



Communic~8

WHERE LEADERS ARE MADE
www.toastmasters.org

Volume 14 Issue 5

District 8

April 2015

District 8 is on the web
www.dist8tm.org

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Spring Conference
May 29—30, 2015



The Power of Words!

Keynote Speaker—Rebecca A. Clark DTM

“The Power of words written or spoken, have life. They can change the world.” - Author unknown

Have you ever wondered if you've made the best first impression, if your message was clearly understood in an e-mail, or if you've said the wrong thing? Of course you have! The words we speak can shape our lives. They can help us gain employment, gain relationships, change laws, motivate people to achieve better performance, show love and anger, and many other emotions. Words have power.

With our upcoming Spring Conference, which will focus on our theme, “Cultures around the World,” we have an exciting opportunity to learn about The Power of Words. We have an amazing keynote speaker, Rebecca A. Clark from the Excelegy Consulting Group. Her professional passion and purpose is to contribute to developing leaders in the world.

You don't want to miss the opportunity to hear Rebecca speak regarding, “The Power of Words.” This Spring Conference provides all Toastmasters the opportunity to use their words to learn, grow, network, gain confidence and build leadership skills. Come and join us. 🎵

Revitalized Education Program (REP):

Toastmasters International announced by webinar the updated program schedule which is significantly different from the previous schedule.

The Beta test for the REP will start in May 2016. TI will conduct pilot programs in yet to be selected districts beginning sometime around August 2016 and the rollout of the new program is expected in Fall 2016. As it is being phased in we will be running the “Old” program and the new REP for an anticipated 24 month period. Members working on a DTM (or any other award) in the current program will have until sometime in late 2019 to complete it.

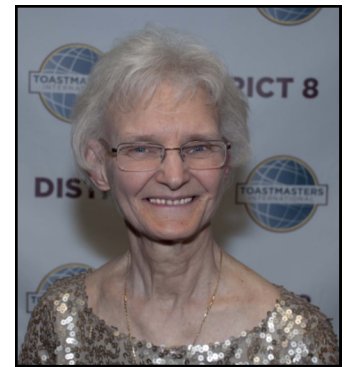
The objective of the REP is to incorporate more technology to advance self-directed learning with a clearer path toward the education and leadership awards. They are also looking to expedite access to educational materials. The Virtual Learning Environment (VLE) will be available on most digital devices including your computer, tablets and phones. This will enable the global connectivity around the world with a program developing communication and leadership skills in the current real world. 🎵

**Sandra Kardis, DTM**District 8 Governor
EMAIL: DG@dist8tm.org

A Message from the Governor

"Spring is nature's way of saying, Let's party!" – Robin Williams

The place and date for District 8 Toastmasters to do just that is our Spring Conference coming up May 29th and 30th at the Sheraton Westport Plaza Hotel in St. Louis, MO. Our Conference Chair Lisa Cooksey-Cannon and conference committees are in full planning mode. The entire experience of our District 8 conference will be exciting and worth attending. There will be a lot of fun and learning activities taking place that you do not want to miss.



In addition to fun and learning, we will have the most important council meeting of the year on May 30, 2015 at 10:00 am. At this meeting, several important items will be addressed.

- ♦ **Realignment** – In accordance with Toastmasters International Policy, each district must review the alignment of clubs, areas, and divisions within the district each year. Our Realignment Chair, Immediate Past District Governor (IPDG), Lora Mather has performed this review and will propose any necessary changes to ensure we have at least three areas per division and no fewer than four clubs and no more than six clubs per area.
- ♦ **Procedures Manual Changes** – The Procedures Committee had several conference calls to discuss what procedures should change to meet the needs and serve our members. Our Procedures Committee Chair, Frank Yates, will present his committee report with suggested changes to District 8's procedures manual.
- ♦ **Election and Installation of new District officers for the 2015-2016 Toastmasters year** - More specifically, we will elect all five Division Directors, the Club Growth Director, the Program Quality Director, and the District Director. Our Nominating Committee Chair, Immediate Past District Governor (IPDG), Lora Mather will present the Nominating Committee Report.

Club presidents and VPEs are designated by our by-laws to carry the votes for each club. Each club has two votes. If your club President or VPE cannot attend the Council Meeting, be sure to have them complete it and assign a proxy. A copy of the proxy is included in this issue. You can also download a copy of it from the District 8 website at: <http://www.dist8tm.org/docs/TM-%20District%208%20Proxy.pdf>. [A club member in good standing may present the proxy to the Credentials Desk prior to the meeting and receive ballots for voting during the meeting.](#)

I look forward to seeing you at the conference.

