



WHERE LEADERS ARE MADE

[www.toastmasters.org](http://www.toastmasters.org)

## E~Communic~8

Volume 11, Issue 4

District 8

February 2012

District 8 is on the web

[www.dist8tm.org](http://www.dist8tm.org)



**"The price of  
greatness is  
responsibility."**

~ Winston Churchill

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## Say What You Need To Say

By Joann York, ACB ALS

Thomas Paine said, "Lead, follow, or get out of the way." Until November, 2012 across the fruited plain we can expect to hear candidates from one party or the other telling us how they will be the best leader. In turn, we will be told who we should follow. But as Thomas Paine said, there was a third option—to get out of the way. However with our modern 24/7 media, getting out of the way would require leaving the planet.

Politics aside, this election process has already illustrated how important communication skills can be. For we have seen candidates who have risen to success due to great oratorical statements and those who have crashed due to their colossal missteps of communication. Our expectation is that someone seeking our vote, or another way to look at it to be hired for the most important job in the land, should be skilled in both communication and leadership skills. Given both those skills are exactly what our organization is all about, maybe we should be inviting all the candidates to our District 8 club meetings especially those we see who really could use some constructive evaluations to assist them with their presentations. Just watch and listen, could you help them improve?

Will any of us, District 8 members rise up to lead in political office? Who is to say, maybe there is a future President of the United States among us now. Who knows what the future may hold for our esteemed members. We reached out to join Toastmasters to develop our skills and the future is ours for the taking. That is the beauty of the program it gives us the opportunity to keep improving. It also gives us the opportunity to help improve others. We have the opportunity to learn how to do as the John Mayer song says and "say what we need to say" and shouldn't we help others learn how too to say what they need to say?

How do we bring in new members? We need to remember the best advertisement for Toastmasters is each of us. As we demonstrate the value of the program with our developing skills and with our self-confidence, you should be prepared to tell others how they too can shine as you do. Don't forget, *you* are the sales pitch. Each time you speak whether it is in a formal presentation or an off-the-cuff conversation, you demonstrate what you gain in Toastmasters. Show your stuff and 'they will come'. It is our own *Field of Dreams*, as we build it or demonstrate the value, they *will come* to seek out the value for themselves. Then what? We give them a well organized, positive Toastmasters meeting. Once they have experienced it, we seal the deal with an invitation to bring them into our family. Lead them to it. Follow their progress. Then get out of their way. Who knows where they will go. Maybe even *the White House*? ❖

**Tom Coscia, DTM**

District Governor

District 8

EMAIL: [coscia@peoplepc.com](mailto:coscia@peoplepc.com)

## Going Down Hill Fast

The day after our Feb. 4 DEC meeting, I ventured on my annual ski trip out west. I try to go to a different ski area each year with the St. Louis Ski Club and this year it was to the legendary Sun Valley Ski Resort in Idaho. Sun Valley is celebrating its 75<sup>th</sup> anniversary. It is considered the first ski resort in the United States. At the historic Sun Valley Lodge you saw many “vintage” photos of skiers and celebrities. I say “vintage” as the resort’s new PR team has determined that young people are not attracted to “old” but they do like “vintage”. Please make a note of that when you are attracting young people to your clubs and you show them your “vintage” gold banner.

Sun Valley is considered an advanced mountain. Ski trails or runs are color coded based on difficulty. Green runs are easy. Blue runs are considered intermediate and the black



*View at the top of Baldy Mountain, Sun Valley, ID*

runs are the most difficult. Whereas in Europe, ski resorts are very meticulous in determining the level difficulty of a trail, American resorts do things differently. It is all based on marketing. It scares people away when people see a trail map with too many blue and black trails. They like to have about 35% of their trails green. So what do you do when you have an advanced mountain? Your 35% easiest trails are now dubbed green. Problem solved. Never mind that some of those green trails are considered black at some other resorts!

Fortunately I can easily ski the green, blue and the easier black runs. Those are the black runs without the moguls or

bumps on them. They even have a black trail called “Arnold” named after Arnold Schwarzenegger who owns a house in the valley. Note: Arnold would not have his name attached to some wimpy green trail.

The reasons I love skiing are the tremendous views at the top of the mountain and the exhilaration and the feeling of

*(Continued on page 13)*



**Curtis Scroggins**Lieutenant Governor Education & Training  
District 8

EMAIL: scrogginscurtis@gmail.com

## A Message From the LGET

Hello, District 8 Toastmasters!

I hope your year is going well and you are making progress toward your personal and club goals for this Toastmasters' year. I am excited about the number of goals that have been accomplished this year and I would like to update you on where we stand in relationship to our educational goals.

Toastmasters International assigns three goals to the Districts that target educational achievement. Of the three goals assigned, we have already achieved two of them. You can congratulate yourself on this achievement and continue working towards achieving the final one. In the nature of the evaluation process, I will use the sandwich method in describing our achievements; I will give you some good, some areas to work on, and finish with some good.

