



DISTRICT 8

E-Communic~8

District 8 News And Events

Volume 16 Issue 5

District 8

December 2016—February 2017



Find the path that's right for you.

Explore the Toastmasters Pathways learning experience and progress toward your goals at your own pace. Easily learn practical skills you can use at your job or in your community with innovative online learning tools and cutting-edge educational content.

Pathways supports your learning with:

- Helpful videos and digital content
- Interactive quizzes and activities
- Feedback and recognition
- Printable materials
- Transcripts, tips and more!

Choose from 10 unique learning paths that are conveniently accessible online. If you prefer learning with printed materials, a select number of paths are available. Go to <http://www.toastmasters.org/Resources/Pathways> to learn more about this exciting change to our learning experience. As a District, we will be conducting training sessions at District events and assigning Pathways Guides to work with the clubs to provide personal training to ensure a smooth transition.

What is a Pathways Guide?

The Pathways Guide is an integral member of the Pathways launch team. You will work with the Chief Ambassador (CA), Program Quality Director (PQD) and an Ambassador to prepare a group of clubs for the launch of Pathways. As a Pathways Guide, you will serve as the first point of contact at the club level and will onboard members seamlessly. You will partner with your Ambassador to schedule and conduct a visit at each of your assigned clubs. During these visits, you will raise awareness and build excitement around Pathways and educate members about the new program. You will support the Vice Presidents Education (VPEs) of these clubs.

Duties:

- Read the Pathways Guide Handbook.

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- Read The Navigator.
- Read Training Basics: Getting It Right, Making It Work (Item 102).
- Read the Pathways Learning Experience presentation slide deck and talking points and view the Pathways Learning Experience presentation recording.
- Receive Pathways rollout kits for assigned clubs.
- Coordinate with your ambassador to conduct one visit at each assigned club.
- Deliver the Pathways Learning Experience presentation and rollout kit to each assigned club. After conducting all club visits, complete the Club Visit Summary Survey.
- Access Base Camp as a member and view all tutorials in the system.
- Follow up with VPEs to ensure they and their club members are comfortable operating in Pathways and Base Camp.
- Collect questions from VPEs and address during your regular virtual support sessions.
- Attend virtual support sessions conducted by World Headquarters staff, as needed.
- Provide your VPEs with answers received at World Headquarters virtual support sessions.
- After conducting all virtual support sessions, complete the Virtual Support Session Summary Survey.

The District needs you. Are you interested in serving as a Pathway Guide?

Please submit your completed Pathway Guide Application to our Program Quality Director, Kat Mokriakow.

<http://www.dist8tm.org/assets/application.pdf>

The Program Quality Director will determine candidates to fill the Pathways Guide role based on the following:

- Must be a member in a club in good standing
- Must have at least one year of presentation experience in-person and/or virtual, inside or outside of Toastmasters International
- Must uphold Toastmasters International core values: integrity, respect, service and excellence
- Must be positively excited about the Pathways learning experience
- Must have consistent and reliable internet access
- Must have the ability and willingness to travel to 10 clubs maximum in the district
- Must commit to six months in Pathways Guide role, beginning two months prior to the region rollout date
- Must have a valid and accessible shipping address
- Must have achieved at least a Competent Communicator award

Preferred

- Knowledge of learning management systems, specifically Cornerstone OnDemand
- Ownership of a laptop, iPad or other portable device to bring to club visits

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A quote from our founder, Ralph C. Smedley

"In the course of years, as we gained experience, it was seen that our processes had values far beyond the mere training of people to face audiences and speak their ideas. Communication was seen to have its effects in almost every phase of life. Improvement was needed not only in public speaking, but in all use of words, whether spoken or written. Training in speech had definite values in many lines of improvement.

Some of these may be listed thus: It leads to the discovery of hidden abilities, bringing these latent talents into use, and thus enriching the individual's life. It broadens the person's conception of how to live with people. It helps in the integration of personality. It brings out for use the leadership traits and abilities, and thus helps to prepare the individual to be a leader.

It opens the way to more creative and constructive living for the person who takes full advantage of the opportunities offered."

Information compiled from the Toastmasters International Website by Dan Darnall, Chief Ambassador, DTM, PDG.



A Step into History

By Rebecca Now, ACG, ALB Webster Groves Toastmasters Club #461

Toastmasters introduced me to a woman who changed my life. In 2013, I was searching for a speech for a project in the Advanced Communicator Manual, Interpretive Reading. This manual has five projects using existing plays, poems, stories and speeches as the toastmaster expands skills in interpreting the work of others. In my research for a speech, I stumbled on a speech given by Elizabeth Cady Stanton in 1848 in Seneca Falls, New York.