Sandy

**Farzana Chohan, DTM**

Lt. Governor Education & Training

EMAIL: LGET@dist8tm.org

Invigorating!

"If we could only do what we are capable of; we would literally astonish ourselves." - Thomas Edison

I am sure you have been asked many times, in varying ways "Why Toastmasters?" At this year's Area 15 contest, Dr. Camesha Hill-Carter gave a powerful pattern speech titled "Why Toastmasters?" Her speech touched Jerry Chapman deeply and he told her, "your speech brought tears to my eyes." Listening to this exchange I felt the enthusiasm of fellow Toastmasters from around the District and I felt invigorated being a part of this wonderful group that is District 8!



At District events I hear numerous reasons for why people join Toastmasters. No doubt spoken words are powerful, but more powerful are the emotions conveyed with heartfelt sincerity by speakers. The deep feelings stirred through the combination of words and emotions are indescribable. They touch our heart and mind beyond our expectations, making us think, cry and laugh at the same time. The Area 12 contest included such passionate speakers speaking on topics of diversity and healing. It made all of us feel honored to be associated with people who are making a difference in this world.

Toastmaster Troy DeArmitt of Washington University also attended the Area 12 contest and said to me, "last night's contest proved to be an eye opening experience for me." Toastmasters is a special group of people that collectively (beyond the walls of each warm club) believe in improving and empowering individuals to become the speakers and the people they are capable of being. While these contests cannot avoid having a competitive edge to them, they are in essence just another way to pull you closer to where you want to be. In a deeper sense this experience is akin to "Life" experience, as it makes you laugh, cry and think together. Something about this Area 12 contest made me feel it in a way, a more visceral way than I haven't experienced before.

A contest winner from a club reflects a win for our club collectively as it is our camaraderie, our attendance, our attention, our support and our belief in one another that is advancing all of us. We feel this empowerment very sincerely as we develop skills that we had never expected, through each other's support and camaraderie. This binding force cannot be captured in any manual, rather it is a warm experience which is reciprocated when we attend District events.

The upcoming Spring Conference will once again provide opportunities to interact and make new friends, reconnect with 'old' friends, to laugh, think and recharge your resolve to continue your self-development. Development is an ongoing process. To take it to the next level is to continue our journey towards shared goals with enthusiastic participation in District 8 events. This participation will act as catalyst for invigorating the spirit and camaraderie of Toastmasters. Looking forward to being "INVIGORATED" with all of you at the Spring Conference—May 29th and 30th!

Spring Officers Training Report: District 8 has a dedicated, hardworking group of members, club officers, Area and Division Governors who participated in leader training earning credit for their respective officer roles at the second round of training offered around the District. Six clubs had all seven officers trained. Congratulations to Jeffco Challengers, River City, Wry, Scott, Columbia and Fort Leonard Wood clubs! Each club will receive 2 - \$25

(Continued on page 10)

**Jacquie Vick, DTM**

Lieutenant Governor Marketing

EMAIL: LGM@dist8tm.org

A Message from the LGM

When the Work is Done ...

It is said that some people work best when the pressure is on, so as the district enters the final quarter of the Toastmasters year, here is a fact check:

Goal	To Date	Year's Goal	Needed	%
Paid Clubs	105	112	7	-2.78
Membership Payments	3300	4628	1328	-26.55
Distinguished Clubs	0	44	44	0

Paid Clubs

What's in the pipeline for starting new clubs?

- The district currently has five prospective clubs on file with assigned mentors working diligently to bring clubs to charter status.
- A demo meeting is scheduled for Tuesday, May 5 at 5:30pm, Response Target Marketing in Lafayette Square, 1800 Lafayette Avenue, 63104. Contact John Barry, club extension chair, at mrjohnbarry@msn.com if interested in participating in the meeting.
- The district continues follow up on club leads.

Membership Payments

Seventy-one percent of district's Toastmasters are paid members.

- To reach and exceed the membership goal, club members are encouraged to pay their membership dues, and clubs are encouraged to host open houses to increase membership.
- There are currently 34 clubs with 12 or fewer members. These clubs are encouraged to request a club coach. Having a club coach can be invaluable because they can offer a new perspective to putting together a strategic plan for club growth, reengaging past members and engaging new members, and creating club awareness. Any club interested in exploring the idea of or securing a club coach contact me at lgm@dist8tm.org.

