



# The Healthy Voice Herald

Club #8236 District 14

<http://tmclub.zapto.org/healthyvoice/>

June 2005

## UPCOMING EVENTS

- ◆ May 1 - July 31 - Healthy Voice 3 & 3 Contest. Complete 3 speeches in 3 months and receive a prize.
- ◆ June 31, Healthy Voice 6 month Full Circle Program ends.
- ◆ July 14, New Officers Induction

## MAY BEST

### Speakers:

- ◆ Lana McFralane
- ◆ Karen Scott
- ◆ Tarnaz Greene
- ◆ Steven Casey

### Evaluators:

- ◆ Mark Johnson, CTM
- ◆ Deanna McKinney, CTM
- ◆ Crystal Russell, ATM-S
- ◆ Mark Halvorsen, CTM
- ◆ Bruce Leyton, CTM

### Table Topics:

- ◆ Bryce Leyton, CTM
- ◆ Patricia Williams, CTM, CL
- ◆ Marjorie Huggins
- ◆ Sherry Pazol

## WELCOME NEW MEMBERS



- ◆ Marjorie Huggins
- ◆ Angela Jackson
- ◆ Brenda Mendez

## OFFICERS ELECTION UPDATE ...

The results from the Officers election held on May 19 are official. The seven elected Officials who will lead Healthy Voice for the next 6 months term (7/1/2005 – 12/31/2005) are:

President -- Tonya L. Smith, CTM, CL  
VP Education -- Deanna McKinney, CTM  
VP Membership -- Roy Ganga, ATM-B, CL  
VP Public Relations -- Mark Johnson, CTM  
Secretary -- Carla Young  
Treasurer -- Maria Castaneda  
Sergeant at Arms -- Lucy Basow

Congratulations to all of you!

Thank you to out going President Linda Reid, ATM-B for a job well done. Linda will continue to be in Healthy Voice's leadership role, serving as the clubs Immediate Past President, providing leadership and guidance to the newly elected officers.

Also, Thank You to Mark Halvorsen, Carol Michaud and Lana McFarlane who served the club diligently as VP of Membership, Secretary/Treasurer and Sergeant at Arms respectively. Healthy Voice will be counting on your expertise as we move forward to making the club even more successful.

## ICE-BREAKER DAY TRULY A SUPPORTIVE FORUM FOR NEW SPEAKERS

It was not a typical weekly meeting at Healthy Voice on May 12. It was the return of Ice-Breaker Day, a meeting designated to all first time speakers.

Healthy Voice has periodically held Ice-Breaker days when there are at least 3 new members ready to give their first speech.

We heard from three first time speakers who displayed poise and confidence and they presented their respective speeches. We truly got to know each of them a lot better after their presentations. The Ice was broken when the Toastmaster for the meeting, Tonya Smith, kicked it off with a blast of music. As speakers and participants were introduced, they briefly recapped their favorite music, singing and dancing their way to the lectern.



L-R: Maria Castaneda, Valerie Ganga, Lucy Basow

After listening to speakers at previous meetings and filling roles to be acclimated to

## CONFERENCE PHOTOS



Healthy Voice Sergeant-at-Arms, Lana McFarlane, proudly display Healthy Voice's banner at the District 14 Conference on May 14, 2005.



Bruce Leyton and his family



L-R: Roy Ganga, Lana McFarlane, Crystal Russell, Bruce Leyton and John Watkins



Healthy Voice President Linda Reid (L) with Lana McFarlane (R) during dinner

the Toastmasters environment and protocol, Valerie Ganga, one of Healthy Voice's newest members was ready to face her challenge. Valerie talked about her journey to America and shared her experience of her new beginning. "It wasn't as bad as I anticipated," remarked Valerie after completing her presentation. "I had a thirst and strong desire to join Toastmasters. Two days before my speech, I had over 1000 excuses why I should not attend the meeting, and that was because my nerves were getting the better of me. What would my friends think about my speech; would I make myself a fool in front of everyone". The decisive moment arrived; "at the beginning, I had butterflies, and they were definitely fluttering all over my body. Half way through I started to feel comfortable and totally forgot about the time constraints, until I saw the red light turned on. I am definitely looking forward to doing my next speech soon". Valerie indicated that it was a good idea to have an icebreaker day, which she found as a very supportive forum for new speakers, since all the speakers were facing the same challenges and objectives. "It was not an intimidating moment whatsoever; more nerve wrecking but not intimidating".

