

SML! Officers

President
Tim Kelley

VP Education
Bridget Kelley
Keith Hardy

VP Membership
Jane Michelkamp

VP Public Relations
Ravi Rai

Secretary
Pat Croal

Treasurer
Caroline Baker

Sergeant at Arms
Barbara Jungbauer

Club Website
Sml.d6pages.com

Meeting Time
Every 2nd Saturday
9:30 - 11:30 AM

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Ravi Rai

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Saturday Morning LIVE!

Advanced Toastmasters Club
Meets every month (2nd Sat)
Black Bear Crossings on the Lake
Como Lakeside Pavilion
1350 North Lexington Parkway
St. Paul, MN 55103

LIVE! Wire Issue 02 Dec 2010

Member Recognition

- Fred Domnick: DTM awarded
- Keith Hardy: Presented an educational seminar at Fall Conference
- Faye Hefele: Toastmaster of D6 Table Topics contest
- Pat Croal: Helped out with silent action and other aspects of the conference
- Joan Watson: Helped out with registration and other aspects of Fall Conference
- Mary Torno & Ravi Rai: Received the Toastmasters proclamation from Woodbury City Council
- Tim Kelley: CL for SML! (10/8/2010)
- Fred Domnick: CC for SML! (8/31/2010)
- Bridget Kelley: ALS for SML! (10/8/2010)
- Keith, Barbara & Joan: Volunteered their time at the Science Museum to speak to youth

SML! Club Contests

By Ravi Rai, DTM

The members of Saturday Morning LIVE! produced a quality contest.

Table Topics Contest:

Question: **Share with us your greatest accomplishment. Why do you consider this as an accomplishment?**

Contestants: Faye Hefele (1st place), Mary McGrath (3rd place), Caroline Baker, Barbara Jungbauer, Ravi Rai (2nd place), and Mary Torno



Contestants' interview

Humorous Speech Contest:

Speakers & their titles:

Caroline Baker: It Takes Two

Fred Domnick: ABC's of Successful Retirement

Carol Duling: Novel Ways to Lose Keys

Faye Hefele: What Was the Cause? (2nd place)

Tim Kelley: We Can Do It (1st place)

Ravi Rai: I.D.I.O.T. (3rd place)

Mary Torno: America's Backbone



Area 72 Governor, Clinton Hunt, with Faye Hefele (SML! member) and Priscilla Weyth (Contest TM)



Clinton Hunt and Priscilla Weyth with Caroline Baker (SML! member)

At Saturday Morning LIVE! we believe that every Toastmaster receives real 'value' through Quality Evaluations

Saturday Morning LIVE!

Toastmasters International
Club 9196, Rivers Division
District 6

Issue 02, December 2010

Quarterly Newsletter of Saturday Morning LIVE!

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2010-2011 THEME: STRETCH YOURSELF

Our theme for 2010-2011 is "Stretch Yourself."
Our club is about stretching yourself beyond the norm.

Stretching Ourselves in 2011

Tim Kelley
President, SML!

Wow, how fast 2010 has gone! It is amazing to me that my term as president of SML! is almost half over. I have been impressed and pleased with the response to this year's theme of "stretch yourself." We had a great club contest this year, with a large number of people stretching themselves by competing. We had many members stretching themselves by getting involved in the Fall Conference for District 6, and many have stretched themselves by filling leadership roles within the club.

Stretching ourselves is not always easy. It is human nature to want to feel comfortable with what we are doing, and by definition stretching our-

selves takes us out of our comfort zone. But each of us joined Toastmasters to improve on areas in our lives that we were not comfortable with. Ultimately, for the members of SML!, we went that one step further and challenged ourselves by joining an advanced club.

To continue to grow by "stretching ourselves" in 2011, we simply need to continue to do what we do best: have high-quality meetings, challenging and supporting one another through every role, speech, and challenge that we undertake. I am always impressed with the commitment to excellence this groups shows, and I am honored to have the opportunity to be a part of what is undoubtedly another great year for SML!

SML! Focus Statement

The focus of Saturday Morning LIVE! Toastmasters Club is to provide an environment in which experienced Toastmasters can achieve a degree of excellence made possible in an advanced club setting, with emphasis on the ability to provide and receive skillful evaluations of advanced-level speeches.



