



# The Healthy Voice Herald

Club #8236 District 14

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

September 2005

## UPCOMING EVENTS

- District 14 Fall Conference -- **October 28-29, 2005** Jekyll Island GA.  
To register for the Fall Conference and/or chartered bus transportation to and from the conference, [CLICK HERE](#).

## ICE-BREAKER SPEECHES FOR SEPTEMBER 2005

MARJORIE HIGGINS



## OUR NEWEST MEMBERS

- MARK COOTE
- DAVID SCHLEGEL
- JASON BISHOP
- AUDREY PERKINS

## GUEST FEST 2005

Special Guest Motivational Speaker, Mr. Chris Gloss



**Guest Fest 2005** proved to be another successful event at Healthy Voice. The audience, which included dignitaries such as, District 14 Club Extension Chair Cindy Cannon DTM, and Division E Governor Ingrid Richburg, as well as many guests and members of the club, were treated to another captivating presentation by Guest Motivational Speaker Chris Gloss. Chris's message of taking charge of your own destiny was well received by the audience in the packed Herschel Walker room. They came to hear him speak and left with more challenges and realization of LIFE (Living In Full Expectation) and the promise to never stop yearning, earning and learning.

Prior to Mr. Gloss' presentation, Healthy Voice member and club Treasurer, Maria Castaneda gave an exceptional recap of why people were assembled in the room. Her speech focused on the lessons learned from a prior encounter with Mr. Gloss and the challenges he then imparted on her. Maria's realization that her life was not fulfilled by the daily tasks she endures and meeting her objectives, but stretching herself to realize her full potential and making an impact. She credited Chris Gloss for challenging her to go beyond the boundaries she had established.

## 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

## HUMOROUS SPEECH AND EVALUATION CONTESTS

**Healthy Voice** was host to the Area 74 Humorous Speech and Evaluation contests on Tuesday September 13, 2005. A packed audience was truly entertained by talented and superb demonstration of Humor and Constructive feedback by the contestants.

The Humorous Speech contestants representing their respective Clubs were:

Bancy Philip (Alltel Orators), Bruce Leyton (Healthy Voice) and Camilla Guasti-Nugent (Suntoast).

Emerging victorious and representing Area 74 at the Division G Humorous Speech Contest is Bancy Philip from Alltel Orators. Second place went to Healthy Voice representative Bruce Leyton.

The Evaluation Contestants who evaluated Keynote Speaker Chuck Barritt's speech were:

Crystal Russell (Healthy Voice), Allen Toole (Alltel Orators), Lisa Dutcher (Brookside) and Frank Maxey (Suntoast).

Emerging victorious and representing Area 74 at the Division G Evaluation Contest was Crystal Russell from Healthy Voice. Second place went to Brookside representative Lisa Dutcher.

Congratulations to all the contestants and keynote speaker on an outstanding job with their presentations. Each of them has represented their clubs with a high level of competitiveness and talent.

Thank you to all the volunteers that assisted in making this contests a success.

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### LATE BREAKING NEWS...

Congratulations to Crystal Russell on her strong 3rd Place finish at the Division G Evaluation Contest held on Saturday September 24. Crystal was amongst the six contestants that competed at the Division level. Healthy Voice is extremely proud of Crystal's accomplishments.

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### ACHIEVEMENT AWARDS

Congratulations to **Linda Reid** on achieving her "**Competent Leader**" award.

Congratulations to **Lana Mcfarland** on achieving her "**Competent Toastmaster**" and "**Competent Leader**" awards.

Congratulations to **Tarnez Greene** on achieving his "**Competent Toastmaster**" award.

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Recent Best			
Mtg	Speaker	Evaluator	Table Topics
9/15	Cynthia Swahn	Audrey Muse	Mike Dayoub Karen Chapman
9/8	Melissa Bentley	Roy Ganga	Michael Dayoub
9/1	Marjorie Huggins	Melissa Bentley	Patricia Williams

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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.

