

Nashua-Hudson Toastmasters Club #2440, District 45

Meeting Information:

The Nashua-Hudson Toastmasters Club meets on the 1st and 3rd Wednesdays of every month at the Nashua Public Library, 6:30 -8:30 PM. Visitors welcome!

For more information contact Don at 883-9757, Ted at 289-5693, or visit www.n-htm.org.

The Toastmaster's Mission

The mission of a Toastmaster's 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.

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Chrissy Carew and Norman Katz celebrate winning first place at the Nashua-Hudson Toastmaster Club's Humorous Speech and Evaluation Contest.



Humorous Speech & Evaluation Contest

Congratulations to Chrissy Carew who took first place at the Nashua-Hudson Toastmasters Humorous Speech Contest and to Norman Katz who received first place in the club's Evaluation Contest.

After Chrissy took 1st place at our club contest, she took 1st

place at the Area 7 contest, followed by 4th place at the Division A contest, and then participated at the District 45 conference on Nov. 4th. Way to go, Chrissy!

Congratulations also to the other participants: Bill Choquette, Cornelia Eschborn, John Boniface and Stephen Dookran,

and special thanks to Master of Ceremonies Susan Mahoney and Chief Judge Ron Legere. It was a very enjoyable, educational, and well run contest.

So...time to get ready for our next contest. The International Speech and Table Topics Contest will take place in March. Get those speeches ready!

Take the Edge Off of Nervousness with Breathing By Susan Van Abs

When giving a speech, good "diaphragmatic" breathing can help calm your nervousness and lower blood pressure and heart rates. Clinical research has shown that deep breathing creates physiological changes which calm the nerves and stabilizes emotions. It does this by allowing the balancing of oxygen and carbon dioxide levels in the bloodstream.

The importance of

breathing for better performance was demonstrated in a 1998 study published in the British medical journal *The LANCET*. Patients with chronic heart failure (CHF) were tested for oxygen saturation levels in their bloodstream.

The patients that had reduced breathing rates of six times per minute had higher blood oxygenation levels and performed better on exercise tests. The study further suggests that

"deeper and slower respiration usually involves a greater use of the diaphragm and our results suggest that this is beneficial during low rates of breathing and probably does not increase respiratory workload" (Bernardi 1998, p. 1311).

The human brain tries to balance the carbon dioxide and oxygen by sensing the carbon dioxide rate in the blood stream. When it senses (continued on page 2)

Club Officers

Don Winn, President

Ron Legere, VP- Education

Ted Setas, VP- Membership

Allison Anneser, VP- Public Relations

Kevin Poniatowski, Secretary

Norman Katz, Treasurer

Michael Truesdell, Sergeant at Arms

Toastmasters Holiday Celebration

It's that time of year again. The Nashua-Hudson Toastmasters Club is having their annual Holiday Party on Wednesday, December 20th (the 3rd Wednesday of the month in lieu of our regularly scheduled meeting.)

Our celebration will be from 6:30 – 9:30 at the Holden Farm Condominium Clubhouse in Nashua on

the corner of Coburn Ave. and Sugar Hill Drive. (Please park on the SIDEWALK side of Sugar Hill Drive.)

There will be a BYOB social hour followed by a buffet dinner, and members are asked to bring a dessert to share.

We will have a revised meeting agenda that evening. There will be a voluntary "Yankee Gift

Swap/Table Topics" session as well as prepared speeches. We will also induct new members. Do not miss this exciting and fun-filled evening.

As always, guests are welcome. The cost will be \$5 for members and \$12 for guests. See page 3 for more details and to RSVP by Dec 15th. We look forward to seeing you there!

Save the Date! 1/31/07

On January 31, 2007 (the fifth Wednesday of the month,) the Nashua-Hudson Toastmasters Club will hold a special Educational Meeting. Some the more experienced members of the club will be giving educational speeches from the Better Speaker Series, Successful Club Series, and the Leadership Excellence Series. So, mark your calendars for this informative evening!

Take the Edge Off of Nervousness with Breathing

By Susan Van Abs (continued from page 1)

too much carbon dioxide, the brain sends messages to the lungs and the heart that they need to work harder to balance the levels so there is more oxygen. When a person is nervous in a speaking engagement, their nervousness creates shallow and fast breathing. A deep breath before starting a speech will create the benefits of deeper

breathing found in the CHF patient study.