Connecting with Theo Black, TI International Director



1. What is your office in TI?

Member of the Toastmasters International Board of Directors (aka International Director)

2. What kind of work do you have to do?

I work with other board members and the Toastmasters Executive Officers to consider strategic goals and to craft a vision for the future of the organization. In addition to board meetings and committee work, I also correspond with district leaders in the region to which I am assigned. My focus here is to understand issues that impact the success of their districts and to represent their interests (as stakeholders within Toastmasters) at board meetings.

3. What area do you cover?

I was elected to serve Region 4, encompassing District 6 (Minnesota and NW Ontario), District 19 (Iowa), District 24 (Nebraska), District 42 (Alberta and Saskatchewan), District 64 (Manitoba), and District 78 (North Dakota, South Dakota, and Montana). Region 4 is the largest geographical region in North America.

At the Board Meeting in February last year, Pat Johnson asked me to take on a special assignment for my second year. I was asked to serve as the director for Region 11, encompassing District 71 (The British Isles), District 59 (Continental Europe), District 74 (South Africa and the continent), and District 79 (the Middle East). By the way, Region 11 has the largest total geography in the Toastmasters world.

4. Do you travel? If so, how often and where?

Pat Johnson will make official visits this year to Districts 59, 71, and 74. I will travel this January to District 79 to conduct mid-winter training for the district trios and will also conduct corporate visits in the United Arab Emirates, Saudi Arabia, and Bahrain.

To keep costs to a minimum, Pat's visits constitute official visits to those districts, while my trip to the Middle East covers District 79.

5. What has been the most fun part of your job so far? Any incidents that you will remember forever?

I enjoy myself most when I am meeting other Toastmasters. I traveled to District 19 in November 2009 and to District 78 in April 2010. I made many new friends along the way.

I am energized by the work we have done on the Toastmasters brand refresh project. I expect information to be announced in the near future.

One of the most satisfying accomplishments of the 2009–2010 Board was to align the District Success Goals with the DCP. See <http://www.toastmasters.org/Members/OfficerResources/DistrictLeaderResources/Recognition/RecognitionProgramRevisions.aspx>.

6. Do other districts have advanced clubs that you visited and liked?

One of my fellow board members shared her experiences with a Philosophically Speaking club based on the Socrates Café concept. One of the tenets of that club is to accept the different opinions of others. This club differs from others in that listening becomes very important, and argumentation is not allowed. Members are challenged to become more open-minded. This concept intrigues me, especially in this age of sound bytes and simplistic assumptions about complex issues.

7. Based on your travel to Toastmasters districts all over the world, how do advanced clubs in D6 compare to others?

I believe that one of the best things that Advanced Clubs can do is to let others know what your club is like and how it operates—both within the district and around the world. It was interesting to note that Iowa chartered a Parliamentary Procedure club recently. I have encouraged the club in Winnipeg and the one in Cedar Rapids to partner with Parliamentary Procedure Toastmasters in District 6. I wonder if there are other SML!-like clubs around the world. I think there is an opportunity to take a model that works well and gift it to other districts where that model might thrive.

8. How does Saturday Morning LIVE! compare to other clubs in other districts?

As a director, I typically do not attend club meetings in other districts. However, as noted above, I think there is an opportunity to learn from others.

I do, however, get to attend other district conferences. I have seen some really nice touches at other districts. In District 78, first timers get a once-in-a-Toastmasters-lifetime opportunity to exercise the First Timer's Bill of Rights (which they print in one of the conference programs). First timers get to move to the

Fall Conference (Oct 2010)

Fall conference was held in Mankato, MN. It was a well prepared event that attracted Toastmasters from around the district.

Anshika Rai marched in, playing the trombone to the tune of "76 Trombones." After dinner, the Table Topics contest was held. Faye Hefele, SML! member, was the Toastmaster for the contest. The question: "If you could, what would change in your life and why?"

Friday night also observed a fun-filled display of hats from different times in our history. This was followed by the mustache contest.

Educational sessions were held on Saturday, with a business meeting in the afternoon. The evening was enjoyable to the attendees as they witnessed a wonderful Humorous Speech Contest.



Anshika Rai kicks off the Fall Conference by marching in with her trombone



Keith Hardy giving his presentation "Strength in Numbers" at Fall Conference



Faye Hefele is the Toastmaster for Table Topics at the Fall Conference



Toastmasters enjoying the camaraderie built over the years



Humorous contest winners Penny Kinney (3rd), Damon Gates (1st), and Eric Schurr (2nd)



Table Topics contest winners Matthew Rivera (2nd), David Haawes (3rd), and Craig Carver (1st)



Ravi Rai carries the District 6 banner.