Maria Castaneda, deliver her Icebreaker on May 5<sup>th</sup>, said she initially felt the same as everyone else and had this to say —"What do I talk about? What do these people want to know about me? And how do I present it in a way that would keep people remotely interested in listening to me? In other words, what would keep them all from falling asleep? So I tossed and turned at night, talked with my husband about it, discussed it with my mentor, until I finally decided that instead of talking about my past, I would intend to inspire my audience with talking about where I'm headed, my goals, my song, my dance. Once I knew the purpose of my speech, then I had a hard time limiting it to 6 minutes! Then came time for my speech and I thought I would hyperventilate at the podium, but I looked out and was comforted by familiar faces who'd been down this road themselves. And guess what? I survived. The earth didn't swallow me whole. Incidentally, nobody fell asleep either. Instead, I was most grateful for everyone's encouragement and how I've been inspired to strive to be among the great speakers in Healthy Voice ...and have fun along the way..."

The other first timers that give their speech on Icebreaker day were, Karen Chapman and Karen Scott. Cynthia Swahn gave her speech on Destiny, on May 19. Kudos to all you first timers!

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## SLEEP FOR SUCCESS

By Maria N Castaneda

I recently shared with my fellow Toastmasters what I recently heard a motivational speaker say.

**Who you will be 5 years from now depends greatly on:**

- **who you talk to**
- **what you read, and**
- **how much you sleep**

However, I didn't explain that last part: *how much you sleep*—leaving some of you bewildered with this concept.

The speaker reminded his audience that during sleep, our brain is recording and filing our short-term memory. So with the converse being true, I remember thinking: no wonder I felt so empty-headed right after giving birth! With sleep deprivation, I didn't know if I was coming or going, that I know my husband wondered if our child would be OK with me alone, or would he return from work to find our newborn sleeping in the sink right there with the dirty dishes...

But doesn't it make sense that when you're facing a tough decision, you're reminded of the old advice to "sleep on it" or "give it 24 hours"? Of course, when you have a stressful situation in front of you, that's all you can think of. Yet when you sleep and your brain files things away, the next day you're consciously and subconsciously reviewing all your stored data, everything you've learned that will help you deal with your situation, for a more reasonable approach. Same with reading and learning—sleep does wonders with retention.

## 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

## 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.

But let's not stop there. In an upcoming article, I'll tell you how and why you need to give your "second" brain a rest too. Meanwhile, sleep for your success!

## Part 1

# Depression: Can Exercise be as effective as Medication?

*By Mark Johnson, CTM*

## What is Depression?

Everyone knows what it's like to feel sad, down, or "blue" from time to time. But when these feelings continue for two weeks or more and are accompanied by certain other physical and mental symptoms, doctors call this condition major depressive disorder (also known as depression).

Depression is a real medical condition that affects over 14 million people a year in the United States. Depression is thought to be caused by an imbalance of brain chemicals. It can happen on its own, but can also be triggered by a stressful or traumatic event. The good news is that depression can be successfully treated. If you think you may have depression, you should talk to a qualified healthcare professional about your symptoms.

## Depression Symptoms

If you think you might have depression, the first step towards feeling better is discussing your symptoms with a qualified healthcare professional.

The symptoms that help a doctor make a diagnosis of depression include:

- feelings of sadness, irritability, or tension
- decreased interest or pleasure in usual activities or hobbies
- loss of energy, feeling tired despite lack of activity
- a change in appetite, with significant weight loss or weight gain
- a change in sleeping patterns, such as difficulty sleeping, waking up early in the morning, or sleeping too much
- restlessness or feeling slowed down
- decreased ability to concentrate or make decisions
- feelings of worthlessness, hopelessness, or guilt
- thoughts of suicide or death

If you are experiencing any or several of these symptoms, you should talk to your doctor or other qualified healthcare professional about depression. (1)

## Depression and the sedentary lifestyle

American research into fatal heart attacks indicate that depression, exercise and physical health are closely linked. On average, depressed people only exercise about half as much as people who aren't depressed. This lack of cardiovascular fitness puts a depressed person at an increased risk of heart attack. It also seems that depression and exercise influence each other - a sedentary lifestyle increases the risk of depression, and depression increases the likelihood of a sedentary lifestyle.

