

# Saturday Morning LIVE!

Toastmasters International  
Club 9196, Rivers Division  
District 6

Issue 03, March 2011

# LIVE! Wire

Quarterly Newsletter of Saturday Morning LIVE!



## 2010–2011 THEME: STRETCH YOURSELF

Our theme for 2010–2011 is “Stretch Yourself.”  
Our club is about stretching yourself beyond the norm.

## The Irish Toast

Timothy O’Kelley  
President, SML!



Our Toastmasters year is quickly sliding past, with just over three months remaining. With March upon us, it is once again contest time. And if it is contest time, it must be close to St. Patrick’s Day, a most enchanted day indeed: a day to begin transforming winter dreams into summer magic.

It’s a day to celebrate the joy in life, and as an old Irish proverb states, “Joy is the will which labors, which overcomes obstacles, and which knows triumph.” We each labor to improve ourselves, to encourage one another to overcome obstacles, and ultimately to triumph over our fears.

In joy we find happiness, and as the father of my favorite Irish poet (William Butler Yeats) once wrote, “Happiness is neither virtue nor pleasure nor this thing nor that but simply growth. We are happy when we are growing.” I am happy to see so many stepping up this year, challenging themselves, stretching themselves in the mortal combat that is speech contests. We are growing by trying to take things one step further.

To all who endeavor to speak more clearly, I offer an Irish toast: “May you have the hindsight to know where you’ve been, the foresight to know where you’re going, and the insight to know when you are going too far.”

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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.



## Connecting with Sharon Rollefson, Rivers Division Governor



### **1. Have you had a successful year as Rivers Division Governor?**

This past year as Rivers Division Governor has been an awesome experience! I have the good fortune to have six very motivated area governors.

There are 28 clubs in Rivers Division, and I have personally visited all but seven clubs to date. At each club, I have been able to see in action the strengths of the individuals that make up the core of communication, leadership, and social networking in Rivers Division. Two new clubs will charter in Rivers Division this year. I have seen the revitalization of several clubs we had previously thought of as defunct. With energy and commitment, I have worked together with my team, and we are seeing great results.

### **2. What about your past experience as an area governor?**

Ending my year of serving as Area 75 Governor as a President's Distinguished area speaks to the passion and commitment I have for Toastmasters. I was able to put to good use the "Moments of Truth" as I worked with a struggling club. It was also a wonderful year of learning about leadership beyond the club level.

### **3. How has your Toastmasters experience benefited people around you?**

Many people have stepped forward to mentor me, then asked me to "pay it forward" by mentoring others in their personal goals. I have mentored a fellow club member to her DTM; I have been a committee member for several people working on their HPLs and other awards as area governors and so on. I am currently mentoring my daughter-in-law for her role as Contest Toastmaster. I believe that "paying it forward" is one of the most rewarding aspects of Toastmasters.

### **4. What is your vision if elected as LGM?**

My vision is to promote the awareness that Toastmasters goes beyond public speaking. That is not the only reason people join Toastmasters. It is

important to continue to develop our leadership roles, but especially our social networking. One of my biggest concerns this past year has been how we keep members. We can continue to get new members and new clubs; however, I believe social networking is important to keeping our members and our clubs. I will be working for balance between building new clubs, drawing in new members, and retaining current clubs and members.

### **5. How does District 6 benefit from your service?**

I am committed to our Mission Statement and to the Toastmaster's Promise. By keeping these two statements in mind, I am able to stay focused. I have mentored a new club for a year, been the Toastmaster at a kick-off (demo) session, conducted training at TELI, worked as Division Trainer, filled various roles at other division contests, worked at the registration desk at Fall Conference, and worked at the State Fair booth. However, one of the most unusual things I did to promote District 6 was having my picture taken with my *Toastmaster* magazine in the winner's circle at the Daytona 500 this February. Look for it in "The Traveling Toastmaster" section of an upcoming *Toastmaster* magazine!

