

Upcoming Events

Area 72 Fall Contest

Date: Sep 15, 2010
Time: 6:30-8:30 PM
Place: Coldwell Banker
7645 Curell Blvd, Woodbury
Cost: TBD

Rivers Division Fall Contest

Date: Sep 23, 2010
Time: 7-9 PM
Place: Door F,
1750 Yankee Doodle Road
Blue Cross Blue Shield
Eagan, MN 55122

Fall Conference

Date: Oct 22-23, 2010
Time: Fri (eve), Sat (full day)
Place: Mankato City Center Hotel
Mankato, MN



Saturday Morning Live!

Advanced Toastmasters Club
Meets every month (2nd Sat)
7645 Curell Blvd
Woodbury MN 55125



SML! Is a President's Distinguished Club

By Ravi Rai, DTM

During the 2009-2010 Toastmasters year, members and officers of SML! worked diligently to end the year on a successful note. The club is once again a President's Distinguished club with 9/10 goals met. The club is now President's Distinguished 17 years in a row.



The goals were achieved as follows:

- Goal 1, CCs (2):** Pat Croal, Mary Torno
 - Goal 2, CCs (2):** Faye Heffele, Ravi Rai
 - Goal 3, AC:** Joan Watson (ACS)
 - Goal 4, AC:** Ravi Rai (ACG)
 - Goal 5, CL, AL or DTM:** Joan Watson (ALB)
 - Goal 6, CL, AL or DTM:** Keith Hardy (CL)
 - Goal 7, New Members:** Bridget Kelley, Tim Kelley, Carol Duling, Joan Watson
 - Goal 8, Officers Trained:** Round 1: 5/7, Round 2: 4/4
 - Goal 9, submitted on time** Oct/Apr Renewal, Officer List
- We were very close to 10/10, but we were short by 1 member.
- Goal 10: New Members:** Kaye Beiswanger, Fred Domnick, Barbara Jungbauer

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

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:** Jane Michelkamp
651-450-4546
vppr@sml.d6pages.com

Newsletter Editor Ravi Rai

Proofreader Carol Duling

Saturday Morning LIVE!

Toastmasters International
Club 9196, Rivers Division
District 6

Issue 01, September 2010

Quarterly Newsletter of Saturday Morning LIVE!

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2010-2011 THEME: STRETCH YOURSELF

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

A New Toastmasters Year

What, a new Toastmasters year already?!

It's hard to believe that we have wrapped up another fantastic year of Toastmasters. Like every year for the past 16 years, Saturday Morning LIVE! is once again a champion, achieving President's Distinguished status! It is a great accomplishment, and we had a great year.

Looking ahead, we plan to have a fun-filled year with high-quality meetings and a membership is that energized by the activities.

This year we plan to have our quarterly newsletter published in the months of December, March, and June. So if you have an article that you wish to submit, do not hesitate to send it our way...

SML! Focus Statement

The focus of the 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.



Spring Convention (April 2010)



Reach for the Stars District 6 Spring Convention 2010

From "Faye's Files"

If you missed the spring convention on April 23/24, you missed a fantastic event. Every speech in Friday's Tall Tales contest was hilarious. The winner, Dan Codner, gave a delightful rendition of his "Dirty Diaper Dilemma."

Saturday morning's award ceremony included presentations to the following Rivers people and clubs: **Sharon Rollefson** received her DTM, **Big Apple Toastmasters** club took the prize for best Club Newsletter, **Ravi Rai** created the best Website and Best Club Flyer, and several clubs received a Magnificent Seven ribbon. Congratulations to all!

The Saturday educational sessions had some very good ideas for all Toastmasters. The business meeting in the afternoon was attended by a quorum of clubs, and elections were held for the 2010-2011 officers. Congratulations to **Sharon Rollefson** on her election as Rivers Division Governor! She will do a wonderful job leading our division, and I am looking forward to working with her.

And finally, the big event on Saturday evening was the International Speech Contest. There were many wonderful speeches, and our sincere congratulations go out to Rivers Division contestant **Roger Revak** for winning first place with his talk "Love at First Sight"! Roger will represent District 6 at the International Convention in Palm Desert, CA in August. **Congratulations Roger!**

PR Work in Progress

A lot of activity is going on in the Public Relations department of Saturday Morning LIVE!. We will go all out to use electronic media to promote the club and maintain its level of quality. Some of the items that are being worked on:

- **Web clip containing testimonials.** A video clip will show testimonials from members about how SML! benefits them. This clip will be posted on YouTube and can be viewed as part of the club's website.
- **Video magazine.** This is something very new for the club. While the conventional quarterly newsletter will still be part of the club, we plan on working on a new form of magazine.
- **Brochure for SML! Road Show.** A new brochure to promote the SML! Road Show is in the works. It will highlight the unique program offered by SML! to clubs in the region. Your views on this brochure are welcome.
- **Members only section in website.** Our current website is open to the public. However, information that is pertinent to members only will be posted in a members only section of the website. This section will require a user ID and password that will be shared in person.