In Elizabeth's speech, "A Declaration of Rights and Sentiments," where she called for the right to vote for women, I discovered such passion, intellect, and a delightful bombastic oratory style that just called to me. I edited her speech to the required time limit for the manual project and gave my interpretation to my club. The evaluator remarked, "Rebecca, you just need a costume". Inspired by his comment, I had a historical costume made! I began giving her speech to friends and to clubs.

This speech was only the beginning of my journey. I read every book I could find about Stanton, which led me to read about Susan B.

Anthony who was her collaborator in the cause for over 50 years. These two

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remarkable American women worked their entire lives to secure equal citizenship rights for women. They both died without being legally able to vote. I wrote and delivered other speeches about their contribution, their partnership and this seldom studied part of American history.

I became passionate to know more about American women's rights history. Like peeling an onion, one book led to another. I studied two twentieth century women, Alice Paul and Carrie Chapman Catt, who made votes for women a reality in 1920. How did they do it? I wondered.

In 2015, I threw a party, "Celebrate the Vote", on Ratification day, August 18th, celebrating 95 years since the 19th amendment to the constitution was ratified (giving women the right to vote). About 80 women and men showed up, and I gave a speech on the history of women's rights starting with 1807 and bringing it into the 20th century. I modeled the presentation on a 'Pecha Kucha' style (fast slides) that I learned about in a Toastmaster's Leadership Institute session

Also, in 2015, I made a trip to upstate New York where the women's rights movement began in 1848. It was my pilgrimage to Seneca Falls and Rochester where I learned more about the early pioneers Stanton and Anthony that I so admire.

Working together with the League of Women Voters, the Missouri History Museum and the St. Louis Public Library, a larger "Celebrate the Vote Festival" was created for September 3, 2016. The festival included music, food, voter registration booths, and, of course, speakers. I was one of the speakers. I would not have been ready for this opportunity without the skills in leadership I have developed through Toastmasters.

I was able to speak, dressed as Elizabeth Cady Stanton, at the Missouri History Museum three times during the summer of 2016 which is a cherished highlight of my life. Where the journey takes me next, I am excited to discover. I am so grateful that my involvement with Toastmasters led me to discover this remarkable woman, Elizabeth Cady Stanton, and all the exciting projects that have followed. ✨

Chairing a Toastmasters Leadership Institute

By Tammy Ablan, CC, ALB Crossroads #1337939

Photos provided by Tammy Ablan

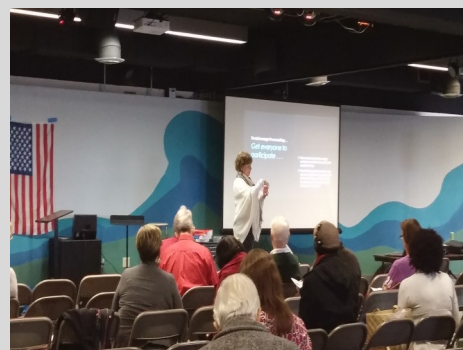
Chairing a Toastmasters Leadership Institute (TLI) event is an exciting challenge. Chairing a TLI that has to be rescheduled...well that is extra challenging.



The semi-annual TLI is to train our club officers and provide additional training options for officers and club members. Program Quality Director, Kat Mokriakow, DTM sent out surveys asking for input on topics of interest.

Based on the feedback from Toastmasters throughout the district, we pursued classes that would be of the most interest and benefit to members. Over the holidays, I contacted many Toastmasters to invite them to speak on these stimulating topics.

I was very excited about the speakers and topics scheduled for January 14th. As the ice storm approached, we were intending to proceed with the event as scheduled.



We knew this could result in low attendance. When Webster University decided to close their campus, we had to postpone TLI giving us the opportunity to reschedule so many would not miss out on excellent classes. However, postponing presented new challenges. While we were lucky enough to have all our presenters available for the new date, Webster University was not able to provide space for us and a new venue was needed. I checked with First Free Church where my club, Crossroads #1337939, meets weekly. We were lucky that they could squeeze us in on such short notice.

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District Director Message

Lora Mather, DTM

District 8 Director

EMAIL: dd@dist8tm.org



Time to Talk Up Toastmasters

February is time to Talk Up Toastmasters. Have you benefited from Toastmasters? Did you get a promotion, meet someone new or solve a problem?

Little did I know, Toastmasters would save my husband's life. January 14, 2012 was a special night five years ago. David Kincade, Tom Coscia and I were having dinner in Chicago after a long day of District Leader Training for Tom and me and a day of exploring the Chicago Expo Center for David. At that dinner, David posted a picture of me on Facebook - see photo below. The server brought our dinner. As Tom and I were discussing our training, David