Patients breathing six times per minute in the study experienced:

- Lower Blood Pressure and Heart rates
- Reduced amounts of stress hormones
- Balanced levels of Co2 and Oxygen
- Calm and a sense of well

being
 Improved Immune Function

For speakers and vocal performers this suggests that taking time to breathe can help make one feel better when nervousness and racing heartbeats are the focal point rather than the audience!

*Thanks for this article, Susan. It's perfect for us here at Toastmasters!

Welcome New Members

We would like to welcome new members Deb Westwood, Dawn Richards, Kit Shaw, and Nancy Bastarache.

We know it might take time to learn names, roles, and the meeting agenda, but we are here to support and

encourage you every step of the way. If you have any questions or comments, please let us know.

Toastmasters provides many great opportunities for learning and growth. Speak with your mentor, review the manuals for

possible role assignments, and participate as soon as you feel comfortable.

We are glad you decided to become part of the Nashua-Hudson Toastmasters Club and we look forward to hearing from you soon!

*Join Us for the
Nashua-Hudson Toastmasters Club
Holiday Celebration*

Wednesday, December 20, 2006

6:30 – 9:30 PM

Holden Farm Condominium Clubhouse

(on the corner of Coburn Ave. & Sugar Hill Dr., Nashua, NH)*

Please RSVP by Friday, December 15th!

The evening includes:

- *Social Hour* (BYOB - water, soda, and coffee will be provided)
- *Buffet Dinner* (BYOD - members are asked to bring a dessert to share)
- *Yankee Swap/Table Topics* (see details below)
- *Prepared Speeches* (Maybe Dick Berman will give his #10 speech?!))
- *Grand Finale* (Nashua-Hudson TM Rockettes - Don, Norman, Ron, Mike, Kevin, and Ted will dance on the tables)

Cost: \$5.00 (members) \$12.00 (guests)

Yankee Swap/Table Topics: (optional)

If you would like to participate in the Yankee Swap/Table Topics segment of the evening, bring a wrapped gift (about \$10) to “swap.” Each participant will give a brief Table Topic (impromptu) speech about the gift they received.

***Directions & Important Parking Notice:**

The Holden Farm Clubhouse is on the corner of Coburn Avenue and Sugar Hill Drive. PLEASE PARK ON THE SIDEWALK SIDE OF SUGAR HILL DRIVE. Parking is NOT permitted in front of the private homes across the main road from the clubhouse on Coburn Ave. Cars will be towed at owners expense.

NAME _____

NUMBER ATTENDING _____ AMOUNT PAID* _____

*Please RSVP by 12/15 – make checks payable to Nashua-Hudson Toastmasters Club, c/o Allison Anneser, 33 Shedd Lane, Hollis, NH 03049 (or bring to next meeting)



Become the leader and speaker you want to be!

Take on Toastmaster's Role

When a new member joins Toastmasters, we encourage a gentle progression through smaller meeting roles and the initial manual speeches. But once they begin to feel comfortable speaking in front of an audience, we encourage them to think about taking on the one of

the most important roles in the club- Toastmaster.

There are no set guidelines for when a member should try the Toastmaster role. Each member needs to judge for themselves when they are ready. Running a meeting is an important skill. It requires practicing both

communication AND leadership skills.

Packets are available with information, tips, and sample agendas. Mentors and other members will be happy to help you reach this next goal. Think about taking this Toastmaster challenge- the role of Toastmaster.

About Toastmasters

Toastmasters International is the world's leading non-profit organization devoted to the improvement of individual communication and leadership skills.

Since 1924, Toastmasters

International has helped millions of men and women become more confident in front of an audience. With over 200,000 members in 10,000 clubs in 80 countries, this learn-by-doing program can help you become a

better speaker and leader.

Don't delay! Become the speaker and leader you want to be. For more information, visit, www.toastmasters.org.

***The Nashua-Hudson
Toastmasters Club
Annual Holiday
Celebration
Dec 20th.***

See inside for more details!

**NASHUA-HUDSON
TOASTMASTERS CLUB**
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