



# Saturday Morning LIVE! Toastmasters **LIVE! Wire**

April 2017

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Keith Hardy, DTM, PDD

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Sue Ann Rawlins, DTM

## Website

[smltoastmasters.org](http://smltoastmasters.org)

## Reflections on the Year

### Ravi Rai, VP Public Relations

The year has been passing by so fast. There were so many items on my agenda when I started the year as VP Public Relations, but life has its own plan. So in the pursuit of excellence, enclosed is the annual newsletter that highlights accomplishments of our club as a whole.

We have had a very interesting year so far. In January we lost our regular meeting place at Affinity Plus Credit Union as our host decided to use the meeting facility for their business training needs. Since then we have met in various libraries and the Centennial Office building at the State Capitol. We are hopeful that we will soon find a permanent place.

Even though we have been a bit mobile, our membership has remained strong. Every meeting is well attended, and members travel from as far away as Rochester to be with the group. We salute all the members who set aside personal time to create a quality environment for all of us in SML.

Please keep Joe Sharp in your thoughts as he recovers from a fall that made him stay in the hospital for a prolonged period of time. I visited him at Abbot. I have to say, I am impressed with his upbeat attitude. He has moved to Rochester and is attending a care facility in his home city.

Hope you enjoy this newsletter. Wishing you the very best of the Toastmasters year.

## Pictures



SML member Jeff Burns wins Area 23 International Speech and Evaluation contest on 3/27/17



SML meeting "Breakfast of Champions" on 2/11/17 at Hosmer Library, Minneapolis.



Club Selfie at "Breakfast of Champions" on 2/11/17 at Hosmer Library, Minneapolis.



PDG Larry Marik presenting Keith Hardy with 2016 Alex Smetka award.

## Evaluator of the Month Award

Since SML focuses on evaluations, we vote for the person every meeting who provided the best evaluation.

Here is a list of all award recipients so far:

July 2016	Sue Ann Rawlins
Aug 2016	Jim Emery & Jane Zugschwert
Sep 2016	None (Club Contest)
Oct 2016	Mary Torno
Nov 2016	Jim Emery
Dec 2016	Mary Torno
Jan 2017	Jeff Burns
Feb 2017	Nancy Hobbs
Mar 2017	None (Club Contest)
Apr 2017	Jeff Burns

## Sunny Award

Saturday Morning LIVE! Has a tradition of presenting the “Sunny Award” to one or two members in a meeting who go over and above to bring extra bit of sunshine to the meeting.

Here is the list of award recipients this year:

July 2016	Steve Crooks & Carolyn Caba
Aug 2016	Amit Ghosh
Sep 2016	None (Club Contest)
Oct 2016	Steve Crooks
Nov 2016	Sue Ann Rawlins
Dec 2016	Chi Ngo
Jan 2017	Leo Smith
Feb 2017	Chi Ngo & Wanny Huynh
Mar 2017	Steve Crooks
Apr 2017	Carolyn Caba

## WEP Gold Star for SML Website

Our website ([www.smltoastmasters.org](http://www.smltoastmasters.org)) received a Gold Star for meeting District 6 Website Excellence Program (WEP) standards.

We followed the guidelines of the District 6 WEP to revamp our website ([www.d6tm.org/website-excellence-program](http://www.d6tm.org/website-excellence-program)).

The WEP is not a contest but a set of guidelines for maintaining standard contents in a website. SML scored 10/10 and passed a secret shopper test. So what is a secret shopper? We responded to a secret visitor’s contact email within 24 hours. SML members are also helping their home clubs to enhance the contents of their club websites.



*Speaker Wanny Huynh with panelists Gopu Shrestha, Keith Hardy, and Nancy Hobbs*



*Speaker Carolyn Caba with panelists Amit Ghosh, Judy Holloway, and Jeff Burns*

## The Courtesy of Responsiveness

Keith Hardy, DTM



One of the leadership skills that we develop in Toastmasters is being respectful of people's time. This respect includes responding to messages requesting information from us to plan meetings, plan schedules, and perform our meeting roles.