Let's start with the good. We (the District) have met the goal set by TI for the amount of Advanced Communicator Awards needed to be earned this year. The goal set by TI was 45 and the District has achieved 54! That's 120%! I understand everyone may not be as excited as I am about the accomplishment of this goal, but this also means on a personal level that more people than was expected have achieved this goal, which is great! This is also a testament to great club meetings, where these goals are being achieved. The final tally is not in and I hope we continue this great pace, but this is an accomplishment worth mentioning!

The constructive. Our District has a great history of finishing strong in the Competent Communicator category. In fact, last year we achieved 84 Competent Communicator awards from this point last year until the end of the year. That's a good thing, because right now this year we are right at the halfway mark on our way of achieving at least 160 CC awards. We have exactly 80, we will need exactly 80 more to meet the goal. I have no doubt that we will meet this goal and I encourage all of you to achieve the CC award this year if you haven't yet. If you have, I encourage you to achieve another one!

The other good. Done patting yourself on the back? Don't stop! The next category is in the Area of Leadership Awards. Our goal from TI this year was 107 and we currently have 113! That is 105.6% of the goal and is appropriate for our District because we are the overachievers! I encourage you to continue earning leadership awards because this also demonstrates our members continue to earn awards regardless of the goals we are measured against. I congratulate you all on quite an accomplishment at less than 2/3 of the way through the year!

There you have it. Our District is doing very well. We are doing great on Advanced Communicator Awards, have some work to do on Competent Communicator Awards and have done well in Leadership Awards. As we work throughout the rest of this year I would like to see us continue completing speeches, turning in awards and continuing to exceed the goals that TI, District Leadership and that we, individual Toastmasters set for ourselves. The numbers shown here demonstrate that members of District 8 continue to be enthusiastic, productive, achieving members of our organization. We continue to create communicators, leaders and illustrate the new tag line of Toastmasters International just rebranded with "Where Leaders Are Made." I always finish my evaluations with "I look forward to your next speech," so I will finish my article with "I look forward to your next award!" Continue having a great year! ❖





**Lora Mather**Lieutenant Governor Marketing  
District 8

EMAIL: ltgovmarketing@dist8tm.org

## A Message From the LGM

### Toastmasters—A Lifesaver!



Lora Mather, DTM

In January, my husband, David Kincade, joined a group of well-known people—Cher, former President Ronald Reagan, former New York Mayor Ed Koch, Elizabeth Taylor, Goldie Hawn, Walter Matthau, Carrie Fisher, Dick Vitale, news anchor John Chancellor, and Jack Lemmon.

What was his connection between these well-known people? Actually, it's a well-known lifesaving procedure. Each of these famous people was saved from choking to death by the Heimlich Maneuver®.

Choking is the third leading cause of home and community death in the United States. Confirmed autopsy, it is the cause of 700 to 1000 deaths in the U.S.A. How many more cases never reach the autopsy table and go wrongly diagnosed? The U.S. National Safety Council puts the estimate at 2500 deaths each year.

In January, Tom, Curtis and I traveled to Chicago for District Mid-Year Leadership training. I invited David along for the trip. During the days, David enjoyed exploring the Rosemont area, taking photos of airplanes and reviewing nearby restaurants. On Saturday evening, Tom met David and me at a restaurant for a nice leisurely dinner. Tom and I were chatting about family and I was sharing stories about my life, when I noticed that David was quiet, but clutching his throat and unable to talk. I immediately knew that he was choking. Do you know the signs of a choking adult?

- \* Coughing or gagging
- \* Clutching throat or pointing to throat
- \* Suddenly unable to talk
- \* Wheezing
- \* Passing out; loss of consciousness
- \* Skin, lips or nail turning blue



I jumped up from my seat and grabbed him from behind, placed my hands just below his ribs and squeezed. I did this twice and he expelled the food that was blocking his airway. As I did this, in my mind, I saw Toastmaster John Murphy holding Winnie the Pooh and placing his fist, thumb side in, just above the Winnie's navel and grabbing his fist tightly with his other hand. He was pulling his fist abruptly upward and inward. This action increased airway pressure behind the obstructing object and forced it from the windpipe. Of course, Winnie only expelled a puff of air and fiber. But the vivid demonstration at the



(Continued on page 5)

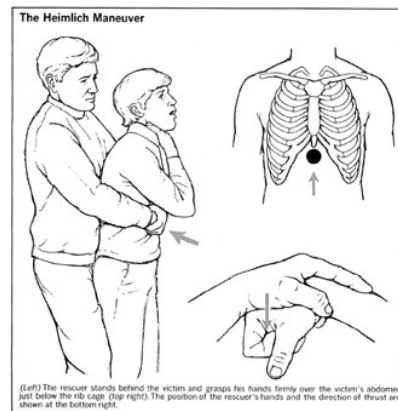
## ***Toastmasters—A Lifesaver!***

*(Continued from page 4)*

Plus Factor club meeting stuck in my brain.

