team of officers as we continue to **"REACH FOR THE SKY"** and build Healthy Voice Toastmasters club. While the ultimate goal is to work towards achieving President's Distinguished Club status, we must not lose sight or focus



Lana McFarlane, CTM CL President
Healthy Voice

why our members joined and commit their time to come to the meetings each week.

To borrow the theme from District Governor 2004 – 2005, **"Learn – Grow – Achieve"**. Each member joined Healthy Voice to... (continue on page 2)

INSIDE THIS ISSUE:

FAMILY REUNION	1/2
PRESIDENT'S CORNER	1/2
EFFECTIVE EVALUATIONS / DCP UPDATE	3
SPOTLIGHT/ RECENT BEST	4
TESTIMONIALS	5

FAMILY REUNION CONT'D...



A few members from the Healthy Voice Family

confirm nor deny the rumors. (They had roles and wouldn't be picked on.) Wow! Then to calm things down, there's always somebody at a family reunion who has so much to say about themselves, so our third round was for **The Braggers**. **Linda Reid** was the best public speaker ever. **Tony Chapek** and **Sean Kitzmiller** were our most financially successful mem-

bers. They all made us green with envy. Wonderful job by all. **Tonya Smith** gave away door prizes in between the rounds, mostly based on answering TM-related questions. The most notable prize was won by **Karen Chapman** for bringing in the most guests.

Many thanks to all others who helped pull this event off:

Lana McFarlane, Tonya Smith, Roy Ganga, Valerie Ganga, and Johnny Ren, for effectively filling their roles. Also, to **Monique Burt** for helping us with the food pick up and set up. And to all for welcoming our **13 guests**.

Let's do that again next year!

PRESIDENT'S CORNER CONT'D...

OUR MEMBERS HAVE JOINED HEALTHY VOICE TO ENHANCE THEIR COMMUNICATION, LEADERSHIP & PRESENTATIONS SKILLS BY LEARNING FROM OTHERS AND THE TOASTMASTERS PROGRAM, GROWING & ACHIEVING THEIR INDIVIDUAL GOALS!

Learn something about themselves and our fellow members

Grow as a club with new energy and new ideas

Achieve and accomplish personal development in their Leadership and Communication skills. By using all those skills we Achieve our Goals: and "**REACH FOR THE SKY**" as demonstrated by **Roy Ganga, ACS, ALS**.

Please join me in Congratulations to Roy for his accomplishment in achieving the **Advanced Communicator Silver, Advanced Leader-**

ship Silver and the **Leadership Excellence** awards.

In order to accomplish these awards, Roy had to complete the following goals:

Achieved Advanced Leadership Bronze award (or "old" Competent Leadership award)

Served a complete term as district officer – Roy was Area G74 Governor 2005-2006 and is the current Division G Governor.

Completed the High Performance Leadership Program

Served successfully as a club

sponsor, mentor, or coach – Roy sponsored the Dental Toastmasters of Greater Atlanta Club

Completed 10 additional Advance Speech Projects.

Wow!!!! Well Done.



Lana McFarlane presents Roy Ganga with his achievement awards.

HEALTHY VOICE WELCOMES 3 NEW MEMBERS

- TONY CHAPEK
- SEAN KIZTMILLER
- LYNNE UNGLO



The addition of Tony, Sean and Lynne to the Healthy Voice family, enabled Healthy Voice to clinch the Smedley Award for membership.

EFFECTIVE EVALUATIONS

BY ROY GANGA, ACS, ALS

Were you ever the victim of a poor and unjust evaluation? I am sure quite a few of you can relate to this, whether it was career related or in a Toastmasters setting.

Unlike most evaluations at work, which are typically done at an annual review, evaluations in Toastmasters are immediate. The tone and content of an evaluation can have a great impact on the speaker. Evaluation is a positive experience designed to help people overcome weak habits and add power to good ones.

For a speaker, you learn and develop from good and effective evaluations. The positive and immediate feedback allows you to incorporate the recommendations of the evaluator into future speech projects.

As an Evaluator, you learn to sharpen up your listening and impromptu speaking skills,

while offering new perspective to a speaker, to help them recognize and solve any stumbling blocks they may experience during a presentation.

An effective evaluation builds self-esteem with the speaker by highlighting on the speakers strong points while touching on a few development opportunity areas. Giving an evaluation is an excellent way to demonstrate the skills you are learning as a Toastmaster.

As an evaluator, you should also demonstrate that you are truly interested in both the speech as well as the speakers' ability to grow and improve. Your challenge is to point out both the strengths and weaknesses of the speech in a helpful, encouraging and sincere manner that will motivate the speaker to return.

An evaluator should speak with the speaker prior to their presentation to learn of the speakers areas of concerns

and speech objectives.

A key area as an evaluator is to keep the main purpose in mind, i.e. to evaluate the speakers' presentation, not the person. In addition, remember the effects the speakers' speech had on you.

Whitewashing a speaker's performance can only do them more harm than good. Although it is important to highlight the speakers' strong points, it is equally important not to cover up the flaws.

These are the areas from your perspective that will help the speaker become more proficient.

You owe it to yourselves and to those you evaluate to provide an experience which will be positive, constructive and informative. As you evaluate you are not only giving the opportunity to polish your own speaking skills but also to assist others in attaining their specific goals.

As an Evaluator, your challenge is to point out both the strengths and weaknesses of the speech in a helpful, encouraging and sincere manner that will motivate the speaker to return.

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.

DISTINGUISHED CLUB PROGRAM—UPDATES

Healthy Voice Toastmasters, Distinguished Club Program (DCP) status update as of October 1, 2006.

