



LIVE!Wire

Quarterly Newsletter of
Saturday Morning LIVE!

Issue 01, July 2012

A New Journey

Linda Ruhland
President, SML!



Ever ride Excalibur at Valley Fair? Do you know the feeling that you get on a roller coaster when the attendant locks you into your seat, just before the ride kicks into gear and away you go? There's no turning back. I remember a similar feeling the day I boarded a plane to Helsinki. It was a trip I had dreamed about for nearly a year. I had gathered enough money for the air fare, but hadn't much left over for my stay. Nevertheless, I was determined to go. I never hesitated until the plane began to board. Then panic set in. Fortunately, it was a full flight and the steady stream of passengers "pushed" me onto the plane. I had the time of my life.

That's what big goals do. They leave you a little breathless, wobbly, and unsure of yourself. It makes sense that you should feel this way. Your life experiences have brought you to this moment. You know what you know and how you dealt with the situations that have already happened. However, you don't know what you don't know, or exactly how you will deal with the new challenges you are about to encounter. You can avoid the "wobbles" altogether if you go about your day doing things you've already done, but where is the thrill in that? If you've done it before, you know how it goes and what will come of it. The alternative is to go for the unknown, shoot for a distant star, and see where your journey takes you. God gives us the choice.

I am glad that Toastmasters is in my life. I have yet to meet a fellow Toastmaster who hasn't set the peg at least a little higher for him or herself. I admire their enthusiasm and clear understanding that life is more exciting and rewarding when we push ourselves beyond our comfort zone. I think of our departed fellow member, Fred Domnick, who persistently aimed higher: writing an article for *Toastmaster* magazine, running for office, and constantly setting new goals. The

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wonderful thing about Toastmasters and members like Fred is that you are surrounded by supportive people in a place where setting your sights higher is the norm. Feeling wobbly is simply a way of life as we learn that butterflies can, indeed, fly in formation.

This year, as I step up to my new role as president of Saturday Morning Live!, I realize that I have big shoes to fill. This club is especially designed to set the standards higher for its members. Members of SML are accustomed to doing extraordinary things. Beyond being a place where leaders are made, SML is a place where leaders improve upon leadership. Therefore, I have titled this year's overarching message "Aspire Higher." I have no doubt that the individuals in this club can and do achieve their goals on a regular basis. Each year I am impressed with the new heights SML members seek to achieve. We are now settled into a new and very accommodating space, thanks to Affinity Plus. We have an inspiring mix of new and returning members. We are in a position to further demonstrate the value we provide members of our district as an advanced club. The coming year promises to be an exciting ride.

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

Thinking about the Past Year..

Ravi Rai, DTM, Past President



Time flies. Yes, it does. After a full year, I finally had a good week to reflect on the Toastmaster year that concluded for us on a wonderful note. All I have to say is that the magic is in the extra mile.

The Message

Choosing this as a message was not very easy. 2012–2013 was the first year that Toastmasters International decided on one theme for the entire organization as part of rebranding. So instead of a theme, I decided on “message” as an alternative.

Following the book written by DeAngi, I believed in my heart that we need to believe in the power of our faith of extra mile. It is in this extra mile where we see best of ourselves. The extra mile proved to be right toward the end of the year, when every member pitched in to end the year on a successful note (President’s Distinguished Club).

The New Place

For a long time, we had grown accustomed to the good facilities provided by the Coldwell Banker meeting rooms. After they changed their office hours, we wandered through meeting rooms at various locations before holding our meetings at Como Park. Thanks to Carol Duling, we found a wonderful meeting room at Affinity Plus Federal Credit Union.

The management was very kind and supportive in allowing us to use their meeting room on 3rd floor. After the renovation, it looks like a top business-class meeting room.

The stability of our meeting place finally saw a growth in our membership, and we now have a place that truly allows professional-style meetings to be held.

New Energy

New members bring new energy and new perspective to our group to enrich our advanced club membership. I have truly believed in it. We are blessed to have special members join SML! in the 2011–2012 Toastmasters Year.

Edward Chavan will be in my heart as a special person who was the first new member during the year. He invited Margaret Snoeren, who brought with her a lot of excitement. Narayan Dhakal transferred his membership to our group and added strength to our diversity. Laurie Buchberger, a close friend and an excellent Toastmaster, won the membership to SML! through the silent auction. She brought in an admirable future district leader to our group. SML! was never forgotten from the hearts of former members. We saw Bonnie Amundson, Orapat Sivatanpisit, and Jane Michelkamp rejoin our club. I have deep respect for each of you who joined or rejoined in the 2011–2012 Toastmasters year.

Loss of a Friend

As a President of SML!, I will cherish the smiling face of Fredrick Dominick, a friend we lost during the year. He was a person very close to my heart, and we will all miss him. A number of us attended his funeral, and most of us remembered him at one of our meetings through a Table Topics. While it is hard to deal with a loss, the good memories they shared in the miles behind us help us to continue on the miles ahead.