Since the Heimlich maneuver was introduced in 1974 by Henry Heimlich, M.D., it has saved the lives of more than 50,000 people, famous and not-so-famous. My not-so-famous husband added another to that list.

For twenty years, we have shared most meals, showing concern for one another at an occasional cough, but we never know that the other person would know what to do in case of choking. Later that evening, I shared with David and Tom the mental video playing in my head guiding my actions. I described how just a few weeks ago I was privileged to hear a refresher on CPR and the Heimlich maneuver at a Plus Factor Toastmaster meeting. John was performing Project 8 from the Competent Communicator manual. As the manual states, we must get comfortable with visual aids because people remember best what they simultaneously see and hear. Visual aids are a powerful tool for a speaker. Selecting the right visual aid depends on the information you wish to convey, the size of the audience, equipment available, time available and amount of money you wish to spend. John considered all of these factors. John has been known to use branches from his yard as a visual aid.



In Toastmaster's selecting the right topic is as simple as everyday experiences. We speak on what we know and love. For John, the knowledge that more children die from choking (because they will put almost anything in their mouths) and his 15 month old daughter were his everyday experiences that generated his speech idea.

As Toastmasters, we always practice our listening skills, but in this case, listening skill transformed into a lifesaving action. I wonder how many other Toastmasters have saved a life by speaking about their everyday experiences while practicing their communication skills and listening skills.

I am thankful that another Toastmaster member cared enough to give a speech on CPR and the Heimlich maneuver. I credit Toastmasters with saving my husband's life by providing me the opportunity to listen and the confidence to act. ❖



Lora and David Mather



## Toastmaster Clubs in Prison

District 8 is home to both Toastmaster and Gavel Clubs in prisons.

Delbert Creed, Area 21 Governor

Toastmaster programs in prison have proven to be one of their best rehabilitation programs. The Wall Street Journal stated in an edition in the mid 1990s that 90% of the people, who belong to a Toastmasters program in prison, do not return. Other programs run about 50%. That is a staggering statistic. It demonstrates, what the Toastmaster program does for a person in the prison setting. People, who go through the Toastmasters program in prison are serious about changing their lives. The Toastmaster program not only makes them better communicators and better leaders, but also makes each one of them a better all-around person, who is able to function and even thrive in society after they are released. Most of the former prison Toastmasters not only go on to become successful in life, they are valued members in the communities they live in.



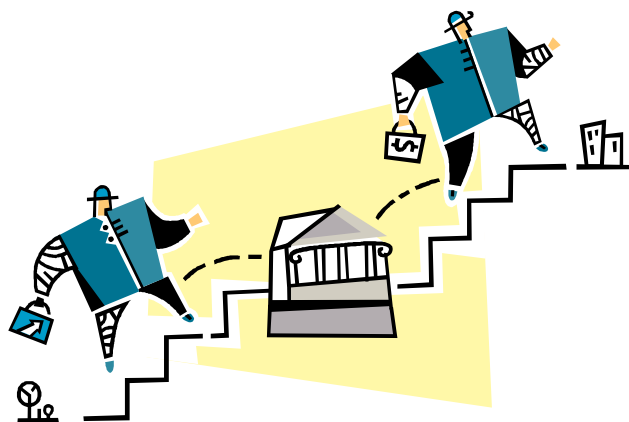
There is a prison Toastmaster club at Moberly Correctional Center. It is Talu 9643 and in 1997 it was the #1 Presidents Distinguished club in the world. There are also gavel clubs located in other correctional centers in District 8, some who have members that belong to other Toastmasters clubs.

An example is one of Talu's former members, who joined another Toastmaster club after his release. The club was approached by local school officials looking for someone, who could give talks on substance abuse in area schools. This man volunteered to give talks at different schools only weeks after he joined the club. He impressed the schools so much by his presentations, one of the schools offered him a job. He was hired as the football coach for a high school and went on to win a high school, national championship two years later. As a football coach there were no doubts about this man's ability to communicate, but Toastmasters refined his skills to where he became a very good public speaker. He went on to marry his high school sweetheart and is the athletic director of that school today.

When Toastmasters International raised their dues in 2011, a severe strain was put on prison Toastmasters to pay their dues. Fortunately someone had foresaw this situation arising. Omer Roberts established a trust fund in District 8 to help the prison Toastmasters. ❖



Omer Roberts , DTM  
1946 – 2005  
Past District 8 Governor







From left to right: Sally Carpenter, Nadia LaFlam, Lora Mather, and Farzana Chohan



From left to right: Jeremy Epperson, D.J. Randle, Chuck Carpenter and Jim Schwartz

## Creve Coeur Toastmasters Club #1267 Celebrates Club's 50th Anniversary

By Sandy Kardis, DTM—Creve Coeur Toastmasters Member & Division F Governor



Persis Mehta, Chris Hickman, Scott Franc

On Thursday evening, November 3, 2011, Creve Coeur Toastmasters celebrated the club's 50th anniversary! The event took place at Ryce Oriental Buffet, 12710 Dorsett Road, Maryland Heights, MO.

