



The Healthy Voice Herald

Club #8236 District 14

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

December 2005

IN THE KNOW...

- ◆ **Saturday January 14th, 2006** -- Toastmasters Leadership Institute (TLI) - Location Gwinnett Center. - All Officers are required to attend. Members are welcome to attend. See registration info on the District 14 Toastmasters web site @ <http://www.gatoastmasters.org/conferences/index.html>
- ◆ **Thursday January 26th, 2006;** Noon - 1:00pm- Healthy Voice Club International Speech and Table Topics Contests.
- ◆ **Tuesday February 21st, 2006;** 6:30pm - 8:30pm - Area 74 International Speech and Table Topics Contests

RECENT BEST...



Speakers:

- ◆ 10/27 - Audrey Muse
- ◆ 11/03 - Marjorie Huggins
- ◆ 11/10 - Valerie Ganga
- ◆ 11/ 17 - Melissa Bentley
- ◆ 12/01 - Maria Castaneda
- ◆ 12/08 - Patricia Williams
- ◆ 12/15 - Valerie Ganga

Evaluators:

- ◆ 10/27 - Deanna McKinney
- ◆ 11/03 - Roy Ganga
- ◆ 11/10 - Mark Johnson
- ◆ 11/ 17 - Lana McFarlane
- ◆ 12/01 - Mike Dayoub
- ◆ 12/08 - Linda Reid
- ◆ 12/15 - Crystal Russell

Table Topics:

- ◆ 10/27 - Lana McFarlane
- ◆ 11/03 - Audrey Perkins
- ◆ 11/10 - Linda Reid
- ◆ 11/17 - Roy Ganga
- ◆ 12/15 - Patricia Williams

MEMBER PROFILE



In keeping with the 2005-2006 theme of Step Up, Reach Out & Make Things Happen, this year Healthy Voice has seen its new members stepping up to the challenge to enhance their communication, presentation and leadership skills. "Seeing this has been both motivating and encouraging," says Valerie Ganga, who has recently completed her 3rd speech. Valerie has been a member of Healthy Voice for a little over seven months. During this time, she has completed the club's Full Circle program, which requires fulfilling every role on the agenda during a six months period. My goals for joining Toastmasters are to fine tune my communication style and add impact to my overall presentations. I thought I was an 'OK' communicator until I attended some of the Toastmasters meeting prior to joining. I clearly saw the positive impact the program has on the members, as well as, how clearly the members were able to better articulate their message. Another key factor is the supportive environment and camaraderie amongst the members. I have learned quite a lot within a very short timeframe and have already seen results in my personal & professional developments. Based on my personal experience and the techniques I have acquired so far, I would definitely recommend Toastmasters to others who are thinking about enhancing their communication skills.

During this short time, Valerie has twice earned the "Best Speaker" for her speeches titled "Encounter in the Big City" and "Turning back the clock on our appearances", as well as, three times winner for Table Topics (Impromptu Speaking) and once voted "Best Evaluator".

Valerie is an Underwriting Analyst in the North Central Underwriting new business unit in Alpharetta. Outside of work Valerie and her husband indulges in the Martial Arts sport, along with their son who holds a 2nd degree Black Belt. Within the next three months, Valerie will be testing for her 1st degree Black Belt.

PRESIDENT'S CORNER

Greetings Fellow Toastmasters, I hope all of you had a Wonderful Thanksgiving and wishing you a great Christmas Holiday.

I am so excited and proud to say that Healthy Voice is going strong as we begin to wrap this year up with 8 1/2 out of 10 Goals completed so far to be a President Distinguished Club again this year! What's left to achieve President's Distinguished Club!

- ✚ 1 more CTM.
- ✚ At least 4 officers to attend TLI in January 06.

Congratulations to Maria Castaneda, CTM for shutting it down, by attaining her CTM on 12/03/05. We only need 1 more CTM before 06/30/06 to reach this goal. I know that we will have way more than 1 CTM before 06/30/06.



WELCOME NEW MEMBERS



◆ Johnny Ren

THE TOASTMASTER'S PROMISE

As a member of Toastmasters International and my Club, I promise ...

- ◆ To attend all Club meetings regularly
- ◆ To prepare all of my speeches to the best of my ability, basing them on projects in the Communication and Leadership Program manual or the Advanced Communication and Leadership Program manuals
- ◆ To prepare for and fulfill meeting assignments
- ◆ To provide fellow members with helpful, constructive evaluations
- ◆ To help the Club maintain the positive, friendly environment necessary for all members to learn and grow
- ◆ To serve my Club as an officer when called upon to do so
- ◆ To treat my fellow Club members and our guests with respect and courtesy
- ◆ To bring guests to Club meetings so they can see the benefits Toastmasters membership offers
- ◆ To adhere to the guidelines and rules for all Toastmasters educational and recognition programs
- ◆ To maintain honest and highly ethical standards during the conduct of all Toastmasters activities

Congratulations also to Patricia Williams for attaining her ATM-B on 12/08/2005. Yours truly, Madam President, will be following in 01/06 due to the fact there were no more available Speaking Slots... That is a good thing... Make sure you are tracking your Full Circle Achievement Award, the quarter ends on 12/31/05. See Deanna McKinney, CTM if you need more information or to track your progress.

