



The Healthy Voice Herald

Club #8236 District 14

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

August 2005

UPCOMING EVENTS

- **9/22 Motivational Speaker**
Chris Gloss will be our Featured Guest Speaker.
- **8/1/05 - 9/15 Dues Renewal.** See Maria Castaneda for more details.
- **7/1/05 - 12/31/05 - Full Circle Award** Participation. See Deanna McKinney for more details.
- **10/28 - 10/29 - Fall Conference** located in Jekyll Island

JULY/AUGUST BEST SPEAKERS

8/18 -- David Schlegel
8/11 -- Maria Castaneda
8/4 -- Bruce Leyton
7/21 -- Maria Castaneda
7/7 -- Tarnaz Greene

JULY/AUGUST BEST EVALUATORS

8/18 --Crystal Russell
8/18 -- Roy Ganga
8/11 -- Carla Young
8/4 -- Crystal Russell
7/28 -- Lana McFarlane
7/21 -- Michael Dayoub
7/14 -- Valerie Ganga
7/7 -- Deanna McKinney

JULY/AUGUST BEST TABLE TOPICS

8/11 -- Valerie Ganga
7/28 -- Bruce Leyton
7/28 -- Valerie Ganga
7/21 -- Deanna McKinney
7/14 -- Michael Dayoub
7/7 -- Xilin Chen

STEP UP - REACH OUT - MAKE THINGS HAPPEN

by President Tonya Smith, CTM, CL

The 2005-2006 Theme for Healthy Voice Toastmaster's Club is "**Step UP - Reach Out - Make Things**". Fellow Toastmasters, it is an honor and privilege to be the President of such a Presidents Distinguished Club. I greet you today by expressing my Excitement and Commitment to this club! I am proud to say that all of our members are operating in the excellence of our Theme. Ice Breaker Day held on 8/18/05 was a true success. We had 5 brand new speakers that participated in Ice Breaker Day by Stepping up to the Plate and Stepping Out of their Comfort Zones. Their speeches reached out to all their fellow toastmasters by sharing unique stories about themselves.

Making Things Happen by showing up and showing out.



Our Evaluators were on the ball with their Evaluations by giving all Top Notch Feedback. Ask any one of our Best Evaluators for July/August for a TIP on giving great evaluations.

Congratulations to all of our winners who participated in the 3 & 3 Contest. Take time out to Congratulate them and ask them about the great prizes they received for their participation.

PLEASE COME AND SUPPORT OUR BEST!

Healthy Voice is the host for the Area 74 Humorous and Evaluation Speech Contests on Tuesday September 13. Contest begins promptly at 6:30 p.m., in the Herschel Walker Room. Representing Healthy Voice are the Evaluation Contestant, Crystal Russell and Humorous Speech Contestant, Bruce Leyton. Healthy Voice wishes both Bruce and Crystal best of luck! Please make every effort to attend this contest and show support to our home club representatives.

With Great Appreciation!!

2005-2006 President Tonya Smith, CTM, CL presents outgoing 2004-2005 president and now Immediate Past President Linda Reid, ATM-B with a token of appreciation for a job well done.

Thanks Linda Reid!!





OUR NEWEST MEMBERS

- o **David Schlegel**
- o **Audrey Muse**
- o **Melissa Bentley**
- o **Ozell Waters**
- o

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

Another successful and motivational speaking session. New comers strut their stuff and their personal style to their respective Ice Breaker presentations.



Congratulations to (L-R) Tonya Smith, David Schlegel; Phyllis Solomon; Angela Jackson; Audrey Muse; Sherry Pazol



Healthy Voice held its first 3&3 Contest, where members were encouraged to give 3 speeches within 3 months. Members completing this feat were Crystal Russell, ATM-S, CL; Mark Johnson, CTM; Maria Castaneda; Tarnaz Greene.

Congratulations to all of you.

Once again, Healthy Voice is proud to be the home club of two distinguished Area Governors for the 2005-2006. Former Club President and current VP of Membership, Roy Ganga, ATM-B, CL, was appointed Area Governor for Area 74, which includes Healthy Voice. Lana McFarlane, CTM, CL, the club past Sergeant at Arms, was appointed Area Governor for Area 75. Healthy Voice is extremely proud of Roy & Lana and wishes them much success in their endeavours as Area Governors. In the short history of Healthy Voice Club, this distinction was bestowed once before when Crystal Russell and Melanie Sills served as Area Governors in 2002-2003.



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.



