



DISTRICT 8

Communic~8

District 8 News And Events

Volume 16 Issue 6

District 8

April 2017

Greetings Toastmasters of District 8!

You can feel the excitement in the air right now as the Division Contests are under way and the candidate pool begins to take shape. Who will be the District 8 Toastmaster who will represent us at the 86th Annual Toastmasters International Convention in Vancouver, Canada in the Speech Contests Semifinals and hopefully on the World Champion stage?

I am Dawna Williams, and I am honored to be your chair for the 2017 Spring Conference. This year's event will be held May 19-20, 2017 at the beautiful Crowne Plaza Hotel in downtown St. Louis. In addition to the exciting International Speech and Evaluation competition, we will be enjoying wonderful educational opportunities, the election of next year's District 8 leaders, and the opportunity to see fellow Toastmasters that we haven't seen in a long while.

There will be the ever popular Early Bird registration opportunity and another raffle for those who sign up during this time frame. We will have a block of rooms for those who are daring enough to stay at the hotel and keep the Toastmasters' lights shining. Keep watching the District 8 website for more details. This conference is open to all Toastmasters and guests. If you have never been to one of the conferences, I encourage you to come and be a part of this event. You will be welcomed with open arms.

Anyone who would like the opportunity to be a part of the team to help at this conference is encouraged to reach out to me as early as possible. I look forward to seeing all my fellow Toastmasters at this year's Spring Conference.

It should prove to be a fun and exciting weekend! ▲



Dawna Williams, CC
UniGroup, Inc Toastmasters Club # 1163116, VP Education
Webster Groves Toastmasters Club # 461, Sergeant at Arms
dawnajwilliams@yahoo.com

Be the Difference!

By Monaye Dockett, CC, CL
Wells Fargo Advisors Toastmasters

Toastmasters **Division B** is hosting for the first time a division conference and International Speech and Evaluation Contest on Saturday, April 29th. The conference will be held at Grace Church, 2695 Creve Coeur Mill Road, Maryland Heights, MO 63043 from 9 a.m. to 4 p.m. Our conference theme is **"Be the Difference."**

Come listen as Bert Vescolani, President and CEO of the Saint Louis Science Center speaks on how to **"Be the Difference."** In addition to the keynote, we have 4 educational sessions. Cheryl Burton, Certified John Maxwell Coach, is sharing *"Proven Tips to Become a Master Influencer."* Marquetta Anderson, St. Louis Public Radio - 90.7 KWMU, is hosting a session on being *"The Boss."* Cornelius Bowe is presenting on *"Stepping Outside Your Comfort Zone"* and Dawn Tucker will speak on *"Getting to DTM"*.

Registration starts at 8 a.m., cost is \$20 in advance and \$25 at the door. Come Be the Difference!! ▲

More on other division conferences is on page 10.



District Director Message

Lora Mather, DTM

District 8 Director

EMAIL: dd@dist8tm.org

My Toastmaster's Personal Goal—Be Present



Life is a Journey – this phrase was my mantra this year. When life got too hectic, I would pause, find my patience and remind myself to be present. Consciously choosing to slow down was a lifestyle adjustment that I felt called to last March. As an only child, I always knew that I would need to go home and be with my parents in their last days. For the past twenty-five years, I watched over them from afar. I heard how their friends and neighbors helped them as they aged. My parents were pioneers in the isolated hills of the Ozarks; they created a community-centered life. Their community gave back to them, but I knew the time had come for me to go home. I needed to take care of them, learn about their daily needs, slow down and be present for them.

At the Toastmaster leadership trainings in August and January, I shared this goal --- To be present. I thought of it as simply relearning my listening skills. Put my wishes and desires on hold; listen intently to friends and family -- so intently that the look on their faces expressed understanding. This included understanding my parents. Those “end of life” discussions with my parents seem surreal and precious now that my father passed away two months ago. I am thankful that he knew I understood him.