Pat Crael seen carrying the banner for Saturday Morning LIVE!



Fred Domnick receiving his DTM plaque from Dru Jorgenson, LGM



Friday night dress contest

Meetings

Aug 14, 2010



Theme: Dog Days
Toastmaster: Caroline Baker
General Evaluator: Mary Torno
Evaluation Team 1: Keith Hardy, Barbara Jungbauer, Dave Hutcheson
Evaluation Team 2: Bridget Kelley, Jane Michaelkamp, Mary McGrath
Videographer: Ravi Rai
Timer: Ravi Rai
Grammarian: Pat Croal
Word of the Day: feign
Speeches:

1. "Just Do It!"
 Speaker: Joan Watson
 Persuasive Speaking #2: Conquering a Cold Call
 Joan demonstrated the techniques used in cold calls for expensive items.
2. "Balcony Scene"
 Speaker: Faye Hefele
 Interpretive Reading #4: The Play
 Faye presented a scene from William Shakespeare's "Romeo and Juliet."

Best Evaluator Award: Barbara Jungbauer

Oct 9, 2010



Theme: Mi Casa Es Su Casa
Toastmaster: Joan Watson
General Evaluator: Jane Michaelkamp
Evaluation Team 1: Fred Domnick, Muniesh Khanelwal, Ravi Rai
Evaluation Team 2: Bridget Kelley, Carol Duling, Mary Torno
Videographer: Ravi Rai
Timer: Keith Hardy
Grammarian: Susie Bergh
Word of the Day: jape
Speeches:

1. "Wiggle Your Way to Happiness"
 Speaker: Roger Revak
 CC #10: Inspire Your Audience
 Speech given in preparation for International Speech Contest
2. "Toastmasters LEGACY"
 Speaker: Mary Torno
 CC #4: How to Say It

Best Evaluator Award: Ravi Rai
 Sunny Award: Keith Hardy

Sep 11, 2010



Theme: Contest
Toastmaster: Keith Hardy
Contest Chair: Joan Watson
Timer: Bridget Kelley

Table Topics Contest:

Question: Share with us your greatest accomplishment. Why do you consider this as an accomplishment?

Contestants: Faye Hefele, Mary McGrath, Barbara Jungbauer, Ravi Rai, Caroline Baker, and Mary Torno

Humorous Speech Contest:

Contestants: Caroline Baker, Carol Duling, Tim Kelley, Ravi Rai, Mary Torno, Fred Domnick, and Faye Hefele

Nov 13, 2010



Theme: Thanking Our Veterans
Toastmaster: Ravi Rai
General Evaluator: Bob Gausman
Evaluation Team 1: Pat Croal, Barbara Jungbauer, Tim Kelley
Evaluation Team 2: Jane Michaelkamp, Perry Carter, Bridget Kelley
Videographer: Susie Bergh
Timer: Caroline Baker
Grammarian: Mary Torno
Word of the Day: loquacious
Speeches:

1. "Washing My Opposite's Feet"
 Speaker: Keith Hardy
 Professional Speaker #5: The Motivational Speech
2. "The Beginner's Guide to Autism"
 Speaker: Carol Duling
 Speaking to Inform #5: The Abstract Concept

Best Evaluator Award: Perry Carter
 Sunny Award: Ravi Rai

Improve Yourself, Improve Your World



We all joined Toastmasters to improve ourselves. But we, and Toastmasters, shouldn't stop there. With that in mind, the theme for the next TELI is "Improve Yourself, Improve Your World."

Set a New Year's resolution to attend Toastmasters Education and Leadership Institute on Saturday, February 19, 2011. Consider applying to present at TELI if you have a topic that ties into the theme. Encourage other Toastmasters to apply too, or get together as a panel. Application deadline is December 27.

Our featured speaker will be Dana LaMon, 1992 World Champion of Public Speaking. Dana is a blind African-American judge with an inspiring message. The TELI last summer drew record attendance. Thus, we encourage you to register for TELI early to guarantee your space at Dana's presentation.

The presentation schedule will be posted on the District 6 website as soon as it is finalized in early January. Online registration will open around January 15. If you have any questions, please contact Carol Duling, TELI Chair, at carol.duling@comcast.net. Carol joined SML! last June. For the winter TELI, Carol will be joined by Anne Groetsch as co-chair.

Attending TELI is a great way to complete your officer training. Meet other people from around the district, and bring back ideas for your home club. TELI will take place at the Double-Tree Park Plaza, 1500 Park Place Blvd, Minneapolis.