### **6. What have you accomplished in your professional life that will assist you in the role of LGM?**

I am retired from Hartford Insurance Company, where I worked in the mutual fund department as a customer service representative. I am currently a Licensed Unity Teacher, teaching adult education classes for several churches in the metropolitan area. I am a coordinator of the chaplain program and pastoral care for a South Metro church.

Sharon L. Rollefson, DTM  
Rivers Division Governor  
rollefsldw@msn.com

#### *Editor's note:*

*Sharon will be running for Lt. Governor of Marketing. Please take a moment to know your candidates for district leadership as you vote on April 30, 2011.*

## Fred Domnick: The Man behind the Smile



### **How long have you been in Toastmasters?**

I joined Toastmasters in 2004, less than a year after I retired from the Mayo Clinic.

### **How has Toastmasters influenced your life?**

It has made me more confident. It has allowed me to tell my life story while listening to others tell theirs. At my age, getting out of the house is sometimes an accomplishment. Having a speech to prepare or a role to play are goals that make it easy to attend a meeting.

### **Share with us your educational awards.**

In July I received my DTM. My formal education includes an MBA from the University of Wisconsin. My professional recognition includes being certified in management accounting (CMA) by the Institute of Management Accountants.

### **Share with us your leadership experience.**

Last year I was the area governor of Area 72 as well as the president of Humor-US in Rochester. Area 72 was a Select Distinguished Area with two of its clubs President's Distinguished. Humor-US was President's Distinguished. Possibly things could have gone better had I known then what I know now, but I think things went well.

### **We heard you are seeking a district office next year. Please tell us more about it.**

I applied for the Southern Division Governor position. The SML! motto this year is "stretch yourself," and I learned a lot in a hurry when I applied and interviewed. I think I can bring a good perspective to Southern Division because of my experience as an area governor in Rivers Division.

### **What changes do you plan to bring about through this leadership role?**

I don't think I would rush into anything. I would hope to have a couple of mentors who could help me know the ropes to jump and those to skip. The DCP is a good tool. I would very much like to encourage not only manual speeches but also that everyone have their own manuals and have a habit of bringing them to club meetings. I would also encourage everyone to have a

mentor. If you have the tools and the mentors, you are probably going to get positive results. If you don't have the leadership at the area and club level that can see the value of these straightforward ideas, it could be a rocky road.

### **What is your most memorable Toastmasters experience?**

Being notified of the upcoming publication of my article in *Toastmasters* magazine. Hopefully, in April 2011.

### **What's your advice for new Toastmasters?**

Read my article for some basics on easily structuring a speech. Have a mentor assigned to you. Read the CC manual for the project prior to giving a speech, especially the evaluation page. Read the evaluation after the speech. Always bring your CL manual and have your meeting role evaluated.

### **How about for seasoned Toastmasters?**

Be a good role model for the new Toastmasters. Invite your friends to visit. Have at least one communication and one leadership goal to achieve each year.

### *Editor's note:*

*Fred Domnick will be running for 2011-2012 Southern Division Governor. Please take a moment to know your candidates for district leadership as you vote on April 30, 2011.*

## SML! Road Shows

Saturday Morning LIVE! continues to serve the district and fellow Toastmasters through Road Shows. The members of SML! visit a club to give a panel evaluation.

The following road shows were held:

Date: Feb 3, 2011

Club: Humor Mill

Evaluators: Pat Croal, Carol Duling, Keith Hardy

Date: Dec 12, 2010

Club: Hudson Rise N' Shine

Evaluators: Tim Kelley, Ravi Rai, Barbara Jungbauer

## Everybody Knows!

### Dealing Publicly with the Pain of Family Illness

Ed's 7-year-old son, Jack, suffers from leukemia. Ed is a renowned speaker. He maintains a public presence due to the nature of his work. Ed is prominently out in public on a consistent basis.