## Exercise study

A research study at Duke University Medical Centre compared the effects of exercise and drug therapy in treating depression in older people. The 156 depressed men and women were divided into three groups. Over 16 weeks, one group took antidepressants, the second group undertook an aerobic exercise program, and the third group used both medications and exercise. Selected results include:

- The participants in all three groups improved.
- The participants in the combination group improved the fastest.
- 68.8 per cent of participants in the combination group were no longer classified as clinically depressed after treatment.
- 60.4 per cent of participants in the exercise group were no longer classified as

## ERGONOMICS TIPS

Do you know these tid-bits about your computer monitor...

- ◆ Adjust the height and angle of the monitor and your computer desk or table so you can look straight ahead or slightly down into the computer screen. The top of the screen should be no higher than eye level, and you should not have to tilt your head backward.
- ◆ Sit so that the distance between your eyes and the monitor is about 18 to 30 inches.
- ◆ Use the brightness and contrast controls to make sure you can read the screen clearly and with a minimum of glare.

## INSPIRATIONAL THOUGHT

Where the Grass is Greener, by Robert Fulghum - Submitted by Maria Castaneda...

*"The grass is not, in fact, always greener on the other side of the fence. Fences have nothing to do with it. The grass is greenest where it is watered. When crossing over fences, carry water with you and tend the grass wherever you may be."*

## NEWSLETTER & WEBSITE ARTICLES

Deadline for submitting articles for next month newsletter is June 30th. Please send articles to VP Public Relations Roy Ganga @ [Ganga.Tribbuan@aetna.com](mailto:Ganga.Tribbuan@aetna.com)

Visit Healthy Voice web site @ <http://tmclub.zapto.org/healthyvoice/>



clinically depressed after treatment.

- 65.5 per cent in the medication group were no longer classified as clinically depressed after treatment.

### The brain chemical serotonin

Serotonin is an important brain chemical (neurotransmitter) that contributes to a range of functions, including sleep and wake cycles, libido, appetite and mood. Serotonin has been linked to depression. Queensland researchers have found that regular exercise, and the subsequent increase in physical fitness that results, alters serotonin levels in the brain and leads to improved mood and feelings of wellbeing. Some research indicates that regular exercise boosts body temperature, which may ease depression by influencing the brain chemicals.

### Other therapeutic benefits of exercise

Apart from changes in brain chemistry, the other factors that may help explain the therapeutic effect of exercise on depression include:

- The person experiences a self-esteem boost by taking an active role in their own recovery.
- Some forms of exercise, such as team sports, are also social events.
- Physical activity burns up stress chemicals, like adrenaline, which promotes a more relaxed state of mind.
- An enjoyable bout of exercise may be distracting enough to break the vicious cycle of pessimistic thinking.

### Physical benefits

The physical benefits of regular exercise include:

- Improved cardiovascular fitness
- Reduced risk of premature death
- Reduced cholesterol level
- Reduced blood pressure
- Maintenance of healthy weight
- Improved muscle tone.

### Exercise suggestions

Before deciding on any exercise plan, consult with your doctor, especially if you haven't exercised for some time. Some ways you can use exercise to help manage depression include:

- Choose a range of fun activities.
- Ask a family member or friend to be an exercise partner, as lack of motivation is one of the key characteristics of depression.
- Exercise two to five times per week.
- Make the length of each exercise session at least 30 minutes.
- Exercise at around 60 to 70 per cent of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220.
- Remember to thoroughly warm up and cool down.
- Try to live a more active lifestyle - walk instead of using the car for short trips, or avoid the use of labour saving devices when possible. (2)

### Part II of this series in Next Month's Edition Exercise and Back Pain

Article Sources:

- (1) [http://www.wellbutrin-xl.com/undiagnosed/symptoms\\_of\\_depression.html](http://www.wellbutrin-xl.com/undiagnosed/symptoms_of_depression.html)
- (2) [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Depression\\_and\\_exercise?OpenDocument](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Depression_and_exercise?OpenDocument)

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 – Linda Reid, ATM-B 770-346-1267

VP Education – Tonya Smith, CTM, CL 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.**