

# Saturday Morning LIVE!

Toastmasters International  
Club 9196, Frontier Division  
District 6

Issue 03, January 2012

# LIVE! Wire

Quarterly Newsletter of Saturday Morning LIVE!

## Thinking about Those Resolutions?

Ravi Rai

President, SML!

January of every year is famous for making (& breaking) resolutions. Do we really work on our resolutions?



I often wonder why this time of year we are engrossed with trying to be better “this” year. I personally feel that our society puts a lot of pressure on us beyond what we put on ourselves. For this year, I would encourage you not to worry about the pressures. Continue the good work you have been doing the previous year.

We all grow within without realizing that our lives are being enriched every moment. Every word we hear touches us in some way. Every word we speak influences someone else. My fellow Toastmasters recognize this power of the spoken word you have within you. Let your new resolution come from within but take you and your circle of influence a great distance, including the extra mile.

For this year, while I did not make any New Year’s resolution, my efforts will be to see that our club continues to strive for perfection. Building on the momentum of excellent meetings, we should continue to invite fellow Toastmasters who can enrich their lives through high-quality evaluations.

I hope you and your family have a wonderful 2012.



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

## How Will You Change the World?

Betty Liedtke, DTM

“Let this be the year that you change the world.”

These are the words that were going through my mind when I woke up on Christmas morning.

This is something that happens every once in a while—I wake up in the morning, and by the time I’m fully conscious, which is just a second or two later, I realize that there’s a phrase or sentence repeating itself in my brain. Sometimes it’s a line from a song, and I find myself thinking back to the night before and trying to recall if I heard the song on the radio at some point in the evening.

Sometimes it’s a random statement. It may be something profound, something confusing or disconcerting, or something that’s just plain weird. Whatever it is, it catches my attention and I then start wondering, “Where in the world did THAT come from?” Maybe it was from the tail end of a dream I was having before I woke up, one that has already dissipated in the wide-awake light of day. Or perhaps it’s my brain simply pulling together bits of whatever it’s been processing while I was sleeping.

Wherever it comes from, I usually don’t give it much thought after that, and by later in the day I can’t even remember what it was.

But not this time. It wasn’t a line from any song I knew. It didn’t seem like a random thought. And it wasn’t the type of comment I was likely to forget. Even so, I got up quickly and wrote it down so I wouldn’t lose it later on. And I’ve been thinking about it ever since.

I’m sure that some people would laugh at this, and others are probably rolling their eyes even now. But I have to say that the words I heard on Christmas morning felt to me like God whispering. And giving me an assignment. Or at least a nudge.

That whole idea of changing the world is something that may sound naïve and idealistic and impossible. Yet it’s something I’ve actually been giving a lot of thought to lately, in part because I’ve seen—in very



recent times and from fairly close proximity—people who are doing it.

As our “Lead Like Jesus” team was getting set to leave an area in Uganda where we had done several programs and where much healing and forgiving had taken place, we were told, “You have changed this town,” by someone who grew up there. We were later told, “You have changed this country,” after we completed LLJ Encounters with government, business, religious, and student leaders in different parts of Uganda. Some people also told us that they wanted to take the program into other African countries as well. And if a program like this can change a town, a country, and a continent, it’s certainly something that can change the world.

Then there’s Marcia Wieder, who developed the Dream Coaching program and founded Dream University. Her new goal is to help one million people achieve their dreams in 2012. (You can learn more about this at [www.dreamuniversity.com](http://www.dreamuniversity.com).) I know how life-changing Dream Coaching can be, from going through the program myself and from coaching others. When you discover your purpose and your passion, and you incorporate them as you pursue and achieve your own dreams, there are a number of other things you accomplish as well. You gain confidence, enthusiasm, and determination that may be unlike anything you have ever experienced before, and that often spreads to the people around you. It’s contagious in the best possible way, and it inspires others to do and become more than they ever knew they could. And if a million people around the world are all working at this at the same time, you’d better believe it can change the world!