Como Lakeside Pavilion, future home of SML!
 Website: <http://blackbearcrossings.com>

head of the line at all events, including meals. It is a great way to recognize the newbies. In District 42, first timers are invited to a Friday night session with chances to win prizes (and with the goal of meeting many other Toastmasters over the weekend). This is also done very well in D42. I like some of the techniques used in District business meetings. Iowa (D19) uses a similar model to the International Convention and has all voting delegates seated in a special section. I think that Joan Watson brought back an idea from District 42. At that district, they raise their ballots for simple up/down votes. This can be a better indicator than yea and nay votes. If a decision is not clear, the presiding officer can call for a formal ballot vote, and the assembly always has the right to appeal the decision of the chair.

9. Any suggestions for Saturday Morning LIVE! members?

My suggestion to all members of SML! is to visit other clubs. Learn what works well in SML! and what other clubs do well that might work at SML! Second, be a visible club. Let other Toastmasters know that SML! is alive and well. Feature a club programming guide for the SML! format. Maybe someday another club will form in a Galaxy Far, Far Away that models itself after SML! It would be a great way to give birth to a new

A New Home for SML!

The club was informed in October that Coldwell Banker Burnet, our facility, would be opening at 10 instead of 9 a.m. on Saturdays. This posed a challenge for the club, as our entire meeting is based on starting the club at 9:15 a.m.

Our Sergeant at Arms, Barbara Jungbauer, took the lead and the challenge to find a place for our club that is free and allows us to be there early enough. We came up with ideas, and Barbara started calling every place that was known to have a meeting room. She braved the responses she got from numerous places. Some had a meeting room, but it was small. Most of the places with big rooms would not allow groups unless they paid a small fee. The facilities with big meeting rooms did not open before 9:30 a.m.

Barbara, with Pat Croal's help, finally located Black Bear Crossings as the future home for Saturday Morning LIVE! meetings. The facility opens well before 9 a.m., giving us an option of starting our meeting even earlier if the club desires.

We are excited to have this place as our new home.

Living on the Edge:

Working While the Threat of Layoff Looms

Mary Z. McGrath

Pete had been with his company for 18 years. He had been diligent at the job, building a positive network within the organization and with his clients. Each time he went through a review, he received positive feedback. Being laid off or fired never crossed his mind. Despite these efforts and his past sense of security, lately he began to detect a sense of uneasiness deep within himself.

When these feelings sought to surface, he pushed them down. After all, he was a stable employee and certainly considered an important part of the company. His work had always been valued. Why then, did he feel this discomfort? Sure, the economy caused shifts in the profits. Sure, the economy had others sweating their situations. But he had always been a faithful employee. His office belonged to him. No one could establish relationships with clients like he could. No one ever hinted that he would be considered as one to go during a downsizing.

However, since something kept gnawing at him, Pete decided to follow his instincts. He thought it would be helpful to tap into his company's informal network to learn what others were thinking and feeling about this possibility. Where would he start? Nothing like going next door—so Pete began by asking the individuals in the offices beside him. Jennifer worked in the office to his left and Josh to his right. When it appeared that Josh had a minute, Pete asked him if he could check out something with him. Josh, being amenable, suggested that the two take their lunch break together. Over sandwiches and coffee, Pete opened the subject casually. He was astonished that Josh too had been wondering the same thing and told him he suspected that things would "hit the fan" soon if profits were not up to expectations. Jennifer understood his questions immediately and shared on the spot about how she had experienced downsizing at a previous position. This surprise was her wake-up call to keep alert for this in her current job. She got it and promised to keep Pete posted if she heard anything at all, and he confirmed he would do likewise.

Pete decided to continue to "trust his gut" and keep his eyes and ears open. He read the company bulletin, looking for subtle hints regarding layoffs. There he found a small segment on the future of the company at the end of an article about past visions for the company. The article noted that plans for expansion of his department "remained contingent upon results of the next quarter's earnings". He also kept one ear to the ground and, when

passing meeting rooms or offices in the hall, paid attention to anything he heard. Actually, he picked up on a few phrases that caught his attention. "If we can get past the next quarter, we can save those employees" and "The likelihood that we can protect those positions is not as strong as it was a few months ago." Pete was stunned but also gaining confidence in his ability to pick up on changes in the atmosphere of his workplace.