INSPIRATIONAL THOUGHT

"To avoid criticism, do nothing, say nothing, and be nothing."  
Elbert Hubbard

- Submitted by Maria Castaneda...

NEXT MONTH'S UPCOMING  
ARTICLES

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

By Mark Johnson, CTM, Certified  
Personal Trainer

**Happy Birthday to You ... And  
Many More"**

By Maria Castaneda

## SLEEP FOR SUCCESS, PART III

By Maria N Castaneda

In the last two newsletters, 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 these articles I introduced the explanation of that last part: *how much you sleep*. During sleep, our brain records and files our short-term memory for long-term retention. Further, we need to give our "second" brain a rest too, the one found in our gut.

Now you and many others may say: Yes, I know I need to get to sleep. I understand how important to my well-being and success it is that I get to bed early and sleep well. But I just cannot fall asleep. Now what?

Having countless years of experience of insomnia and suffering the effects of lack of sleep, I've had many opportunities to speak to all sorts of experts on this subject. I have found that not all things work for all people, but I want to share with you methods that have proven to help the most frustrated insomniacs.

- ❑ **Find the cause.** Exercising, overeating or drinking caffeinated drinks less than two to three hours before bedtime is a common cause that can be avoided. Worrying about problems that can't possibly be resolved in one day (or night) may be another reason you can't get to sleep. Certain prescribed medications may also cause sleeplessness—to be discussed with your physician. Realizing that these causes only complicate your well-being and may only cause more nights of no sleep and make you less capable to succeed in your endeavors, is the first step to making changes in your lifestyle for sound sleep.
- ❑ **Deep breathing.** High on my list, I found this method most beneficial for overall de-stressing, not just at bedtime. Here is how to do it. Find a comfortable position, laying back on your bed, or sitting in your favorite lounge chair, as long as you are able to fully relax your body. Now, from your nostrils, take the deepest breath possible, completely filling up your diaphragm first and then your chest area. Hold for a few seconds and release slowly from your nostrils until you no longer have any breath left in you. Repeat, but now count the seconds of breathing in, holding, and releasing. Try to slowly increase the seconds as you continue. Your only thoughts are in breathing and counting. Do this for at least ten minutes just prior to bedtime.
- ❑ **Counting,** as in "Counting Sheep". Along the same lines of de-stressing, many use this technique to focus on something other than their more active thoughts. But try it another way. Start from 100 and count backwards subtracting 3. Your brain will be busy calculating, making it difficult to simultaneously think of your other thoughts.
- ❑ **Hot bath.** Raising your body temperature an hour or so before bedtime can set you up nicely for sleep. As your body cools, your sleep deepens.
- ❑ **Black-out shades.** Special blinds block out every last glimmer of light. I find that a sleep mask works just as well and much more economical. The idea is that complete darkness tells our internal clocks that it's time to sleep.
- ❑ **White-noise machines.** These create a soothing buzz or hum that drowns out other sounds. Many people swear they can't sleep without them.
- ❑ **A notepad at bedside.** When you worry that you won't remember something in the morning or too many things are running through your mind, here's a great tool to record your thoughts and let your mind rest. You'll handle it the next day when you're rested and better capable to think and perform.

FOOD FOR THOUGHT

“By Giving, you will always  
Receive 10 fold”  
Author unknown-

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](mailto:JohnsonM5@aetna.com)

Less recommended aids would be medications or over-the-counter drugs. Much better to get your body to fall asleep naturally, but these drugs taken cautiously have helped many resolve a temporary bout of insomnia. The least recommended, yet such a common soothing tactic used by many, is a glass of wine prior to bedtime. You may fall asleep more easily, but alcohol alters the flow of sleep cycles, and the quality of your sleep suffers. Please do not resort to this method when you're in serious need of quality sleep.

How envious I have been of those who can hit the pillow and pass out. But if you're more like me, these tips have helped me and many in our "insomniacs club".

Remember, for the sake of our two brains and our overall health, we need to sleep for success. So for our **success** ... (yawn) ... nighty-night...