My Favorite Part

If I had to single out the part I liked about my role as President, it would be the “evaluation tip of the day.” While I was nervous with my first evaluation tip, it became a lot of fun with meetings that followed. The inspirations came from books, articles, friends, Toastmasters authors, and my understanding of a good speaker and evaluator.

Fellow SML members, Thank you for allowing me to serve as your President. It was an honorable and humbling experience I will cherish forever.

Reflections on a Journey

Catherine Rai Cardenuto,
DTM, PDG



Eight years ago, moving to Minnesota was the beginning of a new journey for me. At that time I knew I was headed for an adventure, but I really had no idea how much of an adventure it would be.

Joining Toastmasters at that time seemed to just fit. Now, looking back over the road that I took, I can't really believe the terrain that I navigated. I can honestly say that if I knew before I started what was in the path in front of me, I might not have ever chosen to do it. But now, after going through all of it, I am much richer for the experience and the people I've met along the way.

In the past month or so, people have been asking me the same question... "What was the most important thing that you learned while serving as a District 6 Trio member?"

While I am sure that my learning from this experience will continue for years to come, today, at the twilight of this experience, I can share the following three things with you:

First and foremost, my lesson was that you can't do it by yourself. Starting out, we all feel that the success lies on our shoulders. As leaders, we are responsible for keeping people motivated, removing barriers, and tracking to make sure we are on course. These are all vital to the mission. The work, my friends, belong to all of us, though. District 6 is challenged with large goals. Ones that take hundreds of people to accomplish. Your particular path may not be the one that I chose, but your participation is important, regardless of how big or small that participation is. The best thing that we can all do is to focus on our own goals, whether it be attending club meetings, holding an officer position, completing a speech manual, or just simply paying our dues on time. Everything you do that is part of the activities of the club

builds the club and the district stronger. Don't be afraid to step out and just take on and do those things that you see need to be done. You will be better for it. Then, in turn, we will all be better for your offerings.

Trust your team. We all have different styles, gifts, and specialties that we bring to the table when performing as a team. That is the good news. The challenging news is that we, as individuals, don't always understand how or why someone else approaches their role the way they do. What I have learned is that it is not always ours to understand. As long as we all are striving for the same result, how we get to that goal isn't always that important, as long as we do it with respect, honesty, and integrity. I will always cherish my fellow Trio members, Allen Bernard, Stephen Shaner, Dru Jorgensen, and Sharon Rollefson for teaching me this lesson.

No matter what: stay the course. People are usually surprised to hear this one, but if I had a nickel for every time I wanted to give up I would be a very wealthy woman. When we put ourselves in the situation that forces us to grow, those growth spurts are often accompanied by pain. The more we grow, the more pain there is. Toastmasters is about personal development; the structure of the system allows us each to develop in our unique way. That's the beauty of it. Whether someone is just entering the club or a district office, I can promise you that if you participate fully, you will grow. How you will grow is your personal journey, but the fact that you will grow is a given. When the going gets tough, draw on those people who help you stay committed and grounded, because the most precious thing is to find that pot of diamonds at the end of the rainbow!

Catherine Rai Cardenuto, DTM
Immediate Past District Governor, District 6 Toastmasters
Wife of Ravi Rai, DTM
Mother of Anshika Rai, future Toastmaster

LIVE! Wire

District 6 Spring Convention

By Ravi Rai

The District 6 Spring Convention was held at the Ramada Plaza, Minneapolis, MN.

Table Topics Contest:

Our fellow members Caroline & Keith did an awesome job as Table Topics contestants. The question was along the following lines: Life is dance we learn as we go. Which dance represents your life?

Caroline did an excellent job in representing SML, Area 25, and Frontier Division at the Table Topics contest. While she did not place in top three, she did earn my award for being the most entertaining. Keith won 3rd place.

Results: 1st place: Sunshine Sinarath (Prairie), 2nd place: Jean Gallagher (Rivers), 3rd place: Keith Hardy (Metro)

International Speech Contest:

1st place: Kenny Morgan (Western), 2nd place: Jerome Meads (Rivers), 3rd place: Dan Fields (Frontier)

SML was recognized for having 7/7 officers trained in both rounds.

2012–2013 Business meeting saw a contest for the positions of LGM and for Division Governor for Frontier, Prairie, and Southern Divisions.



Ravi receives the Magnificent 7 Award for SML!