Of the 10 goals we are expected to achieve to maintain our President's distinguished Club recognition, during the Toastmaster year from 7/1/2006—6/30/2007, we have achieved 4 goals so far. Congratulations to all of you for ensuring we are on track to retain this prestigious honor of being a President's Distinguished Club. Please remember to look at the status board that is on display during our regular weekly meetings for frequent updates.

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

MEMBER SPOTLIGHT

BY TONYA L. SMITH, ATM-B, CL



Roy Ganga accepting the Aetna Way Excellence Award for Leadership.

Roy Ganga's leadership abilities are an example of using **Aetna's Values** and **The Aetna Way**, along with his Toastmasters experience to foster strong ethical values amongst his colleagues. Roy manages the AetInfo® Data Quality and End User Services Team which provides consultative and technical support to internal business customers who use the AetInfo® Data Warehouse and Managed Care Monitor applications. He demonstrates customer focus by communicating respect, courtesy and a sense of urgency in every interaction and removes obstacles that hinder service excellence.

Roy can be described as a "working manager" because he never hesitates to rollup his sleeves and work side by

side with his staff in times of need. He strives to have a meaningful and positive impact on others and fosters a collaborative environment across Aetna to meet constituents' needs. Roy takes the time to listen to his associates and encourages them to be part of the resolution when problems are encountered. He also encourages his staff to "think out of the box" when resolving issues in their day-to-day work.

Roy never misses an opportunity to show his appreciation to his staff for their hard work and accomplishments. He has participated in numerous workgroups, such as the AetInfo® Champions of Excellence (ACE), employee survey committee and many others, and encourages his colleagues to participate as

well. As the organization evolves, Roy keeps his staff informed and lets them know how any changes impact their day-to-day work to enable his team to maintain a clear line of sight to the Aetna values, initiatives and goals. He promotes a culture of energy and commitment that encourages others to excel. One example is his personal achievements in Toastmasters and the accomplishments of his colleagues that he has encouraged to join. This "giving back" of the values and skills he has acquired results in a more positive, productive and ecstatic outcome. Roy's ability to "lead by example" has empowered his staff to Step Up, Reach Out and Make Things Happen and ultimately helps Aetna turn promises into practices.

RECENT BEST

Speakers:

- 9/28 – Tony Chapek
- 9/14 – Monique Burt
- 9/7 – Valerie Ganga
- 8/31 – Bruce Leyton
- 8/31 - Maria Castaneda
- 8/24 – Monique Burt
- 8/17 – Roy Ganga
- 8/3 – Valerie Ganga

Evaluators:

- 9/28 – Maria Castaneda
- 9/7 – Roy Ganga
- 8/31 – Xilin Chen
- 8/24 – Melissa Bentley
- 8/17 – Mark Johnson
- 8/3 – Linda Reid

Table Topics:

- 9/28 – Ginnie Sams
- 9/21 – Deanna McKinney
- 9/21 – Tony Chapek
- 9/21 – Jermaine Cuffie
- 9/7 – Mark Coote
- 8/31 – Angela Jackson
- 8/31 – Derek Lanham
- 8/17 – Tony Chapek
- 8/10 – Sean Kitzmiller
- 8/10 – Johnny Ren
- 8/3 – Karen Chapman



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 770-337-1893

Secretary:

Valerie Ganga 770-346-4281

Treasurer:

Karen Chapman, CC 770-521-3508

Sergeant at Arms:

Mark Coote 770-346-1342

Immediate Past President:

Tonya Smith, ATM-B, CL 770-346-2949

EMAIL: S029438@AETNA.COM

Deadline for submitting articles for the next newsletter is December 15, 2006 Please send articles to VP Public Relations Johnny Ren @ johnnyren@yahoo.com

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.



How high can you go?

You'll never know – until you...

...DARE TO SOAR!

MEMBERS TESTIMONIALS

"Toastmasters was something I heard about but thought I didn't need. Then to encourage my team members to join, I joined and realized how wrong those original thoughts were and wished I joined sooner. I am much more prepared in my many communications and presentations outside of the club. Additionally, I have improved my evaluations skills, meeting facilitation, and leadership skills--all critical to success in my career; not to forget, improved listening skills, which also comes in handy as a wife and mother of 3." **VP Education, Maria Castaneda**

"The first time I attended a Healthy Voice meeting there was

a motivational speaker there. He did just that, he motivated me to get up and do something. What Healthy Voice has done for me is realize that there really are more hours in the day than we realize. It's just sometimes we spend those hours being less productive than we should. Being a part of Healthy Voice has motivated me to take opportunity of some of those hours and to use them to help further my career."

Monique Burt

"I had heard about Toastmasters but wasn't really certain what it was about or if it was right for me. When I showed up unannounced to my first Healthy Voice meeting, I was immediately impressed by how welcome I

was made to feel by the members. There is definitely something special about this diverse group of professionals. I saw a common bond among members based in their desire to better themselves, but it was also obvious to me that they want to help each other develop capabilities and confidence in communications and leadership. It was soon apparent why this chapter is a shining star in Toastmasters organization. I have benefited by learning from the examples of others how to communicate more effectively. I am excited about developing communications and leadership skills that will benefit me throughout my life." **Sean Kitzmiller**

My first impression of the Healthy Voice Toastmasters group was very positive! At my first meeting everyone made me feel welcome. The meeting was organized, but not rigid and the atmosphere was encouraging, not intimidating. I immediately liked the dynamics of the group. My favorite meeting thus far was when Tonya Smith was the Toastmaster of the Day and she played the song "I'm coming out..." and everyone got up and danced!" **Jackie Marshall**