Distinguished Clubs

This is a goal that is realized as clubs meet the requirements outlined in the club's success plan. While the goal is set for 44, every club in the district should strive to be a distinguished club.

Meeting the district's goals is a collaborative effort! During this final stretch, it will take the combined talents and efforts of all to accomplish the task at hand. So know that the work is not done if everyone is not contributing. As each club meets its goals, the district is a step closer to meeting its goals...Then, the work will be done. 🎵

CULTURES AROUND THE WORLD



District 8 Spring Conference

Friday, May 29 – Saturday, May 30, 2015

Sheraton Westport Plaza Hotel

900 Westport Plaza, St. Louis, MO 63146

*Chair: **Lisa Cooksey-Cannon***

Dist8tm.org for additional information - Contact: conference@dist8tm.org



Hello, District 8! It's Lisa Cooksey-Cannon your Spring Conference Chair. I'm currently a member of Primary Conversations Toastmasters Club and the Area 15 Governor. I am working to complete my ACB and ALS awards as I strive to achieve my DTM by this time next Toastmaster's year. Now that you know me, let me welcome you and encourage you to attend our Spring Conference.

The conference theme "Cultures around the World" speaks to my soul. At this critical time in our community this theme allows us as Toastmasters to celebrate our cultural differences and talk about some very difficult topics. We are a diverse group of people all coming together under the Toastmasters umbrella. While different, we are all seeking the same goals—to become better speakers and better leaders.

Our keynote speaker, Rebecca Clark is presenting a speech titled "The Power of Words," I am so intrigued I cannot wait to hear her presentation. Our other presenters include Anthony Neal who on his website quotes Dr. Martin Luther King Jr., "Our lives begin to end the day we become silent about things that matter." What a powerful and true statement. Also presenting is Vickie Calmese who has been a healthcare professional and advocate for 40 years. Vickie has given 'HEALTHLARIOUS' presentations at many different venues.

Let's enjoy this Spring Conference together! Take this theme, thoughts and comments all back to our clubs and share our conference experience. Let's change the world one culture, one person, one kind word at a time. See you at the conference my Toastmaster family! 🎵

[illegible]



Cultures around the World

2015 District 8 - Spring Conference

Friday, May 29 & Saturday, May 30

Sheraton Towers, West Port Plaza

INDIVIDUAL - Registration Form



Conference Attendee Information		
Last Name	First Name	MI
Street Address		Apt/Unit #
City	State	Zip Code
Day phone # ()		Evening phone # ()
Email Address		
TI Designation	Club Name	Club Number
First Time Attendee? Yes No	Current Office(s) Held	
Did you Register with a Club? (Check One) Yes Club# _____ No		

<i>Ala Carte Registration Options - Per Attendee</i>	Qty	Subtotal
1. Friday Contest only (Gallery Seating) <i>(Registration not needed)- \$ 5 each (Not needed if club paid for registration)</i>		\$
2. Friday Dinner w/contest (\$40 until 05/11; \$ 45 after 05/11)		\$
3. Saturday Contest only (Gallery Seating) <i>(Registration not needed)- \$ 5 each</i>		\$
4. Saturday Registration Only - Keynote, Education Sessions, Contest (Gallery Seating) - \$ 20 each (Not needed if club paid for registration) <i>Registration (A must for those who attend the Keynote and/or the Education Sessions - TM and/or Non-TM)</i>		\$
5. Saturday Lunch (\$30 until 05/11; \$35 after 05/11)		\$
6. Saturday Dinner w/ contest (\$45 until 05/11; \$50 after 05/11)		\$
Total Amount		\$

Meal Options				
Friday Dinner: Check one option For special dietary needs, please email conference@dist8tm.org	Chicken Marsala	Tilapia w/Tomatoes/Mushrooms & Smoked Gouda		Vegetable Penne Pasta
Saturday Dinner: Check one option. For special dietary needs, please email conference@dist8tm.org	Roasted Sirloin w/Steak Butter	Chicken Dijon	Seared Salmon w/Balsamic Reduction	Vegetarian (Eggplant Parmesan)
				Special Diet