According to NetManners, e-mail etiquette #6 is to respond promptly to messages. "Responding promptly is the courteous thing to do. Don't let folks wonder if you received the e-mail or are ever going to respond to their communications" ([www.netmanners.com/416/courtesy-6](http://www.netmanners.com/416/courtesy-6)).

We each and all have active lives. We have multiple communications flying at us. I understand. Some people set aside a designated time to respond to non-work related messages or collect messages in other categories. That's fine. Just please respond.

The Dale Carnegie online magazine says this, "For phone calls or e-mail, consider a quick response like: "Phil – I got your message. I'm swamped at the moment, but intend to call back by the 15<sup>th</sup>. I call this 'managing expectations,' and I believe it's what separates the best from the rest" ([www.dalecarnegiewaysf.com/2011/05/05/no-response-is-a-response](http://www.dalecarnegiewaysf.com/2011/05/05/no-response-is-a-response)).

In my work world, I get evaluated on my responsive to messages. It's part of being a project manager. Ninety percent of our job is communication.

I know not everyone lives in that kind of world. However, think about the time it took for someone to call you, text you, write an e-mail to you, and so on. Even if your reply is "I got your message. I'll respond at a later time," that is courteous and helpful.

Thank you for considering how you can show your

leadership by responding to fellow members when they request information from you.

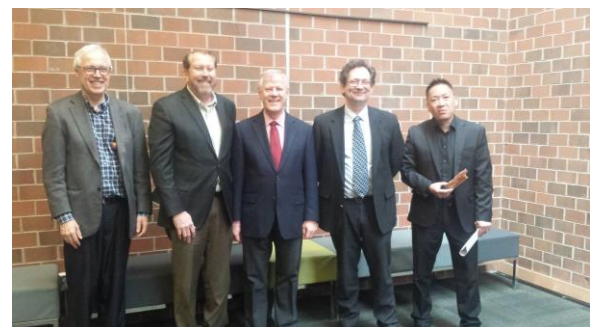
## SML Spring Contest



Contest Toastmaster Wanny Huynh (left) with guest speaker Roman Pundyk and Contest Chair Steve Crooks



Evaluation Contestants Sue Ann Rawlins, Leo Smith, and Jeff Burns with Toastmaster Wanny and Contest Chair Steve.



International Contestants Jeff Burns, Jim Emery, and Leo Smith with Toastmaster Wanny and Contest Chair Steve.

## Ring Up Your Voice Registers

Jim Emery



Your voice is actually more than one instrument. Because it is controlled by several sets of muscles, you can make several distinctly different sounds with it. These are called registers in the singing world, where they are used extensively. They are utilized less frequently in speaking, but they can be very useful.

While voice researchers talk about as many as four different registers, two are particularly useful in speaking: chest register and head register. These are more often called chest voice and head voice. And, curiously, they have nothing in particular to do with your chest or your head.

### Chest Voice

Let us start with chest voice. This is the default voice for most male speaker women use it as well. The easiest way to describe this voice is to have you imitate Santa's hearty "ho ho ho" laugh.



This sound may feel like it resonates in your chest, as there is often sympathetic vibration in your ribs. But there actually is no real air flow or resonance in that area, as no vibrating air goes that direction after passing your vocal cords.

If you practice this hearty sound and how it feels in your throat area, you'll find that you can speak in that voice quite easily without the Santa effects.

Chest voice can often bring a sense of authority or power to your message. It can consequently bring your audience to view you as authoritative or powerful as well. This can be good or maybe not

so good. Depending on your message or your audience. It is understandable that most athletic coaches use chest voice nearly exclusively. However, chest voice can often be intimidating, too, which is perhaps inappropriate when speaking to individuals who need emotional support or to children (except maybe when disciplining them).