Table Topics Contest winners: Sunshine Sinarath (1st), Jean Gallagher (2nd), Keith Hardy (3rd)



International Speech Contest winners: Jerome Meads (2nd), Kenny Morgan (1st), Dan Field (3rd)



Mary Torno enjoying Friday Fun Night



The new 2012–2013 district leaders



Convention organizers Carol Duling & Larry Marik



C&L Award recipient Alan Page flanked by Sunshine & Keith



Pat Croal's new friend



Faye presenting an educational session on mentoring

Co-VPs of Education: Susie Bergh & Faye Hefele

Our Co-VPs are already hard at work ensuring we will have quality meetings each month. The schedule for July–September is already in place, and we are working on the remainder of the year. We will be asking each member to identify at least two individual goals they want to accomplish with SML this year, such as giving an advanced speech, filling a needed role from their CL manual, or contributing an educational award to the club. We need a minimum of eight educational awards, so our goal is for half of members to contribute an award. We will be contacting each member in the coming weeks. Thanks in advance for your support of SML!

VP Public Relations: Mary Torno

Having the privilege to be the public relations officer with a behind-the-scenes computer whiz (Ravi Rai) and a detailed proofreader (Carol Duling) is a growth experience. Public relations officers have oodles of options. The key factor is to select and maintain an effective plan to advance the club retaining and obtaining members. A newsletter is a minute aspect of the goal: flyers attract or distract, brochures and bookmarks are for members to hand to potential guests, newspaper articles get the word "Toastmasters" in the minds of readers, prompting



them to attend a Toastmasters meeting, and the list can grow and grow. My background is sincere customer service promoting goodwill to present and future members. Comments and suggestions from club members are full-heartedly accepted to keep everyone informed and advancing in their Toastmasters goals through the written word.

SAA: Caroline Baker

As a committed TM, every year I complete at least one educational goal. However, this year I will complete a CL and AC goal for SML. As an advanced club, I realize SML! struggles with membership. No excuses. Therefore, I've committed to bringing a minimum of 3 new people to experience the benefits of belonging to SML! If we're honest with ourselves, evaluations can be intimidating. Why not expose people to a TM environment that can reduce fear of giving or receiving evaluations.



I have another personal goal...that is to be "present" and in the moment each month, with a goal of attending all but one meeting. I want to be more intentional about my membership in SML!, and being Sergeant-at-Arms is a step toward that goal as well.

Congratulations SML!ers Carol & Dan

Carol Duling: District 6
Toastmaster of the Year ('11–'12)



Dan Vesey: District 6
Area Governor of the Year ('11–'12)



LIVE! Wire

Mentoring Builds Leaders

By Faye Heffele, DTM

Have you ever been mentored by someone? All Toastmasters should answer “YES” to this question, because that’s what Toastmasters is all about. We mentor each other in our club every day, as we evaluate how our fellow Toastmasters are progressing in their speaking and leadership roles.

The word “mentor” originated in Homer’s epic poem *The Odyssey*. When Odysseus, King of Ithaca, went to fight in the Trojan War, he entrusted the care of his son, Telemachus, to a wise old friend and teacher, Mentor. Now the word “mentor” is defined as a trusted confidant, guide, tutor, or coach.

Why Get a Mentor?

People improve themselves by taking on new challenges in their lives. Eleanor Roosevelt emphasized this quite well when she said, “You gain strength, courage, and confidence by every experience in which you stop to look fear in the face... you must do the thing you think you cannot do.”

But sometimes we need a little help moving forward to attain our goals. That’s when we can benefit from the wisdom and experience of our fellow Toastmasters to guide us. This enables us to get help and resources, experience encouragement, build our confidence, and develop contacts with our Toastmasters network.

A mentor guides us to develop ourselves and regain our focus. As Albert Schweitzer stated, “At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” All Toastmasters should be thankful for every mentor who has touched their lives.

Why Be a mentor?

Those of us who have been in Toastmasters for a while have developed many skills, and let’s admit it, we like to share that knowledge with others. Becoming a mentor for your fellow Toastmasters

allows you to pass on your wisdom.



One of the latter steps in developing our skills in Toastmasters is learning how to help others become competent communicators and leaders. They say that the best way to learn something is to teach it, and that’s what a mentor does.

A mentor acts as a role model, coach and confidante, and gives knowledge, wisdom and perspective to the mentee. Harvey Firestone nicely explains the importance of mentoring when he said “The growth and development of people is the highest calling of leadership.”

D6 Mentor Program Mission

District 6 has developed a formal program to allow Toastmasters all over District 6 to connect with one another to form mentor-mentee relationships. This is an opportunity to get very specific mentoring from persons in the district that you may not have had an opportunity to connect with previously. I encourage all Saturday Morning Live! members to consider sharing their expertise with others by signing up to be a mentor, and if there is a specific area you could use some help with, consider becoming a mentee as well!

Qualities of a Mentor

To be an effective mentor, you must be:

- **Available.** Spend at least 15 minutes a week helping with speech assignments, answering questions, and reviewing meeting roles. During the first few weeks most new members may require more time.
- **Patient.** People learn at different speeds, and some need more guidance than others.