<p align="center">Payment Information</p> <p>For the Conference: Make checks payable to "District 8 Toastmasters" and send with form by U.S. mail to: Barbara Kryvko 3392 Clemons, St. Charles, MO 63301-4440 For credit card payments, send this form to conference@dist8tm.org. An invoice will be emailed to you for payment. <i>Payment covers conference costs. If you want to stay at the hotel, please make your arrangements and separate payment early.</i></p> <p><i>Note: Last minute late meals will depend on availability</i></p> <p>For Hotel Reservations: Call Sheraton Westport Plaza at 888-627-7064 Ask for the District 8 Toastmasters' room rate of \$109 per night (single/double occupancy) available until Wednesday, April 29, 2015. Image credits: Toastmasters International.</p>



District 8 Credential /Proxy Certificate

District Council Meeting on Saturday, May 30, 2015 at 10:00 am
Sheraton Westport Plaza Hotel, 900 Westport Plaza, St. Louis, MO 63146
7:30 am Credentials Desk Opens

At the district council business meeting, each club president and vice president education in attendance is entitled to one vote. However, if either or both officers cannot attend, they may designate, in writing, any other active member of their club to act as proxy or proxies for their club. (Use form below.) No other proxies are valid at this meeting – per Article X, Paragraph (d) of the District Administrative Bylaws.

In the event one of these officers does not attend the meeting and has not designated, in writing, an active member of the club to act as his or her proxy, the officer or proxy holder in attendance is deemed to hold the proxy of the other, and may therefore cast two votes at the meeting. This assures that every club is represented by two votes.

In addition, each district officer, including area governors, in attendance is entitled to one vote. Only district executive committee members carrying either credential or proxy certificates from their club are allowed three votes. All other members are limited to a maximum of two votes each.

Credential or Proxy Certificate (Date) _____

[Must be submitted to Credentials Desk to obtain ballot(s)] Certificate No. _____

Club name (print) _____ **Club No.** _____

Your name (print) _____

Your office: _____

(Club president, club vice president education, area governor, other district office)

IF YOU CANNOT ATTEND

For club president and vice president education only.

Indicate you're duly authorized proxy below (must be an active member of your club):

Name (print) _____

Date _____

Signature _____

District 8 2015-2016 Leadership Committee Candidates

Many important votes will take place including the election of the 2015-2016 District 8 officers.

Here is the list of the nominated candidates:

District Director (DD) *formerly District Governor:* **Farzana Chohan**

Program Quality Director (PQD) *formerly Lt. Governor Education & Training:* **Jacquie Vick**

Club Grown Director (CGD) *formerly Lt. Governor Marketing:* **Regina Dennis**

Division A Director *formerly Division A Governor:* **Larry Kimbrow**

Division B Director *formerly Division B Governor:* **Bridgette Wesley**

Division C Director *formerly Division C Governor:* **Betty Ellis**

Division E Director *formerly Division E Governor:* **Jean Craft**

Division F Director *formerly Division F Governor:* **Pierre Smith**

A Toastmaster Wedding by Kenny Freeman DTM, Division E Governor

The March 24, 2015 regular meeting of the Columbia Toastmaster Club had everything—a business session, education program, table topics, general evaluation program, one guest and a wedding. Wait...Did we say wedding?

Yes, a real wedding complete with rings, a cake and marriage license issued by the State of Missouri. Rather than having their wedding in the more traditional settings, club members Leaia Walker and Mark Clervi decided their vows would be shared with fellow members of club #4492. It was the perfect setting since the club meets weekly at the St. Luke United Methodist Church and who better to perform the ceremony than Division E Governor Kenny Freeman DTM who just happens to also be an ordained minister at that church? Of course, no wedding is complete without a reception. Who better to host than their Area Governor Lorie Kaplan who happens to be the Immediate Past President of this same club? Needless to say, she received Competent Leader credit for “helping to plan a club special event.”

Every bride deserves something old, something new, something borrowed and something blue. Qualifying for

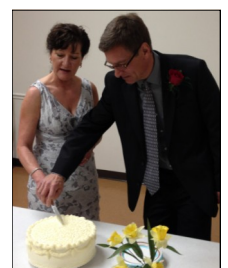


something old and something borrowed was a 56 year-old cake cutter provided by Dottie Carlson DTM who is the only still active charter member of this club from 1981. The cake cutter was from Dottie's 1959 wedding.