Grief is a pathway that we will all someday travel. What I learned is that “being present” is an approach to grief that heals the pain. My Toastmaster’s personal goal helped me to deal with the deepest pain that I have ever experienced. While this path is common to all, no one can tell you exactly how to deal with grief. Your Toastmasters journey will teach you how.

Understanding how to grieve prepares us for our loss and its pain. We are human, and it is in our nature to create connections. Breaks or losses in our connections produce pain. Pain is grief. Viewing our own grief or pain as something that enables us to help others is not a perspective that comes at the beginning of the grief process. However, Toastmasters gives us a head start on this grieving process.

I found comfort in the March Toastmaster magazine’s Member Moment about Toastmaster Jay Fagnano. Joe’s Ice Breaker at his club in Los Angeles made people cry. His speech told the story of his son’s death. Jay said, “Toastmasters allowed me to work through some of my grief through the speeches I gave. I opened myself up to some very raw emotions and the group allowed me to go places with my sorrow that I hadn’t been able to express before.”

Seeing my Toastmaster’s journey through my own tears of grief has given me a new perspective. I feel more deeply connected and my hope restored. My friends, because of you, my grief opened my eyes to the importance of giving back with empathy and compassion. It renewed my life’s journey and reaffirmed my commitment to enjoy every moment. I look forward to being present with you, hearing you, feeling your emotions and understanding you. At the upcoming conference, let’s find a quiet place to talk and listen. If this is your first time at a Toastmaster master event, let’s get to know each other. If you are an old friend, let’s catch up. I’d love to hear about your life, your goals and your next steps in your Toastmaster journey. ▲



Program Quality Director Message

Realize Your Full Speaking Potential

Kat Mokriakow, DTM

Program Quality Director

EMAIL: pqd@dist8tm.org



You are invited by a friend to attend their Toastmasters meeting. You never heard of Toastmasters before, but hey you are game-your friend said it is an open house, and well, there's going to be food. You had a hard day at work and actually don't feel like cooking tonight, so why not!

When you enter the door you are greeted warmly and that makes you feel good, but you are also thinking, "Oh boy, what did I get myself into?" As the meeting progresses, you begin to see and hear things that make sense to you, and for the first time realize this Toastmasters club thing can help your career at work. Why you can just see yourself leading the next business meeting with poise and confidence. At the end of the meeting, someone who says they are the Vice President Membership asks you to join and hands you an application. Without hesitation, you take out your pen, fill in the blanks, and hand over your credit card. Just like that! Snap! You are now a member of the club.

"Now what?" you ask yourself. The next thing you know someone called the Vice President Education comes over and asks you to sign up to give your first speech, the Ice Breaker. You instantly let her know you are not ready, that you just joined and want to sit back and just attend a few meetings, get your feet wet, and see how it goes. However that is not what happens. Every time you come to a meeting, someone asks you if you can be a Timer or the Ah Counter. Hmm, this isn't so bad, you feel can do this with no problem. I can count how many times other people say um-oops there's one for me!

Now it is a year later and you finally got the nerve to give your first speech. It went very well and your evaluator was very kind in giving you some feedback. The Vice President Education keeps asking you when you are going to give your next speech. Maybe later is your standard reply. "I am so busy at work" or "there's so much going on there isn't time to write a speech" are the excuses you give to the club. You are still attending the meetings regularly and feel you are contributing to the club by filling the functionary roles. As time goes on, things get hectic and you are busier than ever. Next thing you know, you are missing meeting after meeting. Soon thereafter, you drop the club completely and let them know you will return when you have more time, but you never do.

This is a problem that clubs all over the world face. Members begin their journey at a Toastmasters club with high expectations and visions of what they can learn and do as a part of their membership. However, things get in the way. Ideals get lost or put aside for an indefinite period of time. Believe it or not, folks do not join Toastmasters clubs so they can be great ah counters or timers, however many end up completing these roles over and over and put off speaking in the club. Since they are not getting what they came to Toastmasters for in the first place, they eventually drop the club.