Faye's article continued.

- **Sensitive.** Tact and diplomacy are vital. Some people join Toastmasters to overcome shyness or fear of speaking. As a mentor, always keep comments motivating and encouraging.
- **Respectful.** Each person is unique. Respect your mentee's wishes and don't push too hard.
- **Flexible.** Life happens. Always remember that not everything goes according to plan, and you may have to allow for last-minute changes.
- **Supportive.** Show pride in your club and what it has done for you. Be an advocate for the Toastmasters program.
- **Knowledgeable.** Before becoming a mentor you must have completed at least five speeches in the basic

manual, served in most meeting roles, developed enough speaking skills to help another member, and become familiar with your club's routines as well as the Toastmasters education program.

- **Confident.** A mentor should come across as self-assured and friendly, eager to help.
- **Listening.** By being a good listener, you enable the mentee to articulate any problem and sort things out.
- **Concerned.** You must truly want to help others.

For more information and to sign up, go to <http://d6tm.org/mentorprogram> or contact Mentor Program Chair Faye Hefele, DTM, at 651-295-2066 or ToastmasterFaye@comcast.net.

Marketing

By Tim Kelley



When marketing anything—be it a product, service, or organization—the goal is always to convince your target that they need what you have to offer. Whether you market with print, e-mail, or social media, success will be determined by how well you connect with the individual. By how well you “sell” the benefits of your product. Do the benefits outweigh the cost and/or time commitment? That is what makes Toastmaster's such a great organization to promote, the benefits of: developing leadership skills, gaining confidence, and becoming a better communicator and listener greatly outweigh the financial and time commitments.

When marketing our clubs, especially clubs like SML!, it is important to communicate how the club has

made a difference in your life. For myself, SML! has been instrumental in helping me to develop professionalism as well as become a much better listener in everyday life. The focus on evaluations has helped me to analyze conversations and to then give the best response possible either in a business or personal setting.

SML! has been a key component in helping me develop into a more competent and confident leader. Each club is unique; however, the outcome in individual lives remains the same, personal growth. How you tell that story when marketing will determine how strong a connection you will make and how successful your marketing will be.

LIVE! Wire

SML! Officers

President

Linda Ruhland

VP Education

Faye Hefele
Susie Bergh

VP Membership

Keith Hardy

VP Public Relations

Mary Torno

Secretary

Carol Duling

Treasurer

Pat Croal

Sergeant-at-Arms

Caroline Baker

Club Website

Sml.d6pages.com

Meeting Time

Every Month on 2nd Sat.
9:30 – 11:30 a.m.

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Ravi Rai
Mary Torno

Proofreader

Carol Duling

Saturday Morning LIVE!

Advanced Toastmasters Club
Affinity Plus Federal Credit Union
175 W. Lafayette Rd.
St. Paul, MN 55107

Meetings

April 14, 2012

Theme: **Groundbreaking Is Good**

Toastmaster: Pat Croal

General Evaluator: Faye Hefele

Videographer: Mary Torno Timer: Tim Kelley

Grammarians: Susie Bergh

Evaluation Team 1: Joe Sharp, Caroline Baker, Brian Perry

Evaluation Team 2: Bridget Kelley, Dave Hutcheson, Ravi Rai

Speeches:

1. Edward Chavan: "Ready, Set, Jump Start!"

2. Keith Hardy: "Looking for Space"

Best Evaluator Award: Bridget Kelley Sunny Award: Bridget Kelley

May 12, 2012

Theme: **Ready, Set, Grow**

Toastmaster: Tim Kelley

Videographer: Joe Sharp Timer: Bridget Kelley

Grammarians: Mary McGrath

General Evaluator: Susie Bergh

Evaluation Team 1: Faye Hefele, Mary Torno, Pat Croal

Evaluation Team 2: Carol Duling, Edward Chavan, Caroline Baker

Speeches:

1. Linda Ruhland: "Just say YES to Success"

2. Dave Hutcheson: "The Minnesota Marriage Amendment: Vote No"

Best Evaluator Award: Carol Duling Sunny Award: Edward Chavan

June 9, 2012

Theme: **Your Season to Shine**

Toastmaster: Mary Torno

Videographer: Ravi Rai Timer: Pat Croal

Grammarians: Edward Chavan

General Evaluator: Keith Hardy

Evaluation Team 1: Carol Duling, Laurie Buschberger, Narayan Dhakal

Evaluation Team 2: Ravi Rai, Mary McGrath, Margaret Snoeren

Speeches:

1. Caroline Baker: "Prince Harveda and the Magic Prison"

2. Joe Sharp: "I'll be Winnie the Pooh"

Best Evaluator Award: Laurie Buschberger, Margaret Snoeren, Ravi Rai, Mary McGrath

Sunny Award: Mary Torno



WHERE LEADERS
ARE MADE



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