PR Awards to SML!
Ravi Rai (VP PR) receiving awards from Dist. Governor Allan Bernard.



Toastmasters audience participated in the electric slide at Friday Fun Night.



International Speech Contest Winners Roger Revak, Ken Morgan and Stew Thornley.

TELI (July 2010)



Toastmasters Education and Leadership Institute (TELI) on July 17 featured nine wonderful presentations around the theme of Homegrown Leadership, in addition to high-quality officer training.

Following the sessions, we had a fantastic luncheon where awards were presented honoring those who Dared to be Distinguished in 2009-2010. These included Ravi Rai (Dist 6 Toastmaster of the Year), Linda Larson (Division Governor of the Year), and Kim Windingland (Area Governor of the Year).

The afternoon was capped off with Roger Revak practicing his speeches in preparation for the International Convention.

The TELI is chaired by Carol Duling (above, photo from d6tm.org), who is a member of Saturday Morning LIVE!



Stephen Shaner, District six Governor, presenting Ravi Rai with District Six Toastmaster of the year award.

Faye Hefele Presents Rivers Division TMOY

Text of speech

Mr. District Governor, district leaders, fellow Toastmasters, and honored guests:

Toastmaster of the Year is not awarded at random, and there were many things that led me to choose this individual for Toastmaster of the Year for Rivers Division.

During the 2009-2010 year, this Toastmaster went considerably above and beyond the minimum requirements for being a Toastmaster. In addition to earning six educational awards, including two CCs, one CL, an ALB, an ACS, and an ACG, this Toastmaster held six officer positions in four different clubs, three of those clubs being in Rivers Division.

An important part of Toastmasters is to help people discover their potential and improve their speaking and leadership skills. This Toastmaster brought many guests to meetings, and sponsored and mentored several new members. The Toastmaster presented several speaker modules, assisted with education and training, and conducted a youth leadership program.

Always willing to lend a helping hand, this Toastmaster helped put on numerous speech contests and said "yes" whenever asked to help, including assisting a fellow Toastmaster with a High Performance Leadership project. Everything this Toastmaster did was done with excellence. Another important part of Toastmasters is to promote Toastmasters both within the organization and to non-Toastmasters. This Toastmaster did an exemplary job in this area. This Toastmaster was club webmaster for all four clubs and contributed to the preparation of many promotional materials, earning this Toastmaster's clubs awards for best guest packet, best website, and best flyer/brochure. This Toastmaster was also nominated Toastmaster of the Year by all three of the Rivers Division clubs.

This Toastmaster definitely Dared to Be Distinguished this past year and I am honored to present him with this award. Please help me to congratulate the Rivers Division 2009-2010 Toastmaster of the Year, Distinguished Toastmaster Ravi Rai.



Faye Hefele, Rivers Division Governor, presenting Vitalia Bryn-Pundyk with Rivers Division Area Governor of the Year award.



Faye Hefele presenting Ravi Rai with Rivers Division Toastmaster of the year award.

Meetings

April 10, 2010



Theme: Spring Has Sprung
Toastmaster: Tim Kelley
General Evaluator: Ravi Rai
Evaluation Team 1:
 Ravi Rai, Barbara Jungbauer, Caroline Baker
Evaluation Team 2:
 Nate Otto, Dave Hutcheson, Bob Gausman
Videographer: Ravi Rai
Timer: Joan Watson
Grammarians: Joan Watson
Word of the Day: extol
Speeches:

1. "Evaluations to Motivate Excellence"
 Speaker: Pat Croal
 Professional Speaker #2: Seminar
 Pat talked about the importance of evaluations in Toastmasters as well in our daily lives.
2. "Restoring Dignity"
 Speaker: Bridget Kelley
 Professional Speaker #1: Keynote Address
 Bridget gave a moving speech on the women facing a tough life in the war-ravaged parts of Uganda.

May 8, 2010



Theme: May Flowers
Toastmaster: Mary Torno
General Evaluator: Mary McGrath
Evaluation Team 1:
 Tim Kelley, Jane Michaelkamp, Keith Hardy
Evaluation Team 2:
 Perry Carter, Faye Heffele, Nate Otto
Videographer: Ravi Rai
Timer: Barbara Jungbauer
Grammarians: Bridget Kelley
Word of the Day: replete
Speeches:

1. "What Do You Do When It Happens to You?"
 Speaker: Bob Gausman
 Technical Presentations #2: The Proposal
2. Adding Fun to SML! Meetings
 Speaker: Ravi Rai
 Persuasive Speaking #4: Addressing the Opposition
 Ravi presented two proposals to the club: Adding a skit and recognizing members.