The wedding was in true Toastmaster's tradition including written evaluations provided to the bride and groom on their vows for Competent Leader credit. Prior to the ceremony, the bride also presented an inspiring speech—project ten from the Competent Communication manual—“making a life commitment” which suited the occasion perfectly. The Best Man Seth Jarboe completed an advanced speech from the Special Occasions Manual when he delivered the toast to the happy couple.

The bride and groom have been members of the Columbia Toastmasters Club since March 2014. The groom is a CC and currently serving as the club's Vice President Education. The bride has served previously as the club's Vice President Membership. The Best Man is the current Vice President Public Relations. The bridesmaid Alice Reese is a CC, CL who was also previously a club officer.

It was a unique Toastmasters' special event in the best definition and tradition. The one guest was truly impressed and he returned the following week. It is still to be known if he will join the club, he may just want to see what might happen next. 🎵





MasterToasters Milestone 20 Years and Counting!

By Nancy Adrian

MasterToasters, the onsite Toastmasters club for MasterCard St. Louis, recently celebrated its twentieth anniversary with networking and a showcase meeting. Longtime member, Nancy Adrian, offers her perspective of the milestone.



On March 11, MasterToaster members past and present and Toastmasters dignitaries came together to mark a significant milestone for Toastmasters Club #4431—its twentieth year of existence. All eyes were on the front of the room where two bright yellow banners told the story of a Toastmasters club with much to celebrate. The first banner was heavily laden with ribbons earned by the club. The second, more modern version declared that the journey is still underway as evidenced by the handful of ribbons already in place. Based on the history of the club thus far, MasterToasters Club #4431 will continue to be a dynamic and valuable educational benefit at MasterCard for many years to come.

The showcase meeting followed the proven-format and structure of Toastmasters. Eric Roberts, the current Sergeant-at-Arms, called the meeting to order with current Club President Carol Steinbach presiding. A moving speech was delivered by Judy Hill. Titled “Sucked In, Washed Up, and Blown Over” her award-winning speech was about how during hardships one can always hold on to the idea that ‘this too shall pass.’ Many members, both past and present participated during the Table Topics session where people get a chance to practice their impromptu speaking skills.

Toastmasters Club #4431, the onsite corporate club for MasterCard in St Louis chartered in 1995. A few highlights as reported by charter member and club historian James Schwarz include:

- Awarded Distinguished Club during the first year in 1995 as well as 1997-1999
- Awarded Select Distinguished Club (next level up) in 1996
- Awarded President Distinguished Club (the highest award) in 2000 and every year since to present day
- Hosted more than 900 meetings
- Held several district level offices including a past District Governor and a current Division Governor
- Sent numerous members on to Area, Division and District level speech and evaluations contests 🎵

(Continued from page 3)

Toastmasters International Gift Certificate as an incentive award. They are redeemable for merchandise in the Toastmasters International Store.

District Contest Report: All Areas have scheduled their Spring contests. Those winners will move forward to the Division contests in April and May. The Division winners will then compete at the District contests being held at the Spring Conference.

Spring Conference—May 29 & 30, 2015—“Cultures Around the World”: District 8 will celebrate “Cultures around the world” as the theme for our Spring Conference. This will be a great conference with fun, learning opportunities and activities related to our theme and is hosted by Division B. Our Conference Chair is a new member of the District 8 family, Lisa Cooksey-Cannon. She is also serving as our Area 15 Governor. Club and Individual Registration is now open. It takes a team to make a successful conference, if you would like to volunteer for any role on a conference committee, please contact me at LGET@dist8tm.org. Mark your calendars now, get your registration (or club registration) in because I’m looking forward to seeing you all there! 🎵



District 8 Members Earn Education & Leadership Awards from March 3, 2015—April 13, 2015



Division A

DSAGSL WORD Masters

- Williams, Brian Keith—CC

Marion VA Toastmasters

- Doan, Michael C.—CC

Mastertoasters Club

- Kohlmann, Patricia M.—CL
- Steinbach, Carol C.—LDREXC

South County Toastmasters Club

- Osborn, Robert L. W.—CC

West County Club

- Adewumni, Julius—CC
- Welter, Stuart H.—LDREXC
- Welter, Stuart H.—ALS

Division B

B.I.B.L.E. Toastmasters

- Bemaugh, Sherran—CC

Grace Church Toastmasters

- Morrissey, Debra M.—ACB
- Morrissey, Debra M.—ALB

Little Hills Toastmasters

- Pilikan, Brian R.—ACB

McCarthy Communication Builders

- White, Lyn D.—CC

Monsanto Noontime Toastmasters

- Rigdon, Christopher J.—ACS
- Beyene, Aster—CL
- Oey, Muryadi—ACB

River City Toastmasters Club

- Burton, Cheryl A.—ACS

Save-a-Lot Toastmasters (SALT)