There are other people I know—and still more that I know of, even if I don’t know them personally—who are doing the kind of work that can have a powerful, positive, and global impact. But until fairly recently, I would never have put myself in the same category as them.

But what I've learned in the last few years is that you don't have to be rich or famous or well-connected to make a difference or to change the world. You don't have to be a saint or a martyr or a genius or a magician.

All you have to be is determined. All you have to have is something that you believe in very strongly and that can improve the lives of others as well as yourself. And all you have to do is share it with the world. With one person at a time, one family at a time, one community at a time. Be a living and shining example of it every day of your life, and others can't help but notice.

## District 6 Diamond Awards

By Ravi Rai



We've heard a bit about Diamond Awards. To get a better idea, I interviewed Catherine Rai Cardenuto, District 6 Governor. Here is the information.

### Q. What is the District 6 Diamond Award? How did you come up with the idea?

The Diamond Award is to recognize those people who have gone above and beyond the expected to provide outstanding service to District 6. The award is meant to remind us that it is the individual that makes District 6 great. It is our responsibility, as leaders, to not only look at the numbers, but to keep our eyes peeled for people who are putting forth their best efforts and then recognize them promptly. The people who receive the award set the highest standards of character and work ethic and are worthy of our admiration.

In all honesty, I am not sure how the idea came about. It was just something that was meant to be.

### Q. How do you select a Diamond Award recipient?

There is no magic to the selection process. When we hear of, or notice, someone who is putting it all out there for the district, we recognize that individual. It is that simple.

Let them see and share your confidence and your commitment. Let them understand and experience your vision and your mission. Let them enjoy and be inspired by your achievements and your accomplishments, by your resolve and your results.

And let this be the year that YOU change the world.

*Chanhassen resident Betty Liedtke is a writer, professional speaker, and Certified Dream Coach®. Visit her website at [www.findyourburiedtreasure.com](http://www.findyourburiedtreasure.com).*

Welcome fellow Toastmasters  
to our special meeting on Feb 18, 2012

## Breakfast of Champions

Speakers:

Pat Croal, DTM, PDG

Tim Kelley, DTM

### Q. Who gives out the Diamond Award?

The Trio members (District Governor Catherine Rai Cardenuto, LGET Dru Jorgensen, and LGM Sharon Rollefson) are the ones who are selecting the recipients and presenting the Diamond Awards. It has been a special privilege for us to be able to honor people on an ongoing basis. Nominations are encouraged from any Toastmaster in District 6. (Include specific information on why the person should receive the award.)

### Q. How can Toastmasters clubs be involved in this award?

Encourage your members to get involved on a district level. There is so much to learn and so many ways to grow. Also, when you see a diamond in action, please do not hesitate to submit his or her name for consideration.

To see who has received the Diamond Award, please visit the district website at: <http://www.d6tm.org/DistDiamonds>

# LIVE! Wire

## District 6 Fall Conference

By Ravi Rai



*Faye Hefele and Carol Duling at Friday Fun night.*

The District 6 Fall Conference was held in Thunder Bay, Ontario, Canada.

Notable items:

- About 47 Toastmasters shared a bus ride.
- Friday Fun Night included Scottish dance.
- SML! members Faye Hefele and Ravi Rai presented educational sessions.
- Tall Tales Contest results: 1<sup>st</sup> – Sunshine Sinarath, Prairie Division. 2<sup>nd</sup> – Tammi Dick, Rivers Division. 3<sup>rd</sup> – Mel Seelan, Eastern Division
- Humorous Speech Contest: 1<sup>st</sup> – Jeff Lindhom, Metro Division. 2<sup>nd</sup> – Jesse Ball, Southern Division. 3<sup>rd</sup> – Roger Baburam, Frontier Division
- A banner was presented for District 6 members to sign their names on. By doing so, they commit to keeping their home clubs strong so that we can become a Distinguished District together. This banner will be used for walking across the stage at the next TI convention.



