



# TRIPLER ARMY MEDICAL CENTER

## >>>> NEWS RELEASE <<<<

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For more Information, contact the TAMC Public Affairs Office  
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## **Tripler Army Medical Center invites community to participate in its Paradise Toastmasters Club**

Honolulu, HI – If you’ve ever heard Hawaii’s Governor Linda Lingle speak, I’m sure you noticed how eloquent and polished her speeches are. Governor Lingle, along with many key military and civilian leaders throughout the world, learned her art of speaking in Toastmasters!

Tripler Army Medical Center wants to help bring-out the natural leader in you by inviting you to its Paradise Toastmasters Club.

Everyone is welcome, but if there’s anyone who is already a member of Toastmasters or anyone who’s interested in joining Toastmasters in the Moanalua Ridge and Ft. Shafter area, it’s just a hop, skip, and a jump to Tripler from those areas.

### **In Toastmasters you will learn:**

- Impromptu speaking;
- Voice variation;
- Body language;
- Speech writing skills;
- Listening and speech evaluation skills;
- Leadership and management skills;
- Use of props and multi- media;
- Vocabulary building;
- and so many other valuable tools to enhance careers and overall confidence.

Tripler’s Paradise Club is made-up of a diverse group of people to include military, family members, retirees, and civilians from both Tripler Army Medical Center, Hawaii’s Department of Veterans Affairs, and the community who are committed to having a great time while learning the importance of ‘it’s not what you say but *how* you say it.’

**So come on out and join us! Our next meeting is Thursday, June 26. We look forward to seeing you.**

Tripler’s Paradise Club meets in Tripler’s Anuenue Café Executive Dining Room every other Thursday 5-6 p.m. The Anuenue Café is located down the first main hallway to the left just through the Oceanside Entrance. Signs are posted, so it is very easy to locate, but should you need assistance, information desk personnel will be available to lend a hand.

For more information, contact Mindy Anderson at 433-2809.