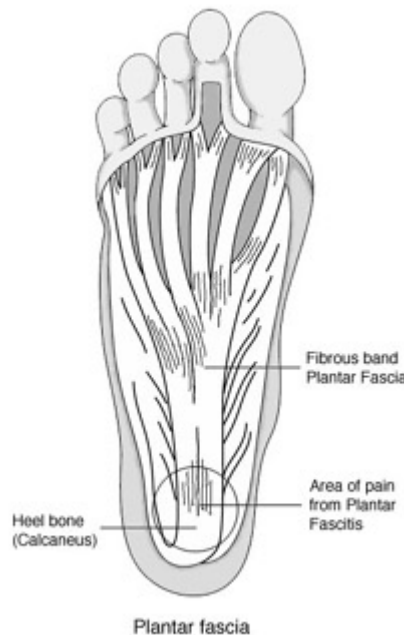
## Health and Fitness Station Are You Experiencing Heel Pain?

*By Mark Johnson, Certified Personal Trainer, CTM*

Your heel hurts when you get out of bed and when you get up to walk from the lunchroom to your office. This pain is the hallmark of **plantar fasciitis** (planter fa-she-eye-tes), a common cause of heel discomfort.

### What is plantar fasciitis?

It is an inflammation of the plantar fascia, a band of fibrous tissue that covers the bones on the bottom of the foot from the heel to the toe and supports the arch of the foot. (See Diagram located at bottom of this article) When the plantar fascia is repeatedly stretched during physical activities, it thickens and small tears begin to weaken it. The weakened tissue becomes inflamed and causes a dull ache when it is stretched by walking after tightening while at rest. This stretching may allow calcium, a mineral, to build up on the heel bone, where it may form a *heel spur*, a usually painless growth.



This condition usually occurs after repeated stretching of the plantar fascia from activities over time. Runners, dancers, and people who have either a tight Achilles tendon (heel cord) or high arches, have rapidly gained a lot of weight, or wear ill-fitting shoes are most at risk.

### What are the symptoms?

The pain of plantar fasciitis, which occurs in the heel but can spread to the toes, is usually worse when you take the first few steps of the day or get up after resting.

### How is plantar fasciitis treated?

In most cases, no treatment is needed. The condition usually gets better over about 9 months with rest, but recovery can

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take up to 2 years. In severe cases, a walking cast, corticosteroid injections, surgery, or a new treatment called *extracorporeal shock wave therapy* may be recommended.

Nonsteroidal anti-inflammatory drugs, such as ibuprofen (for example, Advil and Motrin), can help relieve the pain. Your doctor may recommend gentle stretching exercises or the use of shoe inserts or splints.

## HOW TO PREVENT PLANTAR FASCIA

### Do

- \*Wear comfortable shoes with good arch support. Make sure the size is correct.
- \* If you spend a lot of time on your feet, take rest periods and elevate your feet, even for just a few minutes. Compression stockings help too.
- \* Pamper your feet with foot massages, soaks, moisturizing lotions, and professional pedicures.
- \* For overall exercise, consider swimming and biking to avoid excessive weight bearing on your feet.

### Don't

- \* Don't wear shoes with little or no arch support. (If your work shoes are more than 6 months old, the support may have broken down.) Also avoid tight shoes, uncomfortable or cheap material, and heels that are flat or higher than 1 inch (2.5 cm).
- \* Don't walk barefoot or on hard, flat surfaces.

## SELECTED REFERENCES

- Cornwall, M., and McPoil, T.: "Plantar Fasciitis: Etiology and Treatment," *Journal of Orthopaedic and Sports Physical Therapy*. 29(12):756-760, December 1999.
- Donley, B., et al.: "Diagnosing and Treating Plantar Fasciitis: A Conservative Approach to Plantar Heel Pain," *Cleveland Clinic Journal of Medicine*. 66(4):231-235, April 1999.

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, CTM 770-346-5054

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

Secretary – Carla Young 770-346-4229

Treasurer – Maria Castaneda, 770-346-1152

**Step Up, Reach Out and Make Things Happen!**