Healthy Voice 2005-2006 year is off to a great start. The club has already satisfied two of its 10 goals (and they are only 2 months into the year). The newly elected officers have truly stepped up to the challenge in making Healthy Voice maintains its' Presidents Distinguished Club status. 2005-2006 Healthy Voice officers are (L-R) Mark Johnson, CTM; Tonya Smith, CTM, CL; Carla Young; Deanna McKinney, CTM; Maria Castaneda, Lucy Basow; Roy Ganga, ATM-B, CL.

SLEEP FOR SUCCESS, PART II

By Maria N Castaneda

INSPIRATIONAL THOUGHT

Have the Time of Your Life

Oprah Winfrey

"If time is flying, you are the lead pilot. Navigate it--because only you can. Guard it as a treasured possession--because it is. Spend it judiciously--because you can't get it back. Then use it on the things that really matter to you. The essential question is not "How busy are you?" but "What are you busy at?" Are you doing what fulfills you? "Someday" is not an eighth day of the week. Claim time for the passions that make you love your life."

- Submitted by Maria Castaneda...

In the previous month's newsletter I shared with you 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***

In the article I introduced the explanation of that last part: *how much you sleep*. During sleep, our brains record and file our short-term memory for long-term retention. But we can't stop there. In this article, I'll tell you how and why you need to give your "second" brain a rest too.

Your *second* brain?! Do you get "butterflies" in your stomach before giving a speech? Or have you had an attack of intestinal cramps just before a critical meeting? Have you taken any medication to ease your mind and it turned out to cause abdominal upset, like it does for millions of people who take such drugs? The reason for these common experiences is because each of us literally has *two brains*—the familiar one encased in our skulls and a lesser-known but vitally important one found in the human gut. Like Siamese twins, the two brains are interconnected; when one gets upset, the other does, too.¹

"The brain is not the only place in the body that's full of neurotransmitters. A hundred million neurotransmitters line the length of the gut, approximately the same number that is found in the brain. ... *The brain in the bowel has got to work right or no one will have the luxury to think at all.*"²

The importance of sleep: When our sleep is continuously disrupted, what follows? Pain, fatigue, emotional distress, leading to less sleep. Does it get any better when you're awake? Not really. In fact, it only increases sensitivity to bowel, skin, and muscle stimuli, leading of a vicious cycle of more pain and stress.

We often hear of proper eating habits for digestive health. But please don't minimize

NEXT MONTH'S UPCOMING
ARTICLES

**Weight Loss and How Water
Plays a Major Role**

By Mark Johnson, CTM, Certified
Personal Trainer

**Sleep for Success, Part 3 ...
tips on getting you to fall
asleep soundly**

By Maria Castaneda

HEALTHY VOICE AT A GLANCE:

Overall membership attendance
has been great. Let's keep up the
good work.

Keep your officers informed of
any concerns. We are here to
help you succeed.

FOOD FOR THOUGHT

Do at least one good deed
everyday, one that you don't
have to do.

sleep as a vital ingredient. Yet just any sleep won't do. We need quality sleep, enough sleep at the right time. Recent research has been released in the news and magazines advising us that every minute you sleep before midnight is the equivalent of *four* minutes of sleep after midnight. Let's not forget Benjamin Franklin's insightful admonition: "Early to bed and early to rise makes a man *healthy, wealthy, and wise.*"³

¹ Sandra Blakeslee, "Complex and Hidden Brain in Gut Makes Stomachaches and Butterflies," *New York Times*, January 23, 1996, emphasis mine.

² Dr. Michael Gershon, *The Second Brain*, 1998, emphasis mine.

³ Benjamin Franklin, US author, diplomat, inventor, physicist, politician, & printer (1706-1790)

Back Pain: Can Back Exercises make a Relieving Difference?

By Mark Johnson, CTM

Healing through back pain exercises: Active forms of back pain exercise (physical therapy) are typically necessary to rehabilitate the spine and help alleviate back pain. Importantly, a regular back pain exercise routine provides patients with the means to help avoid recurrences of low back pain, and helps reduce severity and duration of potential future episodes of low back pain.

The natural stimulus for the back to heal is active back pain exercises, done in a controlled, gradual, and progressive manner. Movement distributes nutrients into the disc space and soft tissues in the spine to keep the discs, muscles, ligaments and joints healthy. And the converse is true too—lack of exercise can worsen back pain by leading to stiffness, weakness, and de-conditioning.

