



# The Healthy Voice Herald

Club #8236 District 14

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

October 2005

## UPCOMING EVENTS

- Officer's Elections in November 17, 2005.
- International Speech Contest, Date to be determined
- International Table Topic Contest Date to be determined

Please contact President Tonya Smith, CTM, CL at 770-346-2949 for additional information.

## ACHIEVEMENTS...

Congratulations to **Mark Johnson** on achieving his "**Advanced Toastmaster-Bronze**" award.

Congratulations **Ozell Waters** for taking on the challenge and completing your **Ice-Breaker Speech**.

## RECENT BEST

### SPEAKER:

10/20 Phyllis Solomon  
10/13 Karen Chapman  
10/6 Melissa Bentley  
9/29 Mark Coote  
9/15 Cynthia Swahn  
9/8 Melissa Bentley  
9/1 Marjorie Huggins

### EVALUATOR:

10/ 20 Crystal Russell  
10/13 Xilin Chen  
10/6 Phyllis Solomon  
9/29 Roy Ganga  
9/5 Audrey Muse  
9/8 Roy Ganga  
9/1 Melissa Bentley

### TABLE TOPICS:

10/20 Karen Scott  
10/6 Valerie Ganga  
9/15 Mike Dayoub  
9/15 Karen Chapman  
9/8 Mike Dayoub  
9/1 Patricia Williams

## TOASTMASTER APPRECIATION MONTH...

District 14 is proud to announce that November 2005, is designated as Toastmaster Appreciation Month. Please wear your Toastmasters pin proudly.

## AN EXPERIENCE IN "REACHING OUT" TO A CLUB IN NEED ~ *By Maria N Castaneda*

What is it that our club's President continues to inspire us to do? Step Up, Reach Out, Make Things Happen.

That's exactly what Tonya Smith did about a month ago when she presented to us a "Sell a Product" Speech about her Mary Kay business. She did an amazing job and I thought how difficult it would be for me to do that type of presentation. When we talked about it later, she told me that she was really stepping outside of her comfort zone with this speech. She had already presented this speech to several other clubs but was still nervous about presenting it to ours. We would have never known!

Now, unlike Tonya, stepping outside of my comfort zone would be speaking at another club. I thought that perhaps I would consider that after reaching my CTM designation. Then at a recent club officers' meeting, Roy Ganga solicited help for one of the other clubs in his Area, promoting the Interclub Speaker Exchange Program. They needed speakers and I impulsively said that I would help. Oh, no! What was I thinking? I haven't reached CTM yet ... why would they want to hear me speak!... What would I talk about? ... How will I represent and not embarrass our prestigious club? ...

These cowardly thoughts seemed endless. Then I gave better thought to why I am a member of Toastmasters. I do almost everything with a purpose. I've already given two evaluated speeches outside of our club meetings, one for upper-management and the other for my department team. Both were successful. Both gave me more confidence. This isn't rocket science; we simply need to use the tools that Toastmasters gives us to organize and deliver our speeches on topics appealing to our audience.

Last Thursday, I delivered my #9 speech to the Alltel Orators Club. It was a small group. One member, the Sergeant of Arms, also had three other roles during the meeting, in addition to having the room set up and calling the meeting to order. There were a total of six club members at the meeting, but these six had the energy and inspiration of a much larger group. After the normal introductions, they had a Joke Master bring humor to the meeting, which helped put me more at ease. Then it was my turn. I delivered my speech on "Who Are You People?" encouraging my audience to learn another language. I thought that with a familiar speech already given at a Healthy Voice meeting but with a different set of ears, I would get a different perspective on what I should improve upon. I was right! I realized that not only do we as speakers get comfortable with our audience; our audience may get comfortable with us. So having this different audience evaluate my speech and speaking qualities was very enlightening.

In the end, I was inspired. I was able to step outside of my comfort zone and not just survive, but walk away with a great experience. Fellow Toastmasters, I encourage you to think of your purpose in and out of Toastmasters and challenge yourself. Be inspired as you overcome your obstacles. You'll see that as you Step Up and Reach Out, you will Make Things Happen.

## 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.

# --Your Health and Fitness Station--

## Drink More Water to Lose More Fat!!!

*By Mark Johnson, Certified Personal Trainer, ATM-B*

**Don't roll your eyes!** The potion for losing that excess body fat is all around you. It covers two thirds of the planet. If you eat right and exercise at the intensity, frequency and duration proper for you, but still can't get rid of a little paunch here and there, you're probably just not drinking enough water.

