



# The Healthy Voice Herald

Volume 6

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## OCTOBER WORDS OF THE DAY

**CIRCUMSPECT** \sur-km-spkt\adj.  
Heedful of circumstances and potential consequences; prudent

**EDIFY** - To instruct and improve; enlighten, inform

**CRITERION** - n.pl. Criteria.  
A standard, rule or test by which a correct judgment can be made.

**IRREFRAGABLE** \ir-ref-ruh-guh-bul\adj:  
Impossible to refute; incontestable; undeniable, an irrefragable argument; irrefragable evidence.



Fred Kalil, sports anchor from 11Alive News, with members of Healthy Voice and Guest Speaker Cindy Cannon, DTM. L-R: Cindy Cannon, Roy Ganga, Fred Kalil, Lana McFarlane, Mark Halvorsen, Linda Reid, Tonya Smith.

October Fest 2004 was a spectacular success. The meeting got off to a great start with a brief opening message by John Webb, Segment Head for Aetna's Select Accounts on the benefits of Toastmasters.



John Webb

Drawing from his own life and work experiences, John, a former Toastmaster himself, touched on the significant importance of effective communication and applaud the members of Healthy Voice for

taking accountability of their own communication and leadership development. He encouraged everyone who is contemplating on becoming members to join and reap the benefits of Toastmasters.

Keynote speaker Fred Kalil, sports anchor from 11Alive News wowed the audience with his presentation and continuous humor. His message of courage and motivation spoke volumes as he described his personal challenges with brain surgery. Fred's ability to communicate effectively was challenged after his surgery. With rigorous rehabilitation and speech therapy, he was able to beat the odds and return to his work as a TV sports anchor.

Guest Speaker Cindy Cannon, DTM gave an exceptional motivational presentation about her challenges both medically, and facing up to her fear of FROGS.

The audience was inspired with the presenters encouraging and motivating messages. The officers of Healthy Voice extend a **Healthy Thank You** to everyone who contributed to making October Fest a success! Visit Healthy Voice web site to see more pictures from the October Fest @ [www.healthyvoice.freeservers.com](http://www.healthyvoice.freeservers.com).

## Reminders...

- **SEMI ANNUAL OFFICERS ELECTIONS -- Thursday November 11<sup>th</sup>.**
- **Table Topics Speech Contest – November 18<sup>th</sup>.** If you are interested in participating, please contact VP of Education, Tonya Smith.
- **Mentors, please be proactive in meeting with your assigned new member, to get them acclimated to the club and the various roles and responsibilities.**

## AN OPPORTUNITY TO IMPROVE YOUR LEADERSHIP & COMMUNICATION SKILLS AWAITS YOU...

Learn more about the benefits of Toastmasters and how to become a member. Please contact Linda Reid, President @ 770-346-1267 or any of the officers listed at the bottom of this page.

## OCTOBER BEST

	<u>Speakers</u>	<u>Evaluators</u>	<u>Table Topics</u>
10/28	Ginnie Sams, CTM	Patricia Williams, CTM	-
10/14	Mike Dayoub	Stacey Richardson, CTM Roy Ganga, ATM-B	Cheryl Dixon
10/7	Lana McFarlane	Roy Ganga, ATM-B	Bruce Leyton Roy Ganga, ATM-B

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.**