Generally, a patient's back pain exercise program should encompass a combination of stretching exercises (such as hamstring stretching), strengthening exercises (such as dynamic lumbar stabilization exercise, Mckenzie exercise, or other back exercise programs) and low impact aerobics (such as walking, bicycling, water therapy or swimming). Depending on the patient's specific diagnosis and level of pain, the back pain exercise and rehabilitation program will be very different, so it is important for patients to see a spine specialist who is trained to develop an individualized exercise program provide instruction on using the correct form and technique.

Stretching as part of a back pain exercise routine: Almost everyone can benefit from stretching the soft tissues—the muscles, ligaments and tendons—in the back and around the spine. The spinal column and its contiguous muscles, ligaments and tendons are all designed to move, and limitations in this motion can accentuate back pain. Patients with chronic back pain may find it takes weeks or months of stretching to mobilize the spine and soft tissues, but will find that meaningful and sustained relief of low back pain typically follows the increase in motion.

Hamstring stretching exercise: The hamstring muscles seem to play a key role in low back pain, as patients who have low back pain tend to have tight hamstrings, and patients with tight hamstrings tend to have low back pain. It is not known which comes first, but it is clear that hamstring tightness limits motion in the pelvis and can place it in a position that increases stress across the low back. Therefore, it follows that stretching the hamstring muscles typically helps decrease the intensity of a patient's back pain and the frequency of recurrences.

A hamstring stretching exercise routine should include applying pressure to lengthen the hamstring muscle for 30-45 seconds at a time, one to two times each day. The pressure on the muscle should be applied evenly and bouncing should be avoided, since a bouncing motion will trigger a spasm response in the muscle being stretched. The hamstring muscle may be stretched in a number of different ways. Options for hamstring stretching exercises, listed from most difficult to least difficult, include:

- The most common technique is to simply bend forward at the waist, with legs relatively straight, and try to touch the toes and hold this position.
- If this approach is not well tolerated, less strain is applied to the back by sitting on a chair

POSITIVE AFFIRMATION

Healthy Voice is on a roll, we are on a mission to reach our goal. We Speak, listen, and always have fun, But our main focus is to remain #1 by being a Presidents Distinguished Club.

NEWSLETTER & WEBSITE ARTICLES

Deadline for submitting articles for next month newsletter is August 31st. Please send articles to VP Public Relations Mark Johnson @ JohnsonM5@aetna.com

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



and placing the legs straight out in front on another chair, then reaching forward to try to touch the toes. One leg at a time may be stretched.

- One of the least stressful stretching techniques is to lie on the floor and pull the leg up and straighten by holding onto a towel that is wrapped behind the foot. One leg at a time may be stretched.
- Another less stressful option is to lie on the floor, with the buttocks against a wall, and place the foot up against the wall and then try to push the knee straight. One leg at a time may be stretched.

With time the hamstring muscle will gradually lengthen, reducing stress to the low back. Stretching should not be linked to another back pain exercise routine, since those exercises may not be done on a daily basis. In order to make stretching exercise a part of one's daily regimen, it is best to stretch every morning when getting up and before going to bed. Think of stretching exercises as good back hygiene.

	<p>Wall slides to strengthen back, hip, and leg muscles Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch with knees bent to about 90 degrees. Count to five and slide back up the wall. Repeat 5 times.</p>
	<p>Exercises to decrease the strain on your back Lie on your back with your knees bent and feet flat on your bed or floor. Raise your knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest as possible. Do not raise your head. Do not straighten your legs as you lower them. Start with five repetitions, several times a day</p>
	<p>Partial sit-up to strengthen stomach muscles Lie on your back with knees bent and feet flat on floor. Slowly raise your head and shoulders off the floor and reach with both hands toward your knees. Count to 10. Repeat five times.</p>
	<p>Leg raises to strengthen back and hip muscles Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.</p>
	<p>Back leg swing to strengthen hip and back muscles Stand behind a chair with your hands on the back of the chair. Lift one leg back and up while keeping the knee straight. Return slowly. Raise other leg and return. Repeat five times with each leg.</p>

Source:
<http://www.spine-health.com/topics/conserv/overview/exercise/ex01.html>

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 Education – Deanna McKinney, CTM, 770-346-5134 Secretary – Carla Young 770-346-4229
 VP Membership – Roy Ganga ATM-B, CL 770-346-2232 VP Public Relations – Mark Johnson, CTM 770-346-5054 Treasurer – Maria Castaneda, 770-346-1152
 Sergeant at Arms – Lucy Basow 770-346-4011

Step Up, Reach Out and Make Things Happen!