A list of invitees was assembled by Persis Mehta and Sandy Kardis. June Jeffries sent invitations to current and former members of the club as well as District 8 officers, friends and family members, and others wishing to join the celebration. Sally Carpenter and June Jeffries checked out several restaurants to hold the celebration before club members gave the go-ahead to reserve the date at Ryce Oriental Buffet.

Current and past District 8 officers including Tom Coscia, Dori Drummond, Mary Kerwin, Lora Mather, D.J. Randle, Jim Schwartz and Tim Spezia helped us celebrate by enjoying the buffet, listening to the

program, and socializing. Club President Chris Hickman planned the program. It began with Sally Carpenter sharing the memorable accomplishments of one man's journey through Toastmasters—Chuck Carpenter. Chuck was unaware of Sally's purpose as she gathered visual aids at home to complement her presentation. It was then Chuck's turn to speak and he entertained us with a history of the Creve Coeur Toastmasters club as well as some notable dates in Toastmasters history. For example, did you know that Toastmasters was first opened to women in 1973? Chuck brought old and new photos and made them available to those members in the photos. I was happy to receive a photo taken by Chuck of a club meeting held in my backyard.

Everyone enjoyed hearing members share their experiences in the club. The 'Best Table Topics' ribbon really does have meaning! Paulo Costa's wife told us how proud he was of the 'Best Table Topics' ribbons awarded him. Paulo shares them with the family. The program culminated with an after dinner speech by Jeremy Epperson, one of the club's newer members. 50 years and still going strong! ❖



Sally Carpenter and Chuck Carpenter

# District 8 Members Communicate ...

## Spotlight on D8 Author—Jef Williams, ACG ALS

By Joann York, ALB ACB



In this issue we continue our series spotlighting District 8 Toastmasters who have taken their communication skills and gone beyond the speech to become a published author—our feature is Scott Toastmasters member—Jef Williams.

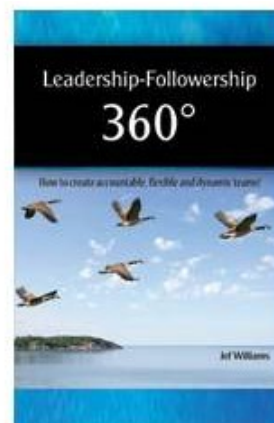
Every Toastmaster adds their own unique value to the organization as each member comes with their unique lifetime experiences. Jef's life experiences include years of military service. Five years ago, Jef Williams joined Toastmasters to develop more flexibility in his style when speaking to different audiences. Toastmasters has given him that and more. He has also had the opportunity to learn from many wonderful people. In addition, he has had the opportunity to serve as a mentor to others. Jef said as a result of his involvement with Toastmasters, he has been able to hone his

skills as a professional speaker, facilitator and author.

After serving in the Air Force for 26 years, Jef was inspired to write a book that spoke on the importance of having good leaders and good followers on a team. He wrote, *Leadership-Followership 360: How to Create Accountable, Flexible and Dynamic Teams* to add to the topic of leadership by including its often neglected companion—followership. Like leadership, exemplary followership must be embraced if teams are to excel in today's competitive environment.

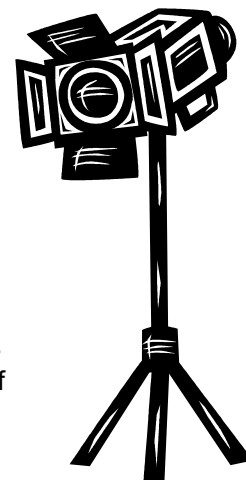
The leader-follower relationship is critical in organizations that are horizontally structured and that require open communication, innovation, and synergy among its talented workforce. Contrary to the stereotypical description of followers as being docile and needing to be led, exemplary followers are highly competent, self-motivated individuals who help propel the organization to the next level.

*Leadership-Followership 360°* discusses the interdependent relationship between leaders and followers. It redirects one's focus to move from an individual point of view to thinking about the team's success. The 360° implies that the process is designed to impact the entire organization. Through reading this book, individuals will examine their reasons for being on the team, understand and appreciate their leadership and/or followership role(s), and learn to operate as a dynamic team member!



As Toastmasters we know that our organization is about more than improving our oral communication skills. In fact, the mission statement of each Toastmasters club says, it "is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn fosters self-confidence and personal growth." The topic of Jef's book, I think, fits right in with the mission to help develop leadership skills. If you would like to read Jef's book, you will find it on Amazon.com or you can go to [www.jefwilliams.com](http://www.jefwilliams.com).

As part of our organization we have the opportunity to learn to be better leaders, but as Jef points out we also need to learn to be better followers. Toastmasters only gives us the opportunity, what we chose to do with that opportunity is up to us. Are you taking full advantage of your opportunity within Toastmasters to do more than develop your oral communication skills? ❖





# What's Toastmasters Got To Do With It?

By Rosemary Wilson, ACS, ALB (Sergeant at Arms Midtown Clayton Club)

There is a Buddhist maxim which says: "When the student is ready, the teacher will appear." And so this statement of wisdom has been proven true for one Toastmaster I know. It has been a preview for a personally phenomenal as well as career changing experience I happened to witness. The "it" is this Toastmaster's career metamorphosis from employee and amateur speaker to full-time professional speaker. The question to answer here is "What role did membership in Toastmasters play in this life changing scenario?"

