

# Saturday Morning LIVE!

Toastmasters International  
Club 9196, Frontier Division  
District 6

Issue 02, October 2011

# LIVE! Wire

Quarterly Newsletter of Saturday Morning LIVE!

## Thank You from My Heart

Ravi Rai  
President, SML!



Our journey continues through the 2011-2012 Toastmasters year. We continue to look for that extra mile in every meeting and in every opportunity.

We had a fantastic contest in the month of September. The contestants showed their humorous sides and the exaggerations in the speeches. I wondered if they took their stories way beyond the extra mile. By competing, they raised the bar for our contests. Tim Kelley and Caroline Baker did an excellent job at the area contest. I feel grateful to everyone who pitched in and made the Area 25 contest so special.

The fall season is nature's way of telling us that our lives are filled with wonderful colors. Take a nice drive around the countryside and admire the beauty of our surroundings. Some of these sights are breathtaking. My heart is filled with joy to observe the beauty of nature.

I am grateful to everyone in Saturday Morning LIVE! who makes every moment special for me. There are a few Saturday mornings when I wished the world to go away. But attending the high-powered, mood-lifting meetings of Saturday Morning LIVE! brings a breath of fresh air into the gloomy mornings of life. Thank you to everyone who makes these moments so special.

Please accept my gratitude from my heart for walking with me in those precious extra miles.



2011–2012 MESSAGE:  
GO THE EXTRA MILE

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## 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.



# LIVE! Wire

## Toastmasters: Giving the Wedge

(to Catapult Forward and the Edge to Stay There)

By Mary Z. McGrath, Ph.D.



Thinking back over the years, Toastmasters has been a common thread in my life.

Before Toastmasters, I was doing a workshop, got panicky, and bolted for the bathroom. After that, I pulled it together and finished. I knew I needed something to help me with speaking jitters. Jim, my husband, had been a Toastmaster at one point and supported my new endeavor.

Thus began the journey with my first ice breaker in a club that nudged me forward and forward and forward. The members of my first club enjoyed getting me into contests, and I just followed their lead.

Soon I became comfortable and confident as a speaker. This comfort translated into my grad work at the University of Minnesota. I was able to stand up before a team of professors and take my final oral exams for a Ph.D. in educational administration. Later, after I retired from teaching, I decided to try academia again. This time it was the Catholic Studies master's program at the University of Saint Thomas. At first it was a bit overwhelming to be in with people who had had theology classes more recently and abundantly than I did. But, hey, I had Toastmasters integrated into my way of doing things. Likely it unconsciously took over and kept me moving forward through many classes. I admit I was sometimes afraid doing class presentations because this was different from studying education. But I loved the program, so much that nothing was going to stop me. Before I knew it, I had completed my master's essay.

Capping it all off was the final discussion of my essay with, guess who, another team of professors. This can be intimidating, and thankfully I had Toastmasters to help me engage in discussion with this learned team. The final event of the program was presenting this paper to

anyone who wanted to attend. It was the dead of winter, 2010, in the Leather Room of the O'Shaughnessy Library. The audience included students, family members, seminarians, priests, and professors. A friend told me that I did well because I knew how to speak to an audience. I did. The Toastmasters years came through for me!

Grateful and glad! I got to go to the U of M and UST. I loved being in the university world. Gratitude and gladness! That describes how I feel about the impact Toastmasters had on my academic life. It gave me a wedge to go forward in classes and the edge to keep me in graduate school two times.

## 2011 D6 Fall Conference

By Ravi Rai

This year's Fall Conference awaits you in beautiful Thunder Bay, Ontario!



Your Passport to the Giant awaits you at our fall conference! Join us at the Valhalla Inn in Thunder Bay, just 40 minutes north of the U.S./Canadian border (at the junction of Hwy 61 and W. Arthur St.) on **Friday and Saturday, October 14 and 15**, for two days filled with speech contests, educational sessions, silent auction, award **presentations, entertainment, and, of course, Toastmasters** camaraderie. The Valhalla Inn, located at 1 Valhalla Inn Road, is easily accessible from Hwy 61.

A bus has been organized to take members of District 6 to Thunder Bay. The bus will be departing from Rochester on Oct 14 at 5:15 a.m. with stops at Eagan and Duluth.

Come join us for some fun at the Fall Conference.