Since Jack has been ill and this news has gotten around, it has been difficult for Ed to continue being out among so many people on a daily basis. After his picture appeared in the paper because of his involvement in a charity drive, he felt odd smiling. Considering that Jack was so ill, what would people think if Ed looked happy? Shouldn't he show his seriousness and sadness on his face? When someone asks how it is going and fumbles with a comment about how hard this all must be, Ed feels a need to help them over their sense of awkwardness. Ed sees the awareness in people's eyes when he comes before them to speak. His immediate impulse is to duck behind the stage in response to the sympathetic looks.

Bonnie has had a difficult change in lifestyle since her husband, John, has been dealing with depression. He had loved to go out with her and other couples to hockey games. Now on temporary disability pay, he is unable to manage his job at a local corporation. Travel and presentations are too overwhelming for him now. Bonnie almost feels like she has to wear a persona when in public. If someone in the grocery store asks how John is doing, she does not know how much the person knows. She wonders if the person pushing the cart truly cares or is just curious. Bonnie does not know who has a true picture of her situation or who is going on hearsay.

Ed and Bonnie, created examples, represent all those who are suffering from change and feeling inner pain during this stage of their lives. Their future is uncertain because of the uncertainty in the lives of those they care for. Yet they must carry on. Even with their loved ones' poor health and the consequent lifestyle changes, Ed and Bonnie still have to keep going. This means not only supporting the vulnerable family member but also working and keeping their own lives as intact as possible to maintain balance. To do so, they face having to

engage with family, friends, acquaintances, coworkers, and the general public.

Sometimes people assisting with a family member's illness have excellent and supportive exchanges with individuals who seem to know just how to empathize. They encounter individuals speaking to them with a sense of normalcy yet with understanding of their current difficulty. At other times, they feel dispirited and disheartened after speaking with someone whose remarks reflect a lack of boundaries or discretion.

These individuals sometimes think back over such exchanges, wishing they had had a ready answer to bring perspective to the conversation or to portray the family member in a dignified way. They wish that they could sort out on the spot when to give details and when to be more general.

Following are some suggestions for anyone in this position. Many of us, like Ed and Bonnie, deal with these kinds of occurrences and are unprepared for the surprises and the suggestions offered when in the company of others.

### Presenting Yourself in Public



Even though "everybody knows" about such serious situations, individuals who are dealing with challenging family situations can still interface comfortably with society. The "everybodies" out there have lives presenting them with challenges in varying degrees. In a walk through a mall, looking at facial expressions, an observer would see many people who appear content or "normal." Yet it is likely that among them are ones who have a serious life situation going on in their family circle somewhere.

Everyone with facial muscles can position those muscles into a smile, a look of dejection, or a frown. Everyone with verbal communication skills can present a spectrum of expressive language ranging from a slow monotone voice, portraying lack of energy



and enthusiasm, to a high-pitched, rapid-fire voice fueled by inner anxiety or anger.

How individuals present themselves can be a chosen persona or a free-flowing response to a broken heart, a mountaintop joyful experience, or average everyday life events, whether tragic, mundane, or significant. Somehow in the midst of all this, one must choose either to allow the real and natural flow of feeling and expression or to select a smile for a photo as with Ed, a professional manner for the job, and a nod and small talk for a cashier at a convenience store.

In spite of it all, life goes on as events call forth required responses. Normal situations like engaging with a customer, shaking hands at church, or speaking on the telephone with a client bring forth the opportunity to experience the continuum of life as a participant in the bigger picture.

## Dealing with Awkward Conversations



When we go about these normal daily duties of life and engage in the exchanges that a day presents, situations surface that bring to mind the painful and the real, relative to the family member's difficulties.

Many people along the way have had their own trials, and when they approach someone who suffers as the result of the suffering of others, their intention is to connect in some way. They aim to show understanding, empathy, and sensitivity to the difficulty at hand.

However, in spite of good intentions, many individuals have a hard time getting their words out. They may stammer and stutter as they search for the right phrase to extend support, understanding, and comfort. Perhaps they approach at a time when the person in pain is not "in the mood to talk about the challenge." This being the case, the exchange may not flow well. Yet, when suffering, it is important to accept and receive the efforts of others who show that they care.