July 10, 2010

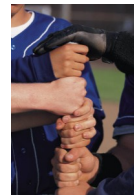


Theme: It's a Picnic
Toastmaster: Tim Kelley
General Evaluator: Caroline Baker
Evaluation Team 1:
 Bridget Kelley, Faye Heffele, Perry Carter
Evaluation Team 2:
 Mary Torno, Muneish Khandelwal, Bob Gausman
Videographer: Faye Heffele
Timer: Pat Croal
Grammarians: Barbara Jungbauer
Word of the Day: esurient
Speeches:

1. "Farewell to Barney"
 Speaker: Jane Michelkamp
 Special Occasion Speeches: The Roast
2. "Selling a Package Deal"
 Speaker: Mary McGrath
 Persuasive Speaking: The Cold Call

Officer Installation was conducted by the Area Governor.

June 12, 2010



Theme: Perfecto
Toastmaster: Bridget Kelley
General Evaluator: Keith Hardy
Evaluation Team 1:
 Pat Croal, Barbara Jungbauer, Dave Hutcheson
Evaluation Team 2:
 Joan Watson, Tim Kelley, Mary McGrath
Videographer: Pat Croal
Timer: Jane Michelkamp
Grammarians: Caroline Baker
Word of the Day: flummery
Speeches:

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

Leadership 2010

On May 22, 2010, Rivers Division hosted a gala Leadership Seminar at Burnhaven Library in Burnsville. Jane Pollack, coordinator, put her best foot forward to work with highly regarded speakers from within Rivers Division to cover four areas of leadership.

The following modules were presented:

Finding the Leader Within You
 Vitalia Bryn-Pundyk gave a lively presentation on how good leaders are made, not born. If you have the desire and willpower, you can become an effective leader.

When "Normal" Doesn't Exist
 Paula Sliefert shared some intriguing views on how taking positive action during less than rosy economic times provides a foundation for coming out on top in the long run.

Preventing Mutiny on the Bounty!
 Roman Pundyk presented a talk on how to keep employees from getting overworked and jumping ship. This is a problem faced by many business owners, managers, and leaders.

Strength in Numbers
 Keith Hardy presented a wonderful talk on why expanding our influence through others is the key to 21st century successful leadership.

All the speakers did a fantastic job of keeping the audience engaged throughout the seminar. There were prize drawings every hour, and almost everyone in the audience got something to take home in addition to the wonderful ideas on leadership.



SML! Annual Picnic a Success

By Ravi Rai, DTM

The members of SML! pride themselves on the camaraderie that has developed and been kept alive at the club. Every year we kick-start the new year with our picnic in July. Barbara graciously offered her place to host the picnic. Members thoroughly enjoyed the backyard picnic location. Our Area 72 Governor was invited; he attended the meeting and installed the officers. Pictures courtesy of Pat Croal.



Tim Kelley, SML! President, addresses members & guests at picnic



Area 72 Governor, Clinton Hunt, shares the limelight with SML! President Tim Kelley



Clinton Hunt with newly installed officers of SML!



Clinton Hunt thanks the outgoing Area 72 governor, Fred Domnick

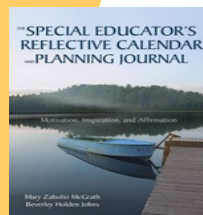
Can I, Um, Stop, You Know?

Keith Hardy, DTM



One of the questions I get asked most often is “Keith, how do I stop using so many filler words? How did you stop?” If you’re tired of regularly being included in the ah counter report, read on.

MARY MCGRATH'S NEW BOOK



“The Special Educator’s Reflective Calendar and Planning Journal”

Mary Z. McGrath, PhD, has done a follow-up calendar to her “Teacher’s Reflective Calendar and Planning Journal.” Geared for those working with children with special needs, it offers supports and suggestions for student activities, teacher stress management, and teaming. Mary used her calendars as a project from the Persuasive Speaking advanced manual, “The Persuasive Salesperson,” at the June 13, 2009, SML meeting.