(continued on page 5)



Club Growth Director Message

Let's grow our District!

Elaine Curry, ACS, ALS

Club Growth Director
EMAIL: cgd@dist8tm.org



Hello fellow Toastmasters,

Spring has sprung and the Club Growth team is busier than ever! First let me give a heartfelt thank you to all the Toastmaster Villagers that have responded to the call of participating in demo meetings for prospective new clubs, agreed to be mentors for recently chartered clubs, and to all of you that are sponsors and coaches.

Area and Division Directors have been actively reaching out to our clubs to assist where possible with clubs who have lost momentum and members during the last quarter. These are tough times and many companies have been downsizing which has some Toastmasters feeling apprehensive about renewing their membership. I want to encourage all Toastmasters to keep moving forward. The benefits you are getting have not changed. Remember that this is your personal journey.

Take time out to go back and look at the goals you set when you first joined. Keeping members engaged and promoting Toastmasters where ever you go is instrumental to helping other companies and communities learn about us and joining our organization. I want to thank you all for what you have been doing as we have five clubs in the pipeline that we believe will charter in the next two months.

We welcome A-B (Anheuser- Busch) Employee Credit Union Toastmasters to District 8. They completed and submitted the charter application on March 31 with thirty new charter members. Congratulations.

You can help our new clubs. Each new club needs two mentors who will commit to six months of guiding the club. Please contact me if you are interested in mentoring a club.

In an effort to reward your hard work for increasing membership "March Madness Membership" incentive will be extended to the end of May. Many clubs are close to getting at least 5 new members and we want to motivate them to keep going.

Let's do this! Remember "It takes a village".

I am with you all the way! ▲

(Continued from page 3)

So what do we do? In looking at the example above the woman joined a Toastmasters meeting because she saw that it can help her career at work. She envisioned herself being in front of the room and leading the next business meeting. However, from the moment she joined and had that vision, no plan was put into place to help her get there. Instead of playing it safe and waiting for the best opportune time, she would have been better served by developing a targeted plan of action on what she wanted to accomplish. Working that plan and re-evaluating often to change with her career and lifestyle so it stays fresh and achievable gives her a reason to stay.

Whether you are a new member or have been a member for years, I challenge you to look back at why you joined Toastmasters and evaluate if it is being met on a consistent basis. If you had a different idea at the beginning and find you have been sitting on the sidelines 'playing it safe', the best advice I can give you is to forget waiting for the best conditions and just get up and speak. It gets easier the more you do it. ▲

District Council Meeting

At the District Council Meeting, your leaders for 2017-2018 will be chosen. Per Toastmaster Protocol 9.0 www.toastmasters.org/Leadership-Central/Governing-Documents#Protocol90DistrictCampaignsandElections478, the District Leadership Committee has placed into nomination the following candidates:

District Director - Kat Mokriakow

Program Quality Director - Elaine Curry

Club Growth Director - James Childress

Division A Director - Parasu Anantharam

Division B Director - June Jeffries

Division C Director - David Kincade

*Division E Director – The committee did not select a candidate per the District Leadership Report.

Division F Director - Angie Breinin

Each club is allotted two votes to be cast by your club president and your vice president education at the District Council meeting. If your club president and/or vice president education cannot attend the District Council Meeting, please select a member in good standing as proxyholder. Complete the proxy form included in this publication or downloaded from the D8 website and present it at the credential desk prior to the meeting. The District Leadership Committee Report and the bio form for each candidate is posted on the D8 website.