No need to get defensive. You're actually quite normal. Most people don't drink enough water. Most people are also carrying around a few more pounds than they would be if they did drink enough water. If you can't seem to get that weight off, try drowning your sorrows in nature's magical weight-loss mineral. It works, and here's why:

**"What on Earth is 'metabolism', anyway?"** People use the term all the time, but ask them what it means and you'll get all kinds of answers. Merriam Webster defines it as, "The process by which a substance is handled in the body." A little vague, but that's really all it means.

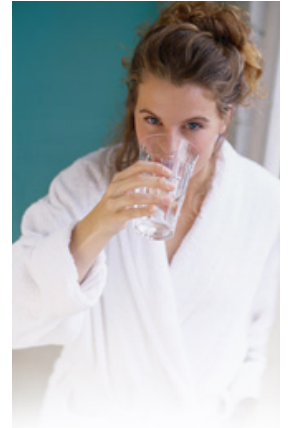
There are many forms of metabolism going on in your body right now, but the one everyone is talking about is the metabolism of fat. This is actually something that the liver does when it converts stored fat to energy. The liver has other functions, but this is one of its main jobs.

Unfortunately, another of the liver's duties is to pick up the slack for the kidneys, which need plenty of water to work properly. If the kidneys are water-deprived, the liver has to do their work along with its own, lowering its total productivity. It then can't metabolize fat as quickly or efficiently as it could when the kidneys were pulling their own weight. If you allow this to happen, not only are you being unfair to your liver, but you're also setting yourself up to store fat.

**"I've tried it and I couldn't stand it!"** The problem is that, though many decide to increase their water intake, very few stick with it. It's understandable. During the first few days of drinking more water than your body is accustomed to, you're running to the bathroom constantly. This can be very discouraging, and it can certainly interfere with an otherwise normal day at work. It seems that the water is coming out just as fast as it's going in, and many people decide that their new hydration habit is fruitless.

Do take heed, though. What is really happening is that your body is flushing itself of the water it has been storing throughout all those years of "survival mode". It takes a while, but this is a beautiful thing happening to you. As you continue to give your body all the water it could ask for, it gets rid of what it doesn't need. It gets rid of the water it was holding onto in your ankles and your hips and thighs, maybe even around your belly. You are excreting much more than you realize. Your body figures it doesn't need to save these stores anymore; it's trusting that the water will keep coming, and if it does, eventually, the flushing (of both the body and the potty) will cease, allowing the human to return to a normal life. It's true. This is called the "breakthrough point."

One recent finding, as irresponsible as it may be, that caffeine increases the body's fat-burning potential has many people loading up on coffee before going to the gym. This finding may hold some degree of truth in it, but caffeine is, in essence, a diuretic, and diuretics dehydrate. Caffeine may increase the heart rate, causing a few more calories to be burned, but this is at the expense of the muscles, which need water to function properly. This isn't doing your heart any



## NEXT MONTH'S UPCOMING ARTICLES

### When I Exercise, How do I know "When" and "If" I am Burning Fat?

By Mark Johnson, Certified Personal Trainer, ATM-B

### Member Profile.

### Club semi-annual progress update.

## FOOD FOR THOUGHT

### Changing Seasons---

*"I view the seasons much differently now than when I was I kid. As I kid, I loved the heat and activities related to the summer and playing in the snow in the winter--and of course no school with the Northeast blizzards. As I got older, I began to enjoy the spring and fall because of the colors and wonderful breeze during that time. Now I'm to the point where I simply enjoy the actual changes of the seasons. Changing a tank top for a turtleneck, changing a glass of iced tea for some hot chocolate, changing a barbeque meal for a hearty stew and a splash in the pool for getting cozy by the fireplace. Besides the changes in temperature and landscape, these other seasonal changes are just good for the soul."*

By Maria Castaneda

## 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 focus is to remain #1 by being a Presidents Distinguished Club.

favours, either. It's already working hard enough during your workout. Never mix caffeine and exercise. In fact, your best bet is to stay away from caffeine all together. It's a big bully that pushes your friend water out of your system.

**Water is the best beauty treatment.** You've heard this since high school, and it's true. Water will do wonders for your looks! It flushes out impurities in your skin, leaving you with a clear, glowing complexion. It also makes your skin look younger. Skin that is becoming saggy, either due to aging or weight loss, plumps up very nicely when the skin cells are hydrated.

In addition, it improves muscle tone. You can lift weights until you're blue in the face, but if your muscles are suffering from a drought, you won't notice a pleasant difference in your appearance. Muscles that have all the water they need contract more easily, making your workout more effective, and you'll look much nicer than if you had flabby muscles under sagging skin.