# Checklist Helps Prepare for the Inevitable

LIVE! Wire

By Brian Lund

Contributed by Joe Sharp



In April 2009, Joe Sharp lost his wife of 12 years, Victoria Beckett.

In the aftermath of her passing, the 80-year-old Sharp grappled not only with his own grief, but with an unanticipated responsibility — all of Victoria's possessions were left in the Charter House apartment the couple had shared, and he had no idea what to do with them.

Prior to her passing, the couple was “so deeply in love with each other and so fearful of talking about death,” said Sharp, that “I couldn't bring up the subject — I knew she was dying, she had a long-term illness, and I think she may have been trying to shield me, too. So we didn't discuss the fact that she was dying, we never said goodbye to each other, and we never made arrangements for what to do with her possessions.”

As a result, “I still have a room full of her stuff. Her photographs, her possessions, her computer, her files, and I don't know what to do with them,” Sharp said.

He realized that this situation was not unique to him, and, hoping to help others avoid the circumstance he found himself in, “I decided to give a talk on the subject... in which I explained the problem, why it happened, our fear of talking about death, and what to do about it.”

Included in his talk is what Sharp calls his “Incredibly Complete Checklist,” a list of things every person should take care of prior to dying.

“Nobody has seen as good a list as the one I made up,” said Sharp, who has a doctorate degree. His list is organized into three parts: location of hard-to-find items, possessions, and arrangements to make.

Essential to the checklist's success, Sharp said, is to “find somebody who is your clean-up person, who you authorize to clean up all your stuff. Preferably, it should be a younger person, for obvious reasons.”

“That person's name should be on the safe-deposit access code in the bank... it's nice if they can get that access to that safe deposit box right away, right after the death, because there's usually money there and important documents that have to be used,” Sharp said.

It is essential that your clean-up person know the location of all your hard-to-find items. Sharp's checklist defines these as, “papers, keys, files, credit cards, checkbooks, bank records, taxes, passwords, safe deposit access, stocks, bonds, your will, and advanced directive.”

Next, make it clear who should receive what possessions you leave behind, then show your clean-up person where those possessions are.

Finally, make them aware of any arrangements that should be made, such as which friends & relatives to notify of your death and who to invite to your funeral service. Make sure to compile all of the phone numbers, e-mail addresses, and business cards your clean-up person will need to find these people.

## Fill Out Advance Directive

Another necessity — filling out an advance directive, a form that informs doctors how you wish to be treated when you are dying.

Sharp recommends a new advance directive form called Five Wishes, which “is completely respected anywhere in Minnesota and by Mayo Clinic,” and “includes all the medical stuff, but it also asks questions of ‘how do you want to be treated when you're ill?’ and ‘what do you want to tell your loved ones?’”

“In other words,” he said, “it talks about the spiritual legacy as well as the medical one.”

Sharp has already given his talk to five different audiences and passed out 250 copies of his checklist. He maintains that people young and old need to think about having their things in order.

“It [death] will happen to everyone, and it's something most people are unwilling to think about,” says Sharp.

He sees this unwillingness as a contemporary problem, referencing Ernest Becker's book, “Denial of Death,” when he said, “People are now afraid of talking about death. The death scenes that used to be at the end of every novel have been left out — and in movies.”

To combat fear of death, Sharp recommends looking in the mirror every morning and asking, “If this is my last day, what must I put in order today?”



## How to Handle Table Topics

By Keith Hardy, DTM



Have you ever been asked for your opinion about something, only to have your mind go blank? Have you given your opinion, but it was so disorganized that the point you were trying to make was lost?

The ability to “think and speak on your feet” is an important skill that often determines your success:

- In job interviews
- In all kinds of careers and occupations
- In media interviews
- In responding to parents, teachers, friends or your girlfriend/boyfriend
- On game shows

That’s why the “Table Topics” portion of the Toastmasters club meeting was developed. Table Topics provides you with the opportunity to practice impromptu speaking. By answering brief Table Topics questions, you learn how to:

- Present your thoughts clearly and convincingly, with no more than a few seconds of preparation
- Listen constructively
- Think flexibly

### How It Works

In Table Topics, the Topics master announces a topic or question and calls on several people, one at a time, who gives impromptu one- to-two-minute responses to that topic.

When you’re called (or volunteer) to speak during Table Topics, aim for the following:

- Keep your remarks brief and to the point.
- Try to present sensible, worthwhile ideas that add to the knowledge of others.
- Organize your thoughts into a mini-speech.

