



# The Healthy Voice Herald

Club #8236 District 14

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

December 2006



## ICE BREAKER DAY...

By Tonya Smith, ACS, CL

Sean gathered our attention with “Chocolates” and his favorite movie “Forest Gump” with the famous saying “Life is like a Box of Chocolates.” Sean took us on a Journey of his life where it was sometimes *Crunchy* in which we learned he is a Mama’s Boy. Sometimes *Bitter* in which his 3<sup>rd</sup> daughter was diagnosed with Type 1 Juvenile Diabetes. Sometimes *Sweet* in which he delivered his first daughter.

Lynne took us on a “Walk in her Shoes Journey”. We learned about several pairs of shoes. It began with her...

*Running Shoes* – In which she ran in several Marathon Races and met her husband during a marathon.

*Business Shoes* – She owns her own company and has to meet with her clients and attend meetings with these very important shoes...

*Flip Flops* – That took her to beautiful exotic places such as Hawaii, Barbados, and Venezuela.

Josh simply gave us a little information titled “*A Bit About Me.*” First of all he was Born WAY back when in 1983 in Dawson County Georgia. He works for North Point Community Church, located in Alpharetta, GA and is responsible for their Networking. He has 2 brothers Jack 18 and Jordan 15. He has 2 Step Sisters Megan 19 and Courtney 15. Josh entertained us with his Charming Sense of Humor... We indeed got a chance to get know A bit about Josh.



## President’s Corner...

By Lana McFarlane, CTM, CL

Where did the time go? We’re almost half way through the Healthy Voice Toastmaster year, so here’s a recap of some of the events that Healthy Voice has been involved with so far -

- ⌘ We’ve had seven new members join our club since July.
- ⌘ We were honored to have a guest speaker, John Queller, Aetna VP and Region Head, attend and inspire our members and inform us from his personal experience how to succeed in Communications.
- ⌘ Our first Healthy Voice Family Reunion.
- ⌘ INNNNovative November – a chance for all our members to stretch their imagination as we

prepare for the upcoming events of the International Speech and Table Topics Contests in January.

Wow, we have been busy having fun as we *Achieve our Goals* and “*Reach for the Sky*”.

As we approach the holidays and our lives become busier by the minute, *please*, don’t forget to follow-up on all the commitments you made to others, and more important, to yourself. Also, did you set goals for yourself? Then check your Goal List and confirm that you’re still on track. Not seen or heard from a member in a while? Reach out to them and find out...Is everything Okay? They might not be...As a club we’re all responsible for our Healthy Voice family to stay in touch even if it’s just to say Hello.

As you prepare for the holidays and have fun at all the parties, take advantage and bring into play your Toastmaster skills during the games that you participate in. Table Topics will come in really handy.

**Have a safe and Happy Holiday....**

## SUCCESS OF EFFECTIVE COMMUNICATION

By Janice Edmonds-Scott

David Queller, Aetna's Southeast Region National Accounts President, was the keynote speaker at the Health Voice OctoberFest event. Introduced by Linda Reid, ATMB, CL, Dave delivered a message on the "Success of Effective Communication". Dave's speech was well received by the audience, especially from a guest who indicated that this is the first presentation that he's heard with layman's language that he could actually understand.



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## HEALTHY VOICE WELCOMES 5 NEW MEMBERS:

By Linda Reid, ATM-B, CL

On behalf of Healthy Voice, I am proud to extend a warm welcome and sincere congratulations to the following new members, who were officially inducted into our club, by Tonya Smith, Area E55 Governor, during the month of October, 2006:

Tony Chapek, Lynne Unglo, Sean Kitzmiller, & Linda Ladd

Also, a warm welcome to Healthy Voice's newest member, Josh Vaughters.

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## FUTURE TOASTMASTERS

By Lana McFarlane, CTM, CL



Young Toastmasters in the making. Two of our guests that attended the Dec 14 meeting were students from Mount Pisgah Christian School, Taylor Marshall and Grant Thomas. Taylor won the Best Table Topics ribbon for his response on "Why it's not a good idea keeping New Year resolutions". Great Job and look forward to having them visit again.

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## Congratulations...

Roy Ganga on achieving his Advance Communicator Silver and Advance Leader Silver designations.