*Best costume contest.*



*Roast of Stephen Shaner.*



*Toastmasters taking the bus trip to Thunder Bay.*



*Winners of the Humorous Speech Contest.*



*Winners of the Tall Tales Contest.*



*Ravi and Catherine with the bagpiper.*



*DTM recipients.*



*Ravi getting ready for his educational presentation.*



*Ravi Rai carrying the banner for SML!*



*Carol Duling with Sunshine Sinarath.*



*Faye presenting her educational session.*

# Uplift Your Toastmasters Members

By Mary Torno

Do you care enough to connect with your speakers? Do you value the speakers so much that you want them to become world champion speakers? Do you want them to become professional speakers?

Being an evaluator requires an evaluator to care, connect, and give feedback for the speaker to become a world champion or professional speaker. This feedback benefits the speaker in personal, business, and community life.

To start being a better evaluator at any level of the Toastmasters program, research all available resources. There are educational modules (for example, Evaluate to Motivate and a specific evaluation module), articles in *Toastmaster* magazine, the manuals for each speaker's presentation, the guidelines for evaluating in the Competent Leader manual, the guidelines the judges use in the evaluation contest—and, above all, joining Saturday Morning Live! Toastmasters, where you receive a sheet with guidelines and where we give feedback to the evaluators.

The second step in this process of evaluating is to become a superb listener. Listening is an art to be developed. Toastmasters International has a module on listening, and *Toastmaster* magazine has articles on listening. The public library is another tool you can use to develop listening skills.

Make notes while listening to help prepare your feedback both verbally and in writing. Give the feedback in a way that affirms the speaker's strong skills: for example, an opening that grabs the audience's attention, body language that enhances the speech, or vocal variety that has the audience eager to hear the next sentence. Give this feedback with sincerity.

The middle part of the evaluation is where the evaluator makes recommendations to move the speaker a level above their expectation. Be selective with your comments, giving the speaker the opportunity to reject your suggestions and instead make their own changes to their style of speaking. Always, always end your feedback with affirmations. Affirmations give the speaker a desire to return and apply your recommendations for improvement. Remember, you are an evaluator and not another speaker. Select three to five detailed questions from the manual for the verbal portion, and have the speaker read your legibly written comments in the manual.

Giving quality evaluations to speakers will sustain members and give guests the realization that Toastmasters is about more than just speaking. Toastmasters is about listening, giving evaluations, and speaking! You can increase the value of your evaluations and uplift your Toastmasters members by educating yourself, developing strong listening skills, and providing selective feedback.

## Excellence in Evaluation Program

By Ravi Rai

During the December meeting of Saturday Morning LIVE!, our club president, Ravi Rai, unveiled this program for members of Saturday Morning LIVE!

This program was designed to encourage members of SML! to strive for professionalism in evaluation. Certified evaluators in Saturday Morning LIVE! are members who go beyond ordinary evaluations.

They serve as specialists who provide high-quality feedback. Upon successful completion, they receive a certificate of excellence in evaluation.

The requirements of the program are as follows:

- Guidance committee of three members
- Serve twice as Evaluation Team Leader
- Serve at least once on a panel evaluation
- Serve at least once as General Evaluator
- Give a professional speech
- 6 months of active membership in Saturday Morning LIVE!
- Essay on good evaluation techniques.

# LIVE! Wire

## Interview with Mary Swanson,

### candidate for International Director



#### **What is the motivation behind running for international director?**

Toastmasters is about continual learning. I have done a lot at the district, division, area, and club levels. I want to stretch my comfort zone. From an organizational standpoint, I feel that I have a lot to give. I have had the opportunity to talk to people from many districts and understand what their concerns are. This is especially true where it is not so populated. Also, with my technology background, I think the board can benefit from my skills. The biggest reason I am running is that I want to give back to the organization that has given so much to me.