When approached at a "bad time," it is helpful to find a way to realize that this effort on the part of another is a gift from the heart. To receive the gift, then, one must only listen with the heart and thank these

caring souls for their kind interest. When the person struggles to get out the right word or phrase, it is OK to acknowledge that it is a hard topic to discuss for both parties. What matters, though, is that the receiver can accept and affirm the giver's initiative.

Mary Z. McGrath, Ph.D., ACG, is a speaker, caregiver, and author/coauthor of eight books who works with schools, parents, and organizations to reflect on and improve the quality of careers, relationships, and life transitions. Her website, [www.maryzmcgrath.com](http://www.maryzmcgrath.com), offers more practical articles on caregiving, parenting, and education.

*Editor's note:*

*The second part of this article will focus on "Responding to Uncomfortable Questions" and "Taking Time Off for Balance." Please look for them in the next edition of newsletter on June 11.*

## The SML! Difference

According to a recent survey conducted in SML!, here is what our members had to say:

### **Q: How has SML benefited you? Has it made a difference in your personal or professional life?**

- I am encouraged to keep my own personal standards high, as that is the norm for this group.
- It has mostly helped me with writing, since quality speaking leads to quality writing. Specifically, SML! teaches members how to keep a message within a confined space, be it limited minutes or pages. We're taught that each word counts, and that these words need the support of appropriate organization in order to have maximum impact within minimum space.
- I have appreciated the opportunity to develop further listening skills as an evaluator. It is helpful to be around others who are growing and help me with constructive feedback.
- SML! has benefitted me by continually having high expectations of members. I expect and receive excellent, helpful and challenging evaluations that have helped me improve in speaking & leading in all parts of my life.
- I attend many community meetings that deal with strategic planning for my community. SML! has helped me to listen more effectively, evaluate what I have heard and respond positively even when I do not agree with what has been said.

# LIVE! Wire

## District 6 Spring Conference

Faye Hefele  
Member, SML!



Attending a Toastmasters convention is a **MUST** for all Toastmasters wishing to enhance their speaking and leadership skills! Coming up on April 29 and 30 is our Spring Convention, *Ignite Enthusiasm*, and you will find a myriad of events there to fire up your own enthusiasm for Toastmasters! The event will be held at the Crowne Plaza Hotel in Plymouth, MN, at the intersection of 494 and Hwy 55.

Friday night will have a Wild West theme, so shine up your boots, dust off your Stetson, and don your best Western or hoedown outfit and come on over for some fun! We will be having a down-home barbecue buffet dinner and our District Evaluation Contest. Following the contest, stick around for yummy snacks and learn how to contra dance! Contra dancing is social interaction, meeting people, and making new friends—all rolled into one and set to music. It's easy to learn and lots of fun!

Saturday morning will begin with a delicious breakfast and the parade of banners, so be sure to bring your club banner. Several awards will also be presented. Following that, you can attend wonderful educational presentations. The Saturday luncheon will recognize our Communication and Leadership award winner, along with others.

In the afternoon, we will have our district business meeting. This is a very important meeting, and **every club** should be represented, as we will be voting on our next set of district officers and any other district business! If your club president or VP Education cannot attend, please send another club representative in their place. Proxy forms are available at [d6tm.org](http://d6tm.org).

Saturday evening will begin with our procession of dignitaries and the formal banquet (pull out those suits and evening dresses!) and be capped off with the International Speech contest.

**All of this can be yours** for the low, low price of \$110 for the whole weekend! This convention is going to be an opportunity to rekindle your enthusiasm for Toastmasters, so you won't want to miss it! More information, including the registration form, can be found at <http://d6tm.org/SpringConvention2011/Registration>

See you there!

## SML! Holiday Party

On January 29, 2011, Saturday Morning LIVE! members met at Keith's party room to celebrate another year of friendship and the camaraderie built over the years.

As part of knowing our members, we had a small game to make notes and find out more about our fellow members. We had a pretty good selection of food, as everyone brought in a dish to share.