- Heaton, Bob—ACS

Script Masters Club

- Bosico, John A.—CC

St Charles County Toastmasters Club

- Prose, Matthew L.—CC
- Ruston, Laquetta S.—CC

Toast On the Rock

- Degenhardt, Judy A.—CL

Triton Toastmasters

- Gossen, Ron—LDREXC
- Gossen, Ron—ACG

Division C

Capital City Toastmasters

- Rankin, Sue M.—ACB
- Hulett, Melody—CC

Gem City Toastmasters Club

- Long, Jayme E.—CC

Horace Mann Toastmasters

- Edie, Wil—CC

Scott Toastmasters Club

- Pettaway, Brian K—CC
- Gillard, Thomas A.—ACB

Smedley Hometown Memorial Toastmasters Club

- Kardis, Sandra M.—CL

St. Elizabeth's Hospital

- Stratton, Raymond L.—CL
- Stratton, Raymond L.—ACB

Division E

Capital Toastmasters Club

- Yates, Frank M.—ACG
- Jackson, Hank—ACS

Columbia Toastmasters

- Jarboe, Seth M.—CC
- Jarboe, Seth M.—CL
- Aaron, Bonnie L.—CC

Cuba Communicators

- Long, Elizabeth—CC
- Counts, Stacy—CC

Downtown Toastmasters

- Jayamanne, Charlene—ALB

Ozark Orators Club

- Sisco, Shawn C.—CC

Talu Toastmasters Club

- Harris, Calvin Lee—ACS
- Khaalid, Abdullah—CC

Division F

Grand Center Club

- Gardner, JoAnn B.—ALB

Sigma-Aldrich Toastmasters Club

- Jackson, Tonya—ALB

There is still time to add your name to the list of “achievers” for this year.

TOASTMASTERS INTERNATIONAL

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TOASTMASTERS
INTERNATIONAL

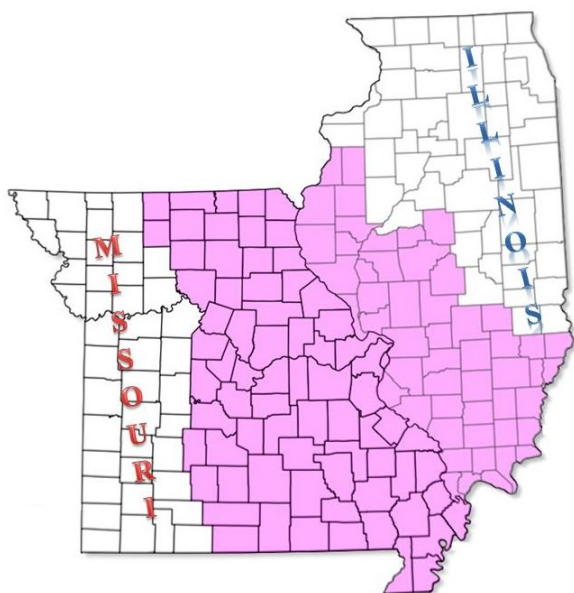
District 8 is on the web.

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**WHERE LEADERS
ARE MADE**

The Mission of District 8

We build new clubs and support all clubs
in achieving excellence.



District 8 Calendar

Saturday, May 2	Division A Contest
Briefings 9:45 am	Tesson Ferry Branch—St Louis County Library
Contest 10:00 am	9920 Lin Ferry Dr., St Louis, MO
Saturday, May 2	Division E Contest
Briefings 3:30 pm	St Luke United Methodist Church
Contest 4:00 pm	204 E Ash St., Columbia, MO
Friday, May 29	District 8 Spring Conference
Saturday, May 30	Sheraton Westport Plaza Hotel 900 Westport Plaza, St Louis, MO 63146
Sunday, May 31	Smedley Hometown Memorial Club meeting 9:00—10:00 am Sheraton Westport Plaza Hotel (room TBA)
Sunday, June 14	Communic~8 submit deadline
Saturday, June 20	TLI (more info TBA)