Pete decided to continue his lunches with Josh, as both of them could then share information and confidentially discuss their own plans. He also spoke with his family and friends who worked in other corporate settings. He began to network informally in that manner. He began to research other companies that could be possible future employers. Pete then checked over his résumé, updating it with more detail about what he could offer another organization.

He did not stop there. Being a positive person who trusted that the winds of change in life offered new possibilities, Pete began to imagine his options. He spent time each day journaling about his dreams, feelings, and potential job alternatives. Would he like to continue in his present capacity elsewhere? Would he ever want to go back to school and take another career path? Would he like to go into business for himself? Given his total work experience, could he reinvent himself? Pete listed his options. He also interviewed his family and friends, asking them what they perceived to be his skills and abilities.

Pete went back in his mind to his university days, recalling what he considered then to be his most viable career paths. To his surprise, he recalled wanting to be in some entirely different fields, which at this point seemed feasible in terms of his talents and interests. In the circumstances, anything was on the table.

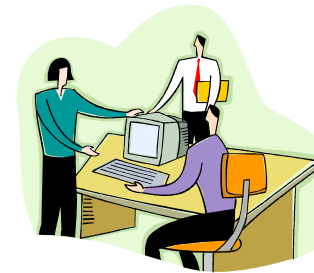
When the great shakedown came, Pete had already given himself an edge on the situation. He had a new sense of himself, a network in place for personal and job search support, exiting dreams, and a creative imagination. It was now up to him to decide his own direction.

Pete mentally and emotionally perceived his job loss as an open door to the next phase of his life. Sure, he experienced the normal pain of transition, anxiety, and fear. Sure, he was sad about leaving a comfortable and meaningful position. But he also moved forward with a sense of trust

that he would land with both feet in a spot that was suited for him during this time in his life.

Perhaps you can relate to this fictitious example of a person facing the threat of layoff. If so, give yourself an edge while living on the edge of potential change. Listen to your intuition, keep your eyes and ears open while at work, connect with trusted persons there and in other arenas, consider past career interests and all future options, expect to experience the feelings that accompany any transition, and trust that you will find your way to the best option for you now.

Mary Z. McGrath, Ph.D., is a speaker who works with organizations, schools, and parents to reflect on and improve the quality of careers, relationships, and life transitions. She offers presentations through Reflections Resources, Ltd. Reach her at www.maryzmcgrath.com.



The Next Generation of Toastmasters

Former SML! member works on producing the next generation of Toastmasters

Nate Otto

Lauren Otto, wife of former SML! member Nate Otto, recently announced her pregnancy. The anticipated arrival date of the future second-generation DTM is July 5. As of November 30, the baby is the size of a peanut. The excited couple is scheduled for the first hearing of a heartbeat in mid-December and first ultrasound in mid-February. Nate plans on using all the skills of persuasion gained from SML! in the debate over the child's name—a decision far from narrowed down. He'll keep everyone posted!

The Advantage of SML!

Mary Torno, DTM

Why does a 26-year member of Toastmasters stay at SML! year after year? This question I study, analyze, and review every dues-paying period. SML! is not just an ordinary Toastmasters club. Members of this club "stretch" themselves beyond the galaxies! The feedback from the evaluators has value beyond any gold medal. Each meeting has an environment beyond any TV program or storybook or radio program or website.

Any assignment for the meeting enables me to enhance other aspects of my life—family, community, work, and friendships.

After being district governor in 1999–2000, I was able to conduct many, many meetings inside and outside of Toastmasters adroitly. The year I was president for the club, the challenge was to make President's Distinguished—thanks to all members and their support, the endeavor was accomplished.

The big turn in the "stretching" was brought about at the moment I realized how much help one can give to the growth of another Toastmaster. As a member, you not only give speeches and presentations, you listen and you give evaluations!

Listening and giving feedback is invaluable in today's surroundings of all the technology. Because of this skill being practiced and practiced, I am able to give feedback to co-workers, my spouse, the management at work, and family members. Feedback can make or break a financial situation or relationship.

My hope for the future is for the club to experience several visitors from the surrounding clubs. After their visits to SML!, the ideas they take back to their clubs will strengthen the district beyond anyone's individual efforts to build dynamic clubs.

There are benefits beyond descriptive words—a reason to continue to grow and learn new words to put in future articles for the newsletter—this process could benefit not just members of SML! but could in reality benefit Toastmasters all over the world.

Just as lawyers are taught in law schools or doctors in medical schools, Mary Torno is taught at SML! to have step-by-step benefits to building this world-class club.