You can refute or elaborate on ideas and information already presented by other participants, too, or even segue to a different or related topic.

Here are some suggestions on how to talk without preparation on virtually any subject:

- Give an opinion, and then justify it with two or three specific reasons. For example, talk about your favorite

film and give some reasons you like it.

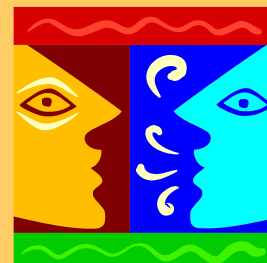
- State a problem and show its causes. For instance, you might explain how traffic became a problem in your city.
- Offer a viewpoint—yours or someone else’s—and elaborate on it. Did your city council ban smoking in government offices? What arguments were given by the ban’s supporters?
- State a goal or problem and then tell what must be done to achieve the goal or solve the problem. If you recently found a new job, tell about the steps you took to reach your goal.
- Describe a process, such as how to plant a tree.
- Break a problem, situation, or object into its components and discuss them. For example, describe the branches of your country’s government.

### How It Helps

People in a variety of public speaking situations have found Table Topics helpful. From beauty contestants to tour bus operators, thinking and speaking eloquently off the cuff is a cherished goal.

- Erika Ebbel, Miss Massachusetts, 2004, says, “Table Topics and two-minute responses gave me the ability to talk about anything and the capacity to quickly respond.” When she was asked questions onstage, she was prepared to answer intelligently. Others find it valuable, as well.
- Bob Brousseau’s difficulties with stuttering were affecting his career. “I had been missing sales contracts, and I knew I needed help,” he says, “I thought that things like impromptu speaking would help in reaping the benefits.” Table Topics practice allowed Brousseau to overcome his difficulties in a safe environment.

Table Topics allows participants to grow while enjoying the camaraderie and gentle humor of fellow members. Everyone’s in the same boat. They want to think faster, and speak better. Table Topics may begin to feel like a game, but it’s one in which the prize you take away is truly fabulous—a new set of skills to get you through your day!



## Road Show at Word Masters



On September 17, 2011, members of Saturday Morning LIVE! visited Word Masters to do a road show. Our club was represented by Carol Duling, Linda Ruhland, and Faye

Heffele. They met with Marj Evans-De-Carpio, speaker, to understand the requirements of the evaluation criteria of the speech. The speaker had an opportunity to understand the process of panel evaluation in depth. Marj also had the opportunity to go beyond delivering an ordinary speech. She gave a speech titled "How Pablo Became Miguel." This speech was given from the Storytelling manual, project: The Touching Story.

During the panel evaluation, team leader Faye explained to the audience the concept of panel evaluation. Carol was the first evaluator who went over the speech looking for development of the story, whether the points were clear, and whether the presentation had a powerful climax. Linda focused on the actual structure of the speech, including whether the characters were developed, setting, plot, conflict, and action. Faye focused on emotions that she experienced as a listener and how Marj used descriptive words, phrases, and dialogues to enhance her story. After the panelists gave their evaluation, Marj had a minute to respond to the evaluation. The members of the audience had 2 minutes to add to the evaluation process.

Overall it was a great learning experience for the members of Word Masters. They got to see high-quality evaluations presented by members of an advanced evaluation club.

## Future Meeting Place?

Carol Duling works hard on many projects, but looking for a meeting place appears to beat all of them. A number of members had expressed concerns with the current meeting place. The main among them were the size of the room, food choices, echoing inside the room, and dampness during the rainy season. Carol's mission to find a new place involved countless phone calls to businesses, looking for organizations that had a meeting room

and were willing to allow a group to use it on Saturday mornings. She finally found one.

Affinity Plus Federal Credit Union, at the intersection of Hwy 52 and Plato Blvd, just south of downtown St. Paul, is a great location. The bank has a large, comfortable room on the third floor that they use for board meetings. There is a branch office on the first floor of the building that is open 9 a.m. - noon on Saturdays. Someone from the first floor can let us into the room when they are open, and we wrap up by noon.

We can bring in food, as long as we clean up after ourselves. There is plenty of parking; we would simply leave the closest spots for their members.

To check this place out, our next meeting on November 12 will be held at the following location: Affinity Plus Federal Credit Union, 175 West Lafayette Frontage Road, St. Paul, MN 55107.