This then is the story of Toastmaster Manley Feinberg II. The Olivette, Missouri resident is the 38 year old husband to Emily and father of Manley III (age 11years), and Lizzy (age 9 years). He is the sole breadwinner for his family. His 'has-been' portfolio includes professional guitar player with local reggae, jazz, blues and rock bands, seasoned mountain climber, a vocation as an occasional speaker, general manager of a successful outdoor retail store for five years, and an influential employee and executive leader in the St. Louis IT (Information Technology) Department of "Build a Bear Workshop" for more than a decade. He is a current and enthusiastic member of Midtown Clayton Toastmasters Club 283. His Competent Communicator award was completed in December, 2011 and his Competent Leader projects are on track for completion in the spring of 2012.

Manley officially announced his entry into a professional speaking career to fellow members as Toastmaster at the club's regular February 3, 2012 meeting in the Center of Clayton. His journey to this point in time began in 2001 with an increasing passion to take his speaking hobby to the level of professional presenter. The tipping point came in 2010 for Manley upon hearing an inspiring professional speaker and, afterwards, engaging that speaker in a three hour Q&A session. How he could also stand on the commercial podium and serve as a catalyst to encourage others to leave their comfort zones and personally grow? He already had the aspiration to do so in large measure. What Manley needed were the steps he needed to take to his preferred career destination. Manley's firm resolve and latent talent were clearly evident to that guru and he advised Manley to take the first step by joining Toastmasters. An cautionary proverb stating that 'things happen in three's' became audible soon thereafter in the echoing words of Manley's banker friend and then his sister: "Join Toastmasters!"

Going to the Toastmasters WHQ website and clicking on the "Find a Club" link, Manley decided to visit the club

located closest to his home and with meetings in his free morning time before clocking in at his job. He attended his first Toastmasters meeting in November, 2010 at Midtown Clayton Club (District 8's third oldest club with a founding date of 1944). The spirit of this 1st and 3rd Friday breakfast-time club was (and is) all about the serious business of practicing to become a better communicator as well as leader within the safe and friendly harbor of this Toastmasters club. Encouraged and empowered, he joined the club immediately. The club's members had (and have) platform skills from the novice to professional expertise levels and careers from undergraduate student to retiree to white collar professional across a broad range of commercial enterprises.

During his past 14 months as a Toastmaster, Manley has found instructive the creative demonstration of excellence in fulfilling club leadership roles by club peers, worthwhile evaluations of speakers, the cadence controlling influence of the timing machine both on the speaker and the accomplishment of the meeting's agenda, and the guiding principles found in the Toastmasters manuals. All this serves to buff his diamond-in-the-rough platform skills to the brilliance of a star. Networking with some club members, Manley discovered the complementary education he needed about the business side of professional speaking could be found through members of the National Speakers Association. While he has learned much as an employee, he will be first to tell you that he has MUCH yet to learn as an entrepreneur.

In conclusion, Manley's 'will-be's' include continuing membership in Toastmasters with intentional progress towards advanced educational awards for both communication and leadership. His paid speaking experience will begin now as a seminar leader for a nationally known motivational firm. Concurrently, Manley will be growing his special business: "I focus on helping companies and organizations become more profitable by developing more engaged, focused and productive employees."



From amongst the 522 members in the 67 year history of Midtown Clayton Toastmasters Club 283-8, he is the first to make a bona fide inaugural announcement at one its meetings. And now a toast to the success of inspirational speaker and Toastmaster--Manley Feinberg II !  
(Manley@VerticalLessons.com) ❖

# January, 2012 Toastmasters Leadership Institute

By Eileen Roth, DTM

**The Leader in You** was the theme for the Toastmasters Leadership Institute (TLI) held on Saturday, January 21, 2012 in St. Louis, MO. Twin Rivers WORD Masters hosted the event at the Twin Rivers Worship Center. Approximately 300 Toastmasters attended the TLI with the first 100 ticketholders who made reservations enjoyed the delicious Mario Signature Fried Chicken Buffet especially catered by Chef Mario and his staff from the TRWC Holy Grounds Café.

What does it take to have a successful TLI? First, you need a Toastmaster to step forward and chair the event. In this case, Eileen Rivera Roth who served as the Facilities and Hospitality Co-Chair.

Q: How does an event like this happen?

A: The secret is weeks and hours of planning and scheduling prior to the event.

Q: What is the first thing you did?

A: Select the venue and envision the number of attendees (300).

Q: What were the concerns you had in selecting the site?

A: Finding a venue that was easily accessible and near major highways: I-270, I-55, I-44 and I-40.

