



NEWS FROM THE GATEWAY

A monthly publication from the Gateway to the Islands Kiwanis Club

January 2012 - Issue 1



FEELING STRESSED???

At our last meeting of 2011 on December 20, Jackie Ferguson spoke to our Club about her book, *Let Your Body Win: Stress Management Plain & Simple*. Ferguson explains how chronic stress, elevated stress that lasts for six months or longer, makes us vulnerable to illness & disease development. Symptoms from diabetes to depression, insomnia to indigestion and heart problems to headaches - all are common developments from too much stress for too long a period of time. This is the bad news.



The GREAT news is that the more stress you have, the more you need to schedule rest time away from your stress through stress breaks. Anything from a few seconds of deep breathing to a good night's sleep or volunteering, can help mitigate the damage of the stress response.

Jackie uses plain & simple language and presents practical techniques to help protect emotional, physical & mental well-being by letting your body win. It's really pretty simple!

LOOKING AHEAD



- January 24 - Kiwanis Night at the Everblades game. More information to follow!
March 13 - Jim Nathan, President of Lee Memorial Health Systems! Bring guests!
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ANNOUNCEMENTS

- * We are still collecting stuffed animals for the Children's Advocacy Council. Bring them to any meeting and Matt will deliver them.
- * Brightest Horizons collects Box Tops and Campbell Soup labels.
- * Save your used printer cartridges - we earn store credits at Office Depot!
- * Make final calls to dining book prospects - we are almost ready to print!



- Wear your badge on your right side – it's easier for the person greeting you to read!
- Be sure to shake hands with everyone!
- Save your box tops, soup labels, and used printer cartridges!

Moral cowardice that keeps us from speaking our minds is as dangerous to this country as irresponsible talk. The right way is not always the popular and easy way. Standing for right when it is unpopular is a true test of moral character.

Margaret Chase Smith

GATEWAY TO THE ISLANDS

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We meet every Tuesday - Visitors are always welcome!

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.