Please attend the meeting at the new location and share your thoughts.

## EGG Captured by SML!



SML captured the Elusive Gilded Gavel (EGG) from Word Masters on September 17, 2011. At the meeting were Carol Duling, Faye Heffele, Linda Ruhland,

and Ravi Rai. No other club was present to capture the gavel.

The EGG idea was hatched by the District 6 Trio in 2005-06 as a way to encourage clubs to visit other clubs for ideas, programming, and mentorship. The EGG was hand-crafted especially for District 6 by Del Meisner, husband of then-LGM Pat Croal.

Please encourage your home club members to visit Saturday Morning LIVE! as guests. We always welcome visitors and encourage members of our district to consider joining an advanced club to enhance their Toastmasters learning experience.



## Toastmasters International Convention

By Ravi Rai



*District 6 members with new TI banner.*



*International Speech contestants on stage during interview.*



*Kenny Morgan with District 6 members.*



*Kenny with 2nd & 3rd place winners of semifinal contest 7.*



*Kwong Yue Yang, Jock Elliott, and Scott Pritchard.*

The 2011 TI Convention was held in Las Vegas, Nevada, Aug 17-20, 2011. A large delegation from District 6 was part of this convention, including our district trio: Catherine Rai Cardenuto, Dru Jorgenson, and Sharon Rollefson.

Notable items:

- Kenny Morgan won the semifinal of the International Speech Contest.
- Robin Sharma was named the 2011 Golden Gavel recipient.
- Dave Logan was the keynote speaker.
- Dan Nainan entertained the audience with his stand-up comedy act.
- Catherine Rai Cardenuto was recognized for her successful year at LGET.
- Mary Swanson declared that she will be running for International Director (Region IV).
- Theo Black announced his candidacy for the office or 2nd vice president.
- Jock Elliott won the 2011 World Championship of Public Speaking with his speech, "Just So Lucky." Kwong Yue Yang placed second with his speech, "Fortune Cookie," and Scott Pritchard placed 3rd with his speech titled "Roscoe's Words."



*District trio with TI president Pat Johnson.*



*Golden Gavel recipient Robin Sharma autographs for Ravi.*



*Cliff Heinsch, Theo Black & Don Matthews.*



*SML member Pat Croal with D6 members.*



*Catherine receives award from TI president Pat Johnson.*



*Theo Black presenting a pin to George Thomas, ID Region 11.*



*Dru Jorgenson and Pat Croal at President's Dinner.*

By Fred Dornick, DTM



At this time of year, we think of the many things for which we are grateful. As a retired person, I am especially grateful for Toastmasters and the six clubs to which I belong.

Last year I participated in the Humorous contest of Saturday Morning Live! The title of the speech was "The ABCs of Successful Retirement." The speech did not win. However, preparing the speech made me think of Toastmasters and how it has helped me with my retirement.

In 2001, while working for Mayo Clinic as a senior analyst/programmer, my aorta dissected. At the same time I had a stroke. Had it not been for the immediate care I received at the trauma center at Saint Mary's Hospital, I could easily have died. Remember John Ritter of "Three's Company?" His aorta dissected.

Near the end of 2003, I was forced to retire. It was perhaps one of the best moves I ever made that I was so against. Looking back, retiring at that time saved my life. Had I continued to work, I never would have taken the time to exercise and have my health restored. I also would not have joined Toastmasters in 2004.

The ABCs? "A" stands for activity. The 200 or so speeches I have given since joining Toastmasters have kept me busy. If I weren't active with Toastmasters, I probably would be sitting in front of my computer, our TV, or be involved in some entertaining waste of time. Toastmasters, to me, has never been unfruitful. I'm involved with my church and occasionally give sermons. Certainly the communication training in Toastmasters has been helpful. But I have been pleasantly surprised at the value of the leadership side. Every organization needs to have the functions that our officers fulfill. A church's Sunday program is similar to a Toastmasters meeting. The Leadership Excellence program is helping me help my congregation to relocate.

In 2006, I needed additional surgery related to the dissected aorta, and while I was the area 72 governor in 2009, I had a condition related to my 2001 stroke. I wasn't allowed to drive for six months. That could easily have set back my dream of completing my DTM. Thanks to my division governor, Faye Hefele, I was encouraged to proceed even though I lived 50 miles away.