Q: How many attended the keynote address by Dr. Debra Peppers?

A: I personally counted 200 in attendance in the Banquet Center for Dr. Peppers keynote.

Q: How did you know how many Toastmasters would be in attendance?

A: District 8 offered online registration and email reminders were sent to all Division Governors, Area Governors and Club Officers to track registration.

Q: Were there refreshments available to the attendees?

A: Yes, a continental breakfast of fresh fruits, bagels, Danish, coffee and juices. In addition, a fried chicken lunch buffet with seasoned green beans, mashed potatoes and gravy, coleslaw, rolls and butter, fresh baked cookies, coffee, teas and juices.

Q: How were the presenters or trainers selected?

A: As this was District training for new and experienced officers, Distinguished Toastmasters were preferred because of their knowledge and experience.

Q: How did you measure if the event was a success?

A: At the event attendees were asked to complete evaluation forms designed to key in on their satisfaction. The forms were collected and tabulated for a formal report given to the District Executive Committee.

Q: What would you do to improve the next Toastmasters Leadership Institute (TLI)?

A: I would write an article for the Communic~8 to encourage interested Toastmasters to step up to be a future chair.

Q: In a follow up to the last answer, how would an interested Toastmaster begin to become a TLI chair?

A: They would start by contacting the LGET. If they have other questions concerning the January TLI or being a successful chair contact me at 636-326-1787 or at [EileenRothDTM@yahoo.com](mailto:EileenRothDTM@yahoo.com).

Being a chair for a district event can become a High Performance Leadership (HPL) project for those working toward your Distinguished Toastmaster (DTM) award. Every successful district event starts long before the event begins with the individual or individuals behind the scenes. You could be the success of our next district event. Success begins with you. ❖

# The Search for Presenters

By John Murphy

The Toastmasters Leadership Institute (TLI) offers indispensable training for club officers. Training is essential because the success of our clubs depends on the actions of our club officers. A well-trained team of club officers can conduct a membership drive, ensure that the needs of each member are met and overcome the challenges faced by a volunteer organization in a busy world. A high rate of turnover constantly reduces the number of well-trained club officers. A discussion on the Official Toastmasters International Members Group on LinkedIn states that the average Toastmaster stays with a club for 18 months and gives three speeches. Dietmar Wagenknecht, Region V Advisor, recently remarked that we lose 47% of our members each year. Besides being rather disappointing, these statistics suggest that the majority of the newly elected club officers may be beginning their first term. Yet, club officers, even those serving for the first time, are responsible for the smooth and successful operation of a club.

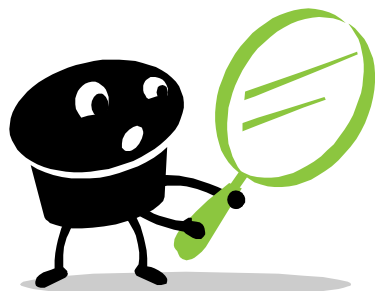


To ensure that each club officer is properly trained, District 8 will host a TLI on the morning of June 23rd, in St. Louis. If you are a new Toastmaster, we encourage you to seek a club officer role and attend the June 23rd TLI (details to be made public at a later date on the District 8 website). If you are an experienced Toastmaster, you have beaten the odds and we want you to train your colleagues.

We are looking for experienced, knowledgeable and entertaining speakers to teach the following club officer sessions...

- \* President: New and Experienced
- \* Vice President of Education: New and Experienced
- \* Vice President of Membership: New and Experienced
- \* Vice President of Public Relations: Community and Corporate
- \* Secretary
- \* Treasurer
- \* Sergeant at Arms

Interested Toastmasters must be committed to using the training materials provided by Toastmasters International and must attend a 'Train the Trainers' session on May 19th. Just choose a session and tell us why you want to do it (50 to 100 words). Contact: John Murphy at ... [john.murphy@dist8tm.org](mailto:john.murphy@dist8tm.org) ❖





## THE FAIRVIEW HEIGHTS TOASTMASTERS CLUB

To Hold

### 8 WEEK SPEECHCRAFT

**MARCH 6—APRIL 24**

Speakers needed to assist with the  
Speechcraft program.

Contact: Stephanie Eddens at 618-520-5035  
Or [stephanieeddens@gmail.com](mailto:stephanieeddens@gmail.com)

If you want to know more or wish to help.



## ST PATRICK'S DAY PARADE

**MARCH 17<sup>TH</sup>, 2012**

Open to everyone-family members welcome!