* Per election procedures, nominations for all positions will be accepted from the floor. As per the directive from Toastmasters International, all Elected Leader positions must be held by a member in good standing of a Toastmasters club in good standing, meet the qualifications for office and are committed to the responsibilities of the respective role. Floor candidates must be nominated by a member of the district council or their proxyholder. Floor candidates may self-nominate when they are a member of the district council or a proxyholder. All nominees must complete the Officer Acceptance and Release form, submit to the District Director, and meet the qualifications for the office. Note: Article VII of the District Administrative Bylaws states that division directors shall have served at least six consecutive months as members of district council. District councils are comprised of club presidents and club vice president education. ▲



2017 District 8 Spring Conference

Friday, May 19 and Saturday, May 20, 2017

Crowne Plaza Hotel Downtown, St. Louis, MO

Full Registration

- Three meals —
- Friday's Buffet Dinner
- Saturday's Lunch
- Saturday's Banquet Dinner
- Admission to Educational Sessions
- Admission to the Evaluation Contest and International Speech Contest

•Register by April 28, 2017 to receive entry into the drawing for the Conference prize

Special Crowne Plaza Hotel room rates for the Conference are \$99 per night for single superior/double queen/king. This rate is available until Friday, May 5, 2017, by calling the hotel at (314) 621-8200. Ask for the Toastmasters conference rate.

Name:	Club Name & Number
Address:	City/State/Zip Code:
Phone No:	Email Address:

First time attendee? Y N TI Designation: _____ Offices Held: _____

Description	by 5/5/2017	after 5/5/2017	Qty.	Subtotal
Full Registration *	\$99.00	\$119.00		
Al a Carte Meals				
Friday Evening Buffet	\$39.00	\$ 44.00		
Saturday Breakfast in the Hospitality Room		\$ 5.00		
Saturday Lunch	\$23.00	\$ 28.00		
Saturday Dinner *	\$40.00	\$ 45.00		
Educational Sessions/Contests ONLY—No Meals				
Saturday Educational Sessions	\$20.00	\$ 25.00		
Friday Evaluation Contest		\$ 5.00		
Saturday International Speech Contest		\$ 5.00		

Total

* Saturday Dinner Meal Choice

- Roast Top Round w/au jus and preset creamy horseradish sauce
- Chicken Modiga
- Grilled Salmon w/lemon caper sauce
- Vegetarian option

Make checks payable to "District 8 Toastmasters" and send with form by U.S. Mail to: **District 8 Toastmasters, 5037 Reynosa Drive, St. Louis, MO 63128**. For credit card payments, email this form to conference@dist8tm.org. An invoice will be emailed to you for payment. **Payment covers conference only! Hotel arrangements must be made separately.**



District 8 Credential/Proxy Certificate

District Council Meeting on Saturday, May 20, 2017 at 10:00 a.m.

Crown Plaza, 200 North Fourth Street, Saint Louis, MO 63102

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 Directors, 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 Director, other district office)

IF YOU CANNOT ATTEND

For club president and vice president education only.

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

Name (print) _____

Date _____

Signature _____



District 8 – End of Year Extravaganza

Enter to win \$200 in gift certificates to the Toastmasters International or D8 bookstore.

Five winners will be drawn.

Contest guidelines

By June 15th, 2017 if your club achieves

1. Elite Group

**Presidents Distinguished Status
Or
Distinguished Status w/ 30+
Membership**

**** Get 5 entries in drawing ****



2. Admirable Group

Select Distinguished Status

**** Get 3 entries in drawing ****

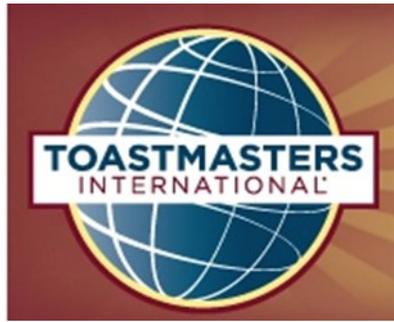


3. Distinguished Group

Distinguished Club Status

**** Get 1 entry in drawing ****





District 8 – Add Membership March Madness Extended to May 31

Everyone can be a winner!!! Increase your membership and win the prize behind Door #1, Door #2 or Door #3. The bigger the increase the bigger the prize.



DOOR # 1

Add **5 new members** between now and May 31 and you will win a **\$100 gift card for your club** to be spent at a restaurant for a club social or at TI store.