For the month of November we had the Privilege and Honor to hear some Great Speeches by our Following Toastmasters:

- ✚ Toastmaster Mark Halvorsen, CTM and a companion Bill did a great redemption in Role Playing on the Topic of How to Deal with Anger.
- ✚ Toastmaster Marjorie Huggins inspired us to Reach Out and Touch. (She even sang to us!!!)
- ✚ Toastmaster Angela Jackson, shared with us how to identify a Good Tired and a Bad Tired. I still have my chart on my refrigerator.
- ✚ Toastmaster Valerie Ganga shared her "Encounter in the Big City" (New York City!)
- ✚ Toastmaster Tonya Smith, CTM, CL set the mood with the Candles Burning and read some Poetry in Motion by Dr. Mayo Angelou... with her redemption of "Phenomenal Woman."
- ✚ Toastmaster Melissa Bentley read to us a story with her speech title "You are Special."
- ✚ Toastmaster Paul Im talked about having Courage.

Congratulations to all who are operating in our theme of Step Up Reach Out Make Things Happen!

CLUB'S SUCCESS PLAN STATUS

The annual Distinguished Club Program runs from July 1 through June 30. The program consists of 10 goals a club should strive to achieve during this time. In conjunction with membership, achieving any 9 of the 10 goals, the Club receives the highest recognition of President's Distinguished Club. Achieving 7 of the 10 goals the club is recognized as Select Distinguished Club and any 5 goals the club the recognition is Distinguished Club. Healthy Voice has the distinguished honor in achieving the President's Distinguished Club recognition since its charter in 2001. This year is shaping up to be no exception. Thanks to all of you, Healthy Voice has already achieved 8 of the 10 goals. We are definitely on track to meeting all 10 goals.

	GOAL	ACTUAL	ACHIEVED
(1)	CTMs	2	2 *
(2)	Additional CTMs	2	1
(3)	ATMs	1	1 *
(4)	Additional ATMs	1	1 *
(5)	CL, AL, or DTM	1	1 *
(6)	Additional CLs, ALs, or DTMs	1	1 *
(7)	New Members	4	4 *
(8)	Additional New Members	4	4 *
(9)	Officers Trained (both required)		
	June-August	4	7
	and December-February	4	0
(10)	Submitted on time (both required)		
	October or April Renewal	1	1 *
	and Officer List	1	1

Total Goals Achieved To-Date: 8

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.



FOOD FOR THOUGHT

Success is just around the corner for the person who refuses to quit...

NEWSLETTER & WEBSITE ARTICLES

Deadline for submitting articles for next month newsletter is January 16th. Please send articles to VP Public-Relations Mark Johnson, ATM-B @ JohnsonM5@aetna.com

Visit Healthy Voice web site @ <http://toastmasters.sandyeast.com/healthyvoice/>

*Healthy Voice
Wishes you a
Happy Holiday Season and
a very
Prosperous New Year!*



Be a leader, Be a good communicator...

By Roy Ganga, ATM-B
Area 74 Governor & Healthy Voice VP of Membership

Leaders in today's workplace would attest that good and effective communication is the key to success. However, attempting to express your thoughts publicly is usually smothered with the fear of getting the right words out and the wild notion of your presentation being ineffective. This is not uncommon amongst individuals that have a fear of public speaking. In fact, research has shown that the number one fear that affects humans is the fear of public speaking; the number two fear is death. It would be devastating for all if these two most common fears were combined i.e. dying from speaking.

The ability to succeed and overcome your fears is at your will. Failure to accept the challenges and realizing your full potential serves only as an injustice to your development, and stifles your personal growth. Each of us is in control of our own destiny and finding innovative ways to self improve is a challenge of it own. Therefore, let your New Years resolution be to step out of your comfort zone and accept the challenges of becoming a confident and effective leader, and communicator. This is where Toastmasters program can help you realize these dreams. To learn more about the benefits of Toastmasters and becoming a member, please contact me at 770-346-2232.

ACHIEVEMENTS

Celebrating success this month are two dedicated toastmasters who have each set challenging goals for themselves and were able to achieve them with full support from all the members of Healthy Voice.

- ♦ Maria Castaneda achieved her Competent Toastmaster (CTM) designation by completing her 10th speech on December 1st. Maria has been a member of Healthy Voice since April 2005.
- ♦ Patricia Williams earned her Advance Toastmaster – Bronze (ATM-B) designation on December 8th after completing her 20th speech.

Congratulations Maria Castaneda, CTM and Patricia Williams, ATM-B on your respective accomplishments!

COMING SOON... FABULOUS FEBRUARY! Members attending 4 out of 5 Healthy Voice meetings from February 2 through March 2, 2006 will be eligible for a special prize drawing. Please contact any of the club Officers for more info.

ARE YOU INTERESTED IN PARTICIPATING IN AREA 74 INTER-CLUB SPEAKER EXCHANGE PROGRAM! PLEASE CONTACT AREA 74 GOVERNOR, ROY GANGA @ 770-346-2232 FOR MORE INFO.

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 – Tonya Smith, CTM, CL 770-346-2949

VP Membership – Roy Ganga ATM-B, CL 770-346-2232

VP Education – Deanna McKinney, CTM 770-346-5134

VP Public Relations – Mark Johnson, ATM-B 770-346-5054

Sergeant at Arms – Lana McFarlane CTM, CL 770-346-4220

Secretary – Carla Young 770-346-4229

Treasurer – Maria Castaneda, CTM 770-346-1152

Step Up, Reach Out and Make Things Happen!