Tonya Smith on achieving her Advance Communicator Silver (ACS) designation

Valerie Ganga on achieving her Competent Communicator (CC) designation.

Johnny Ren on achieving her Competent Communicator (CC) designation.

**With each of these accomplishments, Healthy Voice has reached Select Distinguished Club status before December 31, 2006.**

**Only 3 more goals to Go!!!!**

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## UPCOMING EVENTS...

- ♣ January 13 – TLI Club Officer Training – Gwinnett Center
- ♣ January 18 --Toastmaster's International Speech and Table Topics Contest / Club level
- ♣ January 25 – Awards Day
- ♣ February 17 – Division G Dare to Soar Tour
- ♣ February 21 - Toastmaster's International Speech and Table Topics Contest / Area level

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## FUNNY THING ABOUT COMMUNICATION

By Maria Castaneda, CTM, CL, V.P. Education



It's not about speaking, listening, gestures, vocal variety, visual aids, and all these skills that we polish as Toastmasters. Most times we don't know if we've communicated effectively until we see the results of our attempt at communicating.

Recently, at the dinner table, I warned my 7-yr old son to pour the Ranch dressing slowly to avoid getting a glob of it on his salad. Seconds later, there was a glob of dressing on his plate. I said, "Korben, didn't I just say to pour it slowly so you don't get a glob of it on your plate." Being the comedian that he is, he said, "Well, I guess I need new ears."

To communicate is defined as having an interchange, as of ideas; expressing oneself in such a way that one is readily and clearly understood; being connected, one with another.

skills fall on “deaf” ears. Time and energy wasted by all.

Sometimes we can't wait for results to see if we're clearly understood. Perhaps a misunderstanding can bring on unfavorable, even irreversible results. If there's no room for error, it may be imperative that your communication is clearly understood and appreciated immediately. Hindsight has taught us all many hard lessons of what we should have said or done differently to have communicated better.

Sharing those lessons, these are communication tips to keep in mind:

- ö Ask questions. Ask your listener to repeat his/her understanding of what you are attempting to communicate. Ask if he/she agrees or disagrees.
- ö Connect. Continue communicating until there is connection. Find different ways to communicate the same thought. Using the same techniques offers no change in concept.
- ö Respond carefully. Criticizing someone's misconception of your communication only jeopardizes the connection. Your words will subsequently sound like, “Blah, blah, blah” regardless of the importance of what you say.
- ö Be reasonable. When exchanging thoughts, could it be that your idea or expression is incorrect, unjust, or unreasonable? Be willing to allow others to also effectively communicate their thoughts with you. Connection, not insisting that you're right, is the key to effective communication.
- ö Don't be intimidated. If your thoughts are imperative to maintaining a solid relationship, don't give in just to keep peace. Perhaps revisiting at a better time is better, but there won't be a connection until your thoughts are effectively communicated.
- ö Positive communications. Allowing others to understand how good, even wonderful, you feel by their actions, reinforces your connection in the relationship. But again, they need to truly understand the source of your happiness. (e.g. it may not be the actual help you received, but the timing)
- ö Reward results. There's always something satisfying in connecting with someone, regardless of the relationship—child, spouse, parent, friend, co-worker, client. Make sure that this connection is nurtured and maintained somehow: a call of appreciation, a token gift, an invitation. This will facilitate future effective communications.

Lastly, not all communications involve words, spoken or written. Perhaps even a third-party can convey your important thoughts, surprisingly even children (“out of the mouth of babes”). No need to take credit, you just need results. Therefore, use whatever means necessary to communicate your thoughts and reach a connection for rewarding results.

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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 Thursday meetings to learn more about the benefits of Toastmasters. Contact any of the officers below for more info**

President – Lana McFarlane CTM, CL 770-346-4220  
VP Membership – Linda Reid ATM-B, CL 770-346-1267

VP Education – Maria Castaneda CTM, CL 770-346-1152  
VP Public Relations – Johnny Ren, CC - 770-337-1893  
Sergeant at Arms – Mark Coote 770-346-1342

Secretary – Valerie Ganga, CC - 770-346-428  
Treasurer – Karen Chapman CTM 770-521-3

***Reach for the Sky!***