DOOR # 2

Add **5 new members** no later than May 31 **and** introduce a prospective club for the District to work on getting chartered. **Win \$200** as follows: **\$100 gift certificate for your club and \$100 certificate for the TI store**



Door # 3

Add **8 new members** by May 31 **and achieve Distinguished Club status** Note: Select Distinguished and President's Distinguished increases the prize. Hint: It is bigger than Door #1 or Door #2

Thanks to Kat Mokriakow, DTM, Program Quality Director for compiling the list of clubs who have celebrated or will celebrate a significant club anniversary during the 2016—2017 Toastmasters year. A special recognition from District 8 to the McBrian Lincoln-Douglas club on 81 years!

Congratulations to all the clubs listed! ▲



Division	Area	Club Number	Club Name	Charter Date	Club Anniversary
Division C	Area 1	51	McBrian Lincoln-Douglas	3/1/1936	81 years
Division A	Area 9	461	Webster Groves	3/1/1947	70 years
Division C	Area 11	496	St Clair Club	6/1/1947	70 years
Division E	Area 7	503	Capital Toastmasters	6/1/1947	70 years
Division E	Area 14	493	Fort Leonard Wood	9/1/1966	50 years
Division F	Area 15	3268	Speech Masters	3/1/1977	40 years
Division E	Area 14	2842	Waynesville-St Robert Area	9/1/1981	35 years
Division E	Area 14	1052	Ozark Orators	10/1/1981	35 years
Division E	Area 14	4850	Missouri Univ. of Science and Technology	5/1/1982	35 years
Division B	Area 2	6629	Chesterfield	6/1/1987	30 years
Division F	Area 8	4928	F.R.B.	1/1/1987	30 years
Division F	Area 19	8399	Rent-A-Toast	2/1/1997	20 years
Division A	Area 9	5585	Speak Easy	1/14/2002	15 years
Division F	Area 19	1291	Voices in Unity	6/1/2011	15 years
Division F	Area 19	4590	Speak Up!	6/18/2002	15 years
Division B	Area 16	937367	SALT	10/5/2006	10 years
Division E	Area 21	972572	Courage To Grow	11/9/2006	10 years
Division F	Area 12	970718	Free Speakers	5/4/2007	10 years

DIVISION CONFERENCES

Division C was held on April 1. The theme was “Elevate Now”. It was held with great enthusiasm and learning experiences for all.

Division F will be held on April 8. The theme is “People, Passion, and Purpose: The Pathways to Success”.

Division A will be held on April 22. The focus of the Division A Conference .. IT’s All About YOU... At this inaugural Division A Conference, the “Division A Elite Award” is being introduced! Division A would like to celebrate the achievements and exceptional impacts our members are making. In conjunction with the conference theme, we want to celebrate Division A members and clubs who are “Breaking Through” to Excellence!

Division E will be held on May 6. The theme is “Division E Takes Flight”. ▲



District 8 Members Earn Education & Leadership Awards from February 15, 2017—March 31, 2017



Division A

- Chesterfield Toastmasters Club
- Desrosiers, Kevin M. —ACG, DTM
 - Walker, Annie D. —CC
- High-Noon Toastmasters Club
- Meyer, William E. —ACG
- Maritz Toastmasters
- Schillinger, Jean M —CL
- Marion VA Toastmasters
- Steams, Christine —CC, CL
- Southern Illinois Toastmasters Club
- Burchill, Kerri L. —CL, ACB
- Speak Easy Toastmasters
- Sturdivant, Michelle T. —CL
- Unigroup Toastmasters Club
- Parle, Graham —CC
- Voices of IMPACT
- Tingle, Jordan Thomas —CC