Every member brought a gift to be auctioned as a white elephant fundraiser for the club. We raised over \$100.



*Tim Kelley puts his selling skills to the best use.*



*Guests having a great time at the SML! holiday party.*



*Keith Hardy, happy to receive his winnings.*



*Faye Hefele engages in a seriously fun conversation with Area 72 Governor Clinton Hunt.*



## TELI (Feb 2011)

Carol Duling  
Member, SML!

The TELI on February 19 was a huge success! Over 300 Toastmasters and guests attended. Dana LaMon, 1992 World Champion of Public Speaking, captivated the audience with his presentations, "Making the Moment Meaningful" and "Packing Power in Your Presentation."

Look for session wrap-up documents soon on the district website, d6tm.org. First Saint Paul Toastmasters have also posted their entire manual, "Strive to Revive and Thrive," on their website, firststpaul.freetoasthost.us. They achieved all ten DCP points in the first six months of this Toastmasters year and share all the details of their successful program.

SML! member Carol Duling chaired the summer TELI and co-chaired the winter one with Anne Groetsch.



*Dana LaMon, presenting at TELI.*



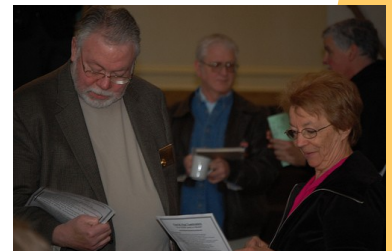
*A busy morning at the registration desk.*



*SML! member Joan Watson, presenting at TELI.*



*Catherine Cardenuto, LGET, thanks TELI co-chairs Anne Groetsch and Carol Duling.*



*SML! member Fred Dornick discusses program ideas with Lucy Burger.*



*Stephen Shaner, District 6 Governor, presents Dana with Minnesota goodies.*



*Spring Conference co-chairs Faye Heffele and Sarah Bateman ignite enthusiasm for the upcoming conference.*



*Dana happily signs a copy of his book "The Soul's Mirror."*



*The audience for Dana's speeches.*

## Meetings

### 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

**Club Contact**

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**Newsletter Editor**

Ravi Rai

**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

**Dec 11, 2010**

**Theme:** Holiday Road

The meeting was cancelled due to snow emergencies.

**Jan 8, 2011**

**Theme:** Empowered for Success

**Toastmaster:** Barbara Jungbauer

**General Evaluator:** Tim Kelley

**Evaluation Team 1:** Carol Duling, Dave Hutcheson, Pat Croal

**Evaluation Team 2:** Fred Domnick, Linda Ruhland, Bridget Kelley

**Videographer:** Ravi Rai

**Timer:** Pat Croal

**Grammarian:** Mary McGrath

**Speeches:**

1. Jane Michelkamp: "Kingdom Kids Bible Study Award"  
Special Occasion Speeches: Presenting an Award
2. Bob Gausman: "Winning through Mental Competition"  
CC #10: Inspire Your Audience

**Best Evaluator Award:** Pat Croal, Linda Ruhland, Mary McGrath

**Sunny Award:** Barbara Jungbauer

**Feb 12, 2011**

**Theme:** Breakfast of Champions

**Toastmaster:** Jane Michelkamp

**General Evaluator:** Keith Hardy

**Evaluation Team 1:** Bob Gausman, Joan Watson, Caroline Baker

**Evaluation Team 2:** Susie Bergh, Ravi Rai, Pat Croal

**Videographer:** Linda Ruhland

**Timer:** Carol Duling

**Grammarian:** Dave Hutcheson

**Speeches:**

1. Barbara Jungbauer: "What John Dillinger Did for Summer Vacation"  
Storytelling: Bringing History to Life
2. Fred Domnick: "The Cure for the Disabled Veteran"  
Storytelling: Let's Get Personal

**Best Evaluator Award:** Pat Croal

**Sunny Award:** Pat Croal, Jane Michelkamp