From time to time I have been disappointed with the system and have not been shy in letting management know. Almost always I've received a quick response to a question or, more often than not, a "go the extra mile" attitude to resolving a problem. For this I am extremely grateful.

It's not only at Thanksgiving time that I think of how much I owe Toastmasters. As a retired person, the six clubs I belong to have given me an opportunity to recall a lifetime of experiences and have helped me think through those things I still want to do. I really appreciate Saturday Morning Live! because of the way the club conducts itself. It bubbles over with excellence that I take back to my other clubs, the other organizations to which I belong, and my everyday life.

## Knowing Faye Hefele



You may know Faye Hefele as a pretty serious Toastmaster. And she is very serious about Toastmasters. Faye is active in four clubs, holding officer positions in three of those clubs. She also is very passionate about mentoring. Faye is the Mentor Program Chair for 2011-2012 for District 6. In that role, Faye will be creating an advanced mentoring program to help District 6 leaders become more effective in their roles. More information about this new program will be coming soon: she hopes to present an educational session on this topic at the Fall Conference.

But you may not realize that Faye also has a humorous side. On a whim in 2009, Faye competed in Humor Mill Toastmasters Club's annual stand-up comedy night using Flat Allan as a prop, and she managed to walk away with the grand prize, a six-month membership in Humor Mill. Since then, she has taken several giant leaps forward in her ability to incorporate humor into her speeches. In March 2011 she made her debut in the "real" world of stand-up comedy, when she took the stage at the "world-famous" Shakopee VFW in a stand-up comedy show. Then in August 2011 she competed in the "Funniest Person in the Twin Cities" stand-up contest at the Acme Comedy Club in Minneapolis. Faye states, "It was definitely a positive experience. Yes, I was a bit nervous, and I didn't get as many laughs as I hoped, but it was an excellent opportunity to practice all my Toastmasters skills. Next year, Minneapolis, watch out!"



## Meetings



### SML! Officers

**President**

Ravi Rai

**VP Education**

Linda Ruhland  
Carol Duling

**VP Membership**

Faye Hefele

**VP Public Relations**

Mary Torno

**Secretary**

Mary McGrath

**Treasurer**

Fred Domnick

**Sergeant at Arms**

Dave Hutcheson

**Club Website**

Sml.d6pages.com

**Meeting Time**

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

**Club Contact**

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vppr@sml.d6pages.com

**Newsletter Editors**

Ravi Rai  
Mary Torno

**Proofreader**

Carol Duling

### 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, October

### August 13, 2011

Theme: Harvest Your Gifts

Toastmaster: Linda Ruhland

General Evaluator: Ravi Rai

Evaluation Team 1: Faye Hefele, Kirk Johnson, Mary McGrath

Evaluation Team 2: Susie Bergh, Joe Sharp, Dave Hutcheson

Speeches: 1. Muneish Khandelwal: "The Wormhole of Credit Ratings"

2. Keith Hardy: "Fortify Via Feedback"

Best Evaluator Award: Tim Kelley

Sunny Award: Dave Hutcheson

### September 10, 2011

Theme: Fall Speech Contest

Toastmaster: Fred Domnick

Contest Chairs: Carol Duling & Fred Domnick

Chief Judge: Faye Hefele

Humorous Speech Contest:

Caroline Baker: The Rhythm of Life (2nd Place)

Mary Torno: B.S. Shopping (3rd Place)

Tim Kelley: My Wives & I (1st Place)

Tall Tales Speeches: (No contest held as both proceed to Area 25 contest)

Caroline Baker: The Ride of My Life

Tim Kelley: A Grisly Tail

Sunny Award: Carol Duling

### September 14, 2011

#### Area 25 Contest

The contest saw two of our contestants compete in Tall Tales & Humorous speech contests. It was a great contest organized by Area 25 governor Brian Perry.

#### Tall Tales Contest:

Tim Kelley placed first with his speech titled "A Grisly Tail." The second place was won by Noel Field.

#### Humorous Speech Contest:

Noel Field took the first place. Caroline Baker, our fellow member from SML, took second place with her speech titled "The Rhythm of Life."

### October 3, 2011

#### Frontier Division Contest

Tim Kelley placed second at the Division Contest with his speech titled "A Grisly Tail." This was one of the best speeches I have heard from Tim, who entertained us throughout his presentation.