#### **What is your most memorable TM event?**

The most recent one is when Ken Morgan from my home club, Super Speakers, won the district International Speech Contest. It was amazing to see him grow in confidence. When he joined the club, he was very nervous and shy, but all he needed was a nudge from his fellow Toastmasters. I was so proud to see him win the semifinals and go on to the finals.

#### **How do you define your leadership style?**

Lead by example. I firmly believe that I should not ask someone to do something I am not willing to do myself.

#### **What unique abilities do you bring to the ID team?**

The ID team can benefit from my problem-solving skills. I have learned the art of breaking a big problem into smaller, manageable pieces. I have the ability to talk to people and to promote effective collaboration at work, in my family, and in Toastmasters.

#### **What was the most challenging time you had as a District Governor?**

I would say the most difficult time was when we realized near the end of the year that we would not be a Distinguished District. Knowing the challenges ahead, we did our best to set up a strong start for the following year's team. Setting up a pipeline was the first thing we did. That, combined with hard work from the following year's team, resulted in a Select Distinguished District. I feel good that we did what we had to for success the next year.

#### **What do you do outside of TM?**

I focus on my family, help care for my 86-year-old mother, volunteer at the Ronald McDonald House, do church activities, and do fundraising walks.

#### **Share with us leadership qualities you have developed as a Toastmaster.**

Ability to communicate (written as well as oral) and listening skills (focusing on the speaker's message, not my personal response).

#### **What's your TM vision for 10 years from now?**

On the international level, we need to do more to make the organization available to more people, to enable people with economic challenges to participate too. Technology can help us achieve this. Conferences can be webcast to overcome costs. It could be life changing for people with no job or with other challenges if they were able to participate. Toastmasters who attend a conference will fall in love with it and want to be part of it.

#### **How can Toastmasters be promoted to the younger generations?**

We have just touched the surface of Facebook, LinkedIn, etc. We should continue to explore those areas for attracting the younger generations. Also, we need to find the right message to persuade younger contestants to actively participate. We should also promote the skills learned in Toastmasters that will benefit their careers.

#### **What is the importance of TM evaluations?**

Evaluation is the key to any activity in Toastmasters. For me, it goes back to the first speech I gave at Toastmasters. I received a kind and supportive evaluation, not a harsh one. I have seen stronger-than-necessary evaluations that discouraged people from coming back. Evaluations make the difference. Beyond the first few speeches, evaluations provide nurturing for the speakers who are on their way to earning the CC. On the other hand, even skilled speakers also need quality evaluations that are neither whitewash nor lack specific suggestions. Outside Toastmasters, everyone needs those affirmations. Positive, encouraging feedback goes a long way in building self-esteem.

# Structuring a Persuasive Speech

By Joe Sharp

How can you develop an action-oriented message to move the listener in a desired direction? Begin with a topic sentence of ten or fewer words. This sentence presents a vision of your topic (content and purpose). For example, if your speech is to persuade listeners to act and to benefit from the change, then here is a strong quotation to orient around:

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.” —Joel A. Barker

Pick a topic of interest to the listeners. You must base your talk on their feelings toward you and the subject. It must be one you truly know and care about. Actively, optimistically, build the listeners’ emotions about this single focus.

An opening, body, and closing follow the topic sentence.

The opening establishes the foundation of the talk. It has four parts.

- A SHARP hook to get emotional attention:
  - Story
  - Humorous comment
  - Analogy or metaphor
  - Reference to some work or a Relevant quote from a respected writer
  - Picture, Prop, or demonstration, which saves up to 40% explanation time

Explicitly tie the SHARP opening back to the point you are illustrating.

- Your point of view, how you really feel about your subject. Answer the question, “So what?” You also preview the three key points of your speech.
- The most general desired action or viewpoint change, usually phrased as “We must...” or “We should...”
- Three specific benefits to the listener from making this change (what’s in it for them).