- \* Float decorating
- \* Marching in the parade
- \* Drivers needed to escort interested parties downtown (non marchers-driving only)

Please contact: Kat Mokriakow at  
[katmokriakow@dist8tm.org](mailto:katmokriakow@dist8tm.org)



**May 12th—18th**



**All  
Clubs:**



**Schedule your  
OPEN HOUSE  
today.**

**Toastmasters Week Observed**

## DISTRICT WIDE STORYTELLING FESTIVAL



**JUNE 9<sup>TH</sup> 2012**

If interested in being a storyteller or assisting,  
please contact either:

Kat Mokriakow: [katmokriakow@dist8tm.org](mailto:katmokriakow@dist8tm.org);  
or Robert Gergen: [gergen@sbcglobal.net](mailto:gergen@sbcglobal.net)



## Going Down Hill Fast ...

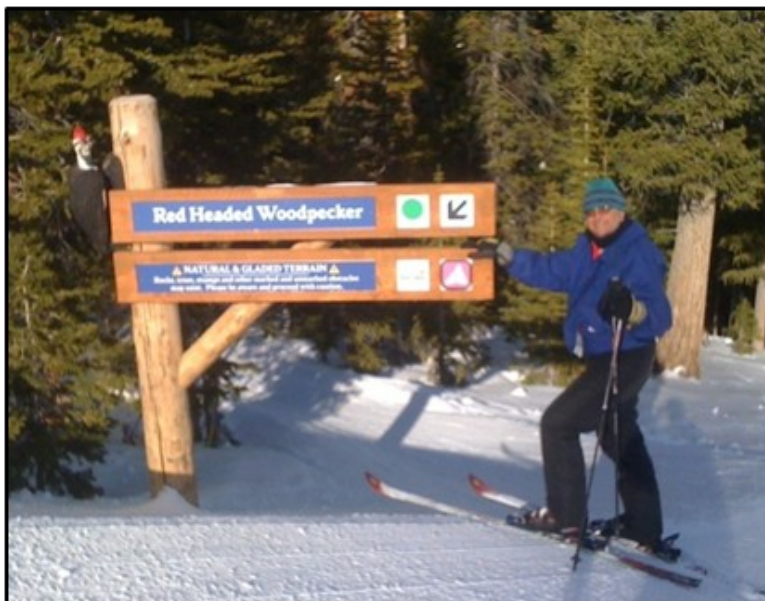
*(Continued from page 2)*

pride skiing down a mountain. There is nothing like it. I prefer the slopes that are well groomed so I can ski at high speeds. In my typical style, I like to ski all the runs at least once—excluding the advanced blacks. That way I can say I have experienced everything.

One day my friend Haskins and I discovered the Red Headed Woodpecker gladed trail. It had a cute wooden woodpecker perched on top of the sign. This was unusual—I have never seen a ski area take the trouble to create wooden animals on top of their trail signs. So I was curious. It was considered a green run but had warnings of additional hazards courtesy of the Sun Valley lawyers.

Haskins was ready to pass—but I noted it was a green trail. How difficult could it be? So we ventured in and admittedly I was excited and nervous at the same time. The trail meanders into the woods between closely spaced trees. It was a bumpy and narrow as you winded your way around trees making it difficult to control your turns and speed. Maneuvering long skis on a narrow trail is not a good combination. Carefully snaking my way down the narrow trail, I lost control and had my only fall of the week. I

chuckled and picked myself up. Nothing hurt other than ruining my fall-free record for the week. I eventually made it through and I am glad I did. It gave me a feeling of accomplishment especially when I do not think any other groups from the club even tried it. I felt a better person for it. Haskins felt the same.

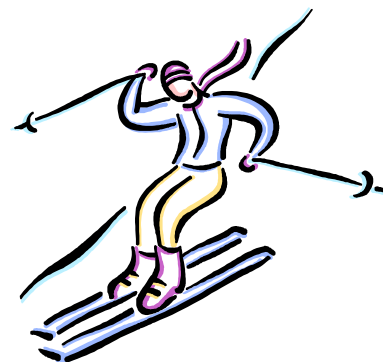


*Tom at the entrance of Red Headed Woodpecker Trail*

## Have you tried new trails in your life?

Gone places most people have not ventured? Pushing yourself into the unknown. Not sure where things will lead. It can be fun. It may make you nervous. Yes you may fall, but it is all part of the experience. Give it a try. Take that chance. Trust me; you WILL be a better person for it.

That Saturday, I took my vintage body and skis and flew home. ❖





## District 8 members earn Education & Leadership Awards from Dec. 22, 2011 to Feb. 13, 2012



### Division A

Capital T Toastmasters Club

- \* Pochedly, Lydia G.—CL

Jeffco Challengers Club

- \* Meadows, Brook Rose—ALB

Maritz Toastmasters

- \* Murphy, Bonnie—CL
- \* Darnall, Daniel A.—LDREXC
- \* Sansone, Catherine E.—ACB

Mastertoasters Club

- \* Allen, Wayne—CL
- \* Schwarz, Jim—CL
- \* Greenberg, David L.—ALB

South County Toastmasters Club

- \* McNaughton, Brenda Lee—CC
- \* Gissel, Erin C.—CL

Speak Easy Toastmasters

- \* Darnall, Daniel A.—ALS
- \* Darnall, Daniel A.—ACS
- \* Smith, Robert L.—ACB