### Head Voice

The other register of interest to speakers is head voice. The easiest way I have found to describe head voice is as follows. Imagine you are speaking to a two-year-old little girl, saying, "What a cute little girl. Are you Daddy's (or Mommy's) little girl?" in that light sing-songy voice we have all used with toddlers.



That's head voice. If you practice speaking with head voice, minus the sing-songy effects, you'll find it can be quite easy to do consistently.

If you imagine saying the same words above with a robust chest voice and its likely effect, you can see that head voice can be very useful in the right contexts. It is gentler than chest voice. It may seem to be more melodious than chest voice. Many women speakers, and some men too, use it as their default register quite effectively.

### Which Register Should I Use?

Any speaker, male or female, can use one register as their default voice and the other for particular emphasis or variety. Here are a couple examples. If you use your chest voice as your regular voice, imagine using head voice to bring in your audience on a little secret you're going to share with them. Or maybe to suck them in on your special personal

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story or anecdote.

If you use your head voice as your regular voice, imagine using your chest voice to show your indignation over the wrongs done to your audience that you want to correct. Or to deliver your impassioned call to action.



If you get really good at using both chest voice and head voice, you'll find that you can go back and forth for effect, even in mid-sentence, or even mix them together in a hybrid sound. But even if you

never develop that facility, each register can be useful to bring variety, interest, and enhanced impact to your speech.

### Summary

Practice with both registers and see if you can find spots where one may be more effective than the other. Then go ahead and use them regularly as part of your vocal plan for every speech you give.

Published with permissions from Jim Emery. His website is: <http://vocaljim.com/articles/>

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## New Members

### Gopu Shrestha



Gopu Shrestha is a person who believes that the key to personal happiness is serving others. He stresses educating team members for successful teams. He has been a Toastmaster since 2007, when he joined a club in Doha, Qatar. He credits Toastmasters for helping him write a book titled *Strategic Honesty: How to be Good and Rich*.

He is currently serving as Area Director for Area 25. His colleagues and experienced Toastmasters have inspired him to step up to more responsibility. He is a nominated candidate for 2017-18 Division C Director.

### Linda Rodriguez Pitzen



Linda joined SML few months ago, and she has enjoyed the camaraderie of SMLers and the meetings. We are excited to hear her speak at our meeting in May.

### Courtney Elizabeth Jahnke



Courtney is passionate about working with kids in education. She has been a Toastmaster since 2012. What gets her going is that she feels that finally she can hear herself talk. For four and

half years she had not heard herself talk or heard others around her very well. This motivated her to get better.

Courtney also serves as one of the photographers for the District 6 events. You can count on her to capture your Toastmaster memories.



Jon Perry demonstrating how to make excellent salsa

## SML DCP Status

SML is working hard to be a President's Distinguished club again this year. Here is the status of our goals.

Membership to Date: 25

Current status: Distinguished Club

Goals met: 6/10

**Goal 1: 2 CCs (Achieved)**

Credit: Ravi Rai, Dan Vesey

**Goal 2: 2 CCs (In Progress)**

Credit: Keith Hardy

**Goal 3: 1 AC (Achieved)**

Credit: Dan Vesey – ACG

**Goal 4: 1 AC (in Progress)**

Credit: TBD

**Goal 5: 1 CL/AL/DTM (Achieved)**

Credit: Ravi Rai – DTM

**Goal 6: 1 CL/AL/DTM (Achieved)**

Credit: Judy Holloway – CL

**Goal 7: 4 new members (in progress)**

Credit: Courtney, Gopu, Linda

**Goal 8: 4 new members (In progress)**

Credit:

**Goal 9: Officer training (Achieved)**

Round 1: 6/7; Round 2: 6/7

**Goal 10: Renewals/List (Achieved)**

Credit: submitted on time

**Achieved In Progress**

## SML 2017 Potluck