**"Eight glasses a day? Are you kidding?!"** It's really not that much. Eight 8-ounce glasses amount to about two quarts of water. This is okay for the average person, but if you're overweight, you should drink another eight ounces for every 25 pounds of excess weight you carry. You should also up this if you live in a hot climate or exercise very intensely.

This water consumption should be spread out throughout the day. It's not healthy at all to drink too much water at one time. Try to pick three or four times a day when you can have a big glass of water, and then sip in between. Don't let yourself get thirsty. If you feel thirsty, you're already becoming dehydrated. Drink when you're not thirsty yet.

Do you think water is yucky? Drinking other fluids will certainly help hydrate your body, but the extra calories, sugar, additives and whatever else aren't what you need. Try a slice of lemon or lime in the glass, or if you really think you hate water, try flavored water. Just make sure you read the labels. Remember that you're going to be consuming a lot of this fluid.

It's probably a good idea to stop drinking water a good three hours before you go to bed. You know why.

**"How cold should it be?"** This is debatable. Most experts lean toward cold water, because the stomach absorbs it more quickly. There is also some evidence that cold water might enhance fat burning.

On the other hand, warmer water is easier to drink in large quantities, and you might drink more of it without even realizing it. Do whatever suits you, here. Just drink it!

When you drink all the water you need, you will very quickly notice a decrease in your appetite, possibly even on the first day! If you're serious about becoming leaner and healthier, drinking water is an absolute must. If you're doing everything else right and still not seeing results, this might just what's missing.

### Some additional weight loss tips

Water suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake causes fat deposits to increase, therefore, increasing water input reduces fat.

Water helps to maintain muscle stimulation in aiding muscles to contract by reducing dehydration. It is important to drink water before and after a workout. There is evidence that cold water burns calories.

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## INSPIRATIONAL THOUGHT

Many of us have "Task Lists" without any "Action Plans". The 1<sup>st</sup> step in accomplishing Goals is attaching "Action Plans" with reasonable "Dates of Completion" to every "Task" in your List. Remember, you can't do a Goal, only action steps in completing the Goal. Only when all the Action Steps are completed, the Goal is completed.

Like Anthony Robbins says, "Just imagine if everyday for 30 days you completed one Action Step toward your Goal". What's your Goal, Cleaning the Garage, Master's Degree, Painting the House, Planning that vacation, etc.

– Submitted by Mark Johnson, ATM-B

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## NEWSLETTER & WEBSITE ARTICLES

Deadline for submitting articles for next month newsletter is Nov 18th. Please send articles to VP Public Relations Mark Johnson @ [JohnsonM5@aetna.com](mailto:JohnsonM5@aetna.com)

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



An average weight person, not over weight, relative to their physique should drink eight glasses a day - 8oz. or two quarts. If one is over weight or exercises with intensity regularly or if the weather is hot and dry, more water is needed.

### To emphasize:

- Water suppresses the appetite.
- Water metabolizes fat into energy.
- Increasing water input, reduces fat deposits.
- The body will not function properly without enough water and can not metabolize stored fat efficiently.
- Retained water shows up as excess weight.
- To get rid of excess water, one has to consume more water.
- Drinking water is essential for weight loss.
- Water helps muscle stimulation.
- It is important to drink water before and after exercise.
- One should drink two quarts of water

### Bottom line, "Drink to Lose"

Reference: *Addflex and Ideal Fitness, Inc.*

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## PUBIC SPEAKING SKILLS AREN'T DEBATABLE...

PEOPLE WHO GET AHEAD IN LIFE ARE THOSE WHO CAN COMMUNICATE EFFECTIVELY. WOULDN'T YOU LIKE TO DEVELOP THIS PRICELESS SKILL? NOW YOU CAN!

Toastmaster will show you how to listen effectively, think on your feet, and speak confidently. You will learn the valuable leadership skills – all in a supportive, non-intimidating environment.

Attend one of Healthy Voice Thursday meetings and see what Toastmasters training will do for your personal and professional development!

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**ARE YOU INTERESTED IN PARTICIPATING IN AREA 74 INTER-CLUB SPEAKER EXCHANGE PROGRAM! PLEASE CONTACT AREA 74 GOVERNOR, ROY GANGA @ 770-346-2232 FOR MORE INFO.**

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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 – Tonya Smith, CTM, CL 770-346-2949

VP Membership – Roy Ganga ATM-B, CL 770-346-2232

VP Education – Deanna McKinney, CTM, CL 770-346-5134

VP Public Relations – Mark Johnson, ATM-B 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!**