Twin Rivers WORD Masters

- \* Toquinto, Russell Warren—CC
- \* Roth, Eileen Rivera—ACS

Unigroup Toastmasters Club

- \* Shields, Bridgid M.—ACB
- \* Jude, Benjamin L.—CC
- \* Nosko, Linda—ACS
- \* Pacer, Valerie—CL

### Division B

Aerospace Orators Club

- \* Ikeda, Yutaka—CC
- \* Randle, Dossie—ACB

Bulls & Bears Club

- \* Larm, Tom M.—CC

Earth City Toastmasters

- \* Stone, Julie—CC

Grace Church Toastmasters

- \* Morrissey, Debra M.—ACS

Little Hills Toastmasters

- \* Kryvko, Barbara K.—CL

- \* Murphy, John T.—CC

- \* Kryvko, Barbara K.—CC

McCarthy Communication Builders

- \* Kelley, Diana M.—ACB

Money Talks Club

- \* Barnett, Doris—CC

Monsanto Noontime Toastmasters

- \* Benz, Cynthia R.—ALB

Plus Factor Club

- \* Barnett, Doris—LDREXC

River City Toastmasters Club

- \* Whatley-Blaine, Nancy K—CL
- \* Whatley-Blaine, Nancy K—CC

SALT

- \* Price, Howard Lee—ALB
- \* Vaucher, Gail—ALB

Script Masters Club

- \* Mayer, Gregory J.—ALB

WelDon Toast Club

- \* Lang, Yonggane—CC

Wry Toastmasters Club

- \* Walle, David C—CL

### Division C

Collinsville Club

- \* Clark, Becka A.—DTM
- \* Clark, Becka A.—ALS

Lord Effingham Club

- \* Pavy, John G.—CC

McBrian Lincoln-Douglas Club

- \* Suzuki, Erika—CC

O'Fallon Toastmasters Club

- \* Economou, Doris L.—ACB

Scott Toastmasters Club

- \* Huie, Sean Edmund—ACB

St Clair Club

- \* Koester, Herman—CL
- \* Curry, Elaine—CC

### Division E

Callaway Community

- \* Loschiavo, Aldano—CC

Good Neighbor Toastmasters Club

- \* Pfeiffer, Monica R.—ACB

Lincoln University Toastmasters

- \* Scroggins, Curtis L.—ACS
- \* Scroggins, Curtis L.—ALB

Talu Toastmasters Club

- \* Barber, Lonzo—ACG

### Division F

BJC Toastmasters

- \* Feld, Kristi—CC

Commerce Bank

- \* Kardis, Sandra M.—ALB

F.R.B. Club

- \* Sahu, Ravi—CL

Midtown Clayton Toastmasters Club

- \* Elkott, Sal—CC

Missouri Toast of the Town Club

- \* Clark, Kevelen R.—CC
- \* Leavy, Zoanne Elizabeht—CL
- \* Stevens, Casetta—ACS

Rent-A-Toast Club

- \* Brooks, Sylvester—ACS

Sigma-Aldrich Toastmasters Club

- \* Zakeri, Hamideh—CL

Speech Masters Toastmasters Club

- \* Deien, Alice A.—CC

Tarsus Toastmasters

- \* Clendenin, William H.—CC

Voices in Unity Club

- \* Cunningham, George F.—ACB

Wells Fargo Advisors Toastmasters

- \* Epperson, Jeremy J—ACB
- \* Epperson, Jeremy J—CL





The Mission of the District

The mission of the district is to enhance the quality and performance and extend the network of the member club of Toastmasters International within the boundaries of the district, thereby offering greater numbers of people the opportunity to benefit from the Toastmasters educational program by:

- ⇒ Focusing on the critical success factors as specified by the district educational and membership goals.
- ⇒ Ensuring that each club effectively fulfills its responsibilities to its individual members.
- ⇒ Providing effective training and leadership-development opportunities for club and district officers.

## Working Women's Survival Show—February 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 2012

### St. Charles Convention Center—St. Charles, MO 63303

**Join your fellow Toastmasters in sharing the values of the Toastmaster membership experience.**

- \* **Share your story of how Toastmasters has helped you**
- \* **Fellowship with other Toastmasters**
- \* **Gain membership for your club or another club in the district**

**Opportunities available are:**

- \* **Working a shift or more during show hours**
- \* **Leading a team**
- \* **Be a part of the follow-up team (not necessary to attend the event)**

**MEN ARE WELCOME!**

Please contact: [katmokriakow@dist8tm.org](mailto:katmokriakow@dist8tm.org)

## Upcoming Events:

### February

- 21st—Division C TLI Makeup Training—8:00 pm  
*Challacomb House, Hillsboro, IL*
- 22nd—Division B & Division F TLI Makeup Training—6:30 pm  
*St. Louis County Library Headquarters*
- 25th—Division A TLI Makeup Training—1:30 pm  
*St Louis County Library Headquarters*

### March

- 17th—St Patrick's Day Parade (3 locations)  
*Downtown St Louis*  
*Rolla, MO*  
*Springfield, IL*



### District 8 Map



### TOASTMASTERS INTERNATIONAL

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