The **body** of the talk consists of three major sections, because people have trouble remembering more than three main points. Each main section has three

subsections. A five-minute brainstorm session often starts this up. Open and close each section with clear transitions.

Pick topics that stick in the memory: simple, surprising, specific (concrete), solid (credible), soul stirring (emotional), or story. Converse rather than lecture. Explain a real problem and then present your solution.

Be in close, continuous touch with the audience. Even walk into the audience as you converse with one member. Don’t let a lectern, notes, or looking away or down break your eye contact with listeners. I usually add a question-and-answer section to the end of the body. Engaging the listener during the talk builds their commitment.

The **closing** is the most dynamic, emotional, and best remembered section of the talk. Strike chords of pride, hope, or love of country or community. It has four parts:

- Reiterate your point of view and review the three main points of the speech.
- Call for a measurable specific action to take within a specific timeframe: for example, call someone tonight, join a group or club this week, or read a specific book by the end of the month.
- Dramatize three benefits from this action or change of view.
- Sharpen recall of this talk with another SHARP memory hook.

Following this format is a surefire way to powerfully motivate your audience.

### Further Reading

*Creating Messages That Motivate*, by Bert Decker (2005)

*The Presentation Secrets of Steve Jobs: How to Be Insanely Great in Front of Any Audience*, by Carmine Gallo (2010)

*Speak Like Churchill, Stand Like Lincoln: 21*

*Powerful Secrets of History’s Greatest Speakers*, by James C. Humes (2002)

# LIVE! Wire

## SML! Officers

### President

Ravi Rai

### VP Education

Linda Ruhland  
Carol Duling

### VP Membership

Faye Heffele

### 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 a.m.

### Club Contact

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### Newsletter Editors

Ravi Rai  
Mary Torno

### Proofreader

Carol Duling

## Saturday Morning LIVE!

Advanced Toastmasters Club  
Meets every month (2nd Sat.)  
Affinity Plus Federal Credit Union  
175 W. Lafayette Rd.  
St. Paul, MN 55107

## Meetings

### October 8, 2011

Theme: Up North

Toastmaster: Jane Michelkamp

General Evaluator: Caroline Baker

Evaluation Team 1: Barbara Jungbauer, Carol Duling, Bob Gausman

Evaluation Team 2: Ravi Rai, Pat Croal, Dave Hutcheson

### Speeches:

1. Fred Domnick: "The Poet's Name Was Joyce"

2. Linda Ruhland: "Managing the Cloud before the Storm"

Best Evaluator Award: Ravi Rai

Sunny Award: Joe Sharp



### November 12, 2011

Theme: Thankfulness

Toastmaster: Bridget Kelley

General Evaluator:

Evaluation Team 1: Kirk Johnson, Keith Hardy, Fred Domnick

Evaluation Team 2: Jane Michelkamp, Caroline Baker, Dave Hutcheson

Videographer: Joe Sharp

Timer: Mary Torno

Grammarian: Faye Heffele

### Speeches:

1. Ravi Rai: "Certificate of Excellence in Evaluation"

2. Carol Duling: "Location, Location, Location"

Best Evaluator Award: Keith Hardy

Sunny Award: Carol Duling



### December 10, 2011

Theme: Home for the Holidays

Toastmaster: Keith Hardy

General Evaluator: Tim Kelley

Evaluation Team 1: Linda Ruhland, Bridget Kelley, Pat Croal

Evaluation Team 2: Mary Torno, Dave Hutcheson, Kirk Johnson

Videographer: Ravi Rai

Timer: Mary McGrath

Grammarian: Carol Duling

### Speeches:

1. Joe Sharp: "The Third Alternative"

2. Caroline Baker: "Tables and Chairs"

Best Evaluator Award: Pat Croal

Sunny Award: Keith Hardy



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