1. **Practice emphasized enunciation.** This involves stretching out the enunciation of words that may trip you up during Table Topics or a speech. For me, I had to shake off my southern US roots as I began my Toastmasters journey here in Minnesnowta. I had to stop saying “Cain’t,” “Ain’t,” “ya,” and “cha” or “cho” instead of “you.” After I started pronouncing properly, I didn’t need to pause and use a filler word as often.
2. **Be bold and brave.** This involves not apologizing for what you say by tone or demeanor. Typically, women have a challenge with this because many of you get socialized to not offend, to mollify, to soothe over hurt feelings, and so on. This leaves you hesitant to say something that could be disagreed with or could “bother” someone. We all join Toastmasters with some level of discomfort or “fear” of what other people will think about what we say.

This leads us to be hesitant, to talk too softly, and to pause too long when we speak, thus making way for multiple “um,” “you know,” and similar filler words. “Say it with confidence” is a mantra to start following. My favorite filler word was “you know.” People finally had to say to me, “No, I don’t know. Tell me!”
3. **Slow down and breathe.** When we speak too quickly, we tend to miss the red lights, stop signs, and yield signs that make for clearer communication. Keep two points in mind: 1) pausing with silence adds impact to the preceding statement as the audience mulls over your words, and 2) slowing down your speaking rate ensures you don’t lose your audience along the way.

I’m a naturally rapid speaker (I blame my East Coast roots), so I need to speak in hops instead of long leaps. I had to stop making paragraphs out of sentences by using “and,” “so,” and “well” as connectors. I also kept changing sentences midstream. I’d start a thought, then jump to a new thought without finishing the first one. Again, slowing down reduces this filler word habit.

Faith Hill sings a cool song called “Breathe.” When we stop taking natural breathing breaks while we speak, we tend to speak too rapidly. I had to purposely take a deep breath every three sentences to ensure I didn’t race through my speeches or Table Topics responses. Here’s a tip: have someone count the number of times they could tell you took a breath during your next speech. That helped me!
4. **Conjunction Junction, what’s your function?** This refers to the Grammar Rock cartoon from the 1970s where we learned how and when to use a conjunction. Reviewing those basic grammar rules can help reduce your overuse of “so,” “but,” “or,” “and,” etc., as filler words.
5. **Sanctify yourself.** Borrowing the words from the 1980s Simple Minds song, always, ALWAYS reward (sanctify) yourself when you get through Table Topics, a speech or any oral contribution to a Toastmasters meeting without using filler words. This positive reinforcement helps you develop a new habit of filler-freeness. Then, reward yourself for the next 30 days as you speak at work, at home, and elsewhere without using filler words.

Many ask me why we focus on filler words in Toastmasters. While it’s true a few filler words won’t destroy the impact of a speech, using too many filler words takes away from your power, credibility, and appeal as a speaker. Practice my five tips—especially #5—daily for the next month, then let me know, um, if you stop using filler words, you know.

Corporate Club Program

Joan Watson, DTM

toastmasterjoan@hotmail.com

Are you a member of a corporate club? Has your club grown and continued to be supported within your organization? Or is membership declining and the management team does not recognize the value of your Toastmasters club and commitment?

The Corporate Club Advocate Program (CCAP) was designed to create awareness in promoting the value of Toastmasters in the corporate world. Out of 276 clubs in District 6, approximately 70% are either closed or open corporate clubs. We are fortunate that many organizations see the initial value of sponsoring a club, which then generally charters quickly and grows. It is often just as quick to decline rapidly due to the economy as people are downsized or doing multiple jobs. The club sponsor may no longer work at the company. Or the executive who approved the funds, space, or support is not aware of accomplishments or observes nothing has changed in their organization.



As Toastmasters we know individuals gain valuable skills in communication and leadership growth. Especially vital to the success of the corporate club is that we inform the executive leadership how Toastmasters can provide measureable results based on the organization’s mission, vision, and values.

The CCAP is designed to outline key benefits that organizations can achieve with Toastmasters members attending regular meetings and practicing their skills. Often, without the support of the organization’s leadership, membership declines or members sign up but don’t attend. As an advocate for the corporate clubs, my vision is to provide resources, materials, and metrics to demonstrate what can be achieved in the corporate club environment.

Key steps to helping our district corporate clubs to demonstrate value to their organization include the following:

- Scheduling training and information sessions.
- Posting resources and checklists to use, and being available to meet with your corporate sponsors/leadership as support to provide a resource to the organization.
- Tools to identify the organization’s values and help define what success would look like to the organization’s leadership.

The planned outcomes are are to sustain our corporate clubs with continued growth, to articulate the goals from the organization’s leadership, to ask for letters of recognition that promote the value to corporations, and to recognize organizations that support their corporate club(s).

Check out updates including resources, checklists, and meetings to educate members where to look and how to strengthen their clubs on www.d6tm.org or contact toastmasterjoan@hotmail.com