Division B

- Ascension Health Toastmasters
- Riechers, Mendi —CC
- Bulls & Bears Club
- Boley, Susan —ACG
- DSAGSL WORD Masters
- Naik, Neha Bharat —ACS, ALB
- M-Powered Speakers
- Granzow, Kristen —CC
- Speak Out
- Scholl, Andy—CC, CL
- Charles County Toastmasters Club
- Hayden, William W. —DTM
 - Schneider, Melissa L. —CC
 - Tucker, Dawn Stone —ACG, DTM
- Toast of the Fleet
- Cahoon, Lynn —CL
- WelDon Toast Club
- Darnall, Daniel A. —CC,CL

Division C

- Capital City Toastmasters
- Phipps, Rochelle —CC
- Horace Mann Toastmasters
- Snow, Brianna —ALB
- McBrien Lincoln-Douglas Club
- Dixon, Shane —ACB
 - Gale, Peter —ACS
- Noontime Toastmasters
- Lanum, Vi —CC
- Scott Toastmasters Club
- Hall, Nicholas —ALB
 - Hunt, Josh M. —ALB
- St. Elizabeth's Hospital
- Stratton, Raymond L. —ACG, DTM
- Top Talk Toastmasters!
- Middendorf, Cindy A. —CL

Division E

- Capital Toastmasters Club
- Sullivan, Linda A —ALB
- Columbia Toastmasters
- Depke, Elizabeth —LDREXC
 - Jarboe, Seth M. —CL, ACS
- Courage to Grow
- Mateu-Mora, Venustiano —ACG
- Downtown Toastmasters
- Henroid, Joshua B.—ACB
- Ozark Orators
- Anandan, Sudharshan —ACB
- Talu Toastmasters
- Choate, Daniel —CL
 - Gordon, Darius H.T.—CC
 - Turner, Brad —CL

Division F

- Anheuser-Busch Toastmasters Club
- Merkel, Anthony R. —CC
- Ansira Toastmasters
- Chipman, Jane M. —ALB
- Downtown St. Louis Toastmasters
- Magoon, Katie J. —CC
- MAC Toastmasters Club
- Done, Rebecca L. —CC
 - Reilly, Jonathan J. —CC
 - Triplett, Tammie T —ALB
- MilliporeSigma Toastmasters
- Reilly, Jonathan J. —ALB
- Rent-A-Toast Club
- Berri, Kathy —LDREXC, ALB
- Tarsus Toastmasters
- Whitener, Terrill L. —CC
- Wells Fargo Advisors Toastmasters
- Cox, Jennifer M —ACB
- WUSTL Speaks
- Richards II, John —CL
 - Yoakum, Martin —CL



TOASTMASTERS INTERNATIONAL

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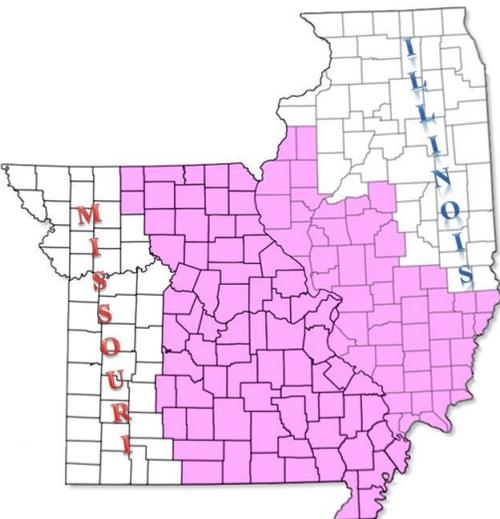
District 8 is on the web.
www.dist8tm.org

Toastmasters International Values

- ◆ Integrity
- ◆ Respect
- ◆ Service
- ◆ Excellence

The Mission of District 8

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



**District Vision:
 District Eight Enhancement Program (DEEP)**

SAVE THE DATE

District 8 Club Officer Training
 Saturday, June 24, 2017
 Webster University
 545 Garden Avenue
 Webster Groves, MO 63119

Contact Dhanuja Singh at dhanujasingh@gmail.com if you would like to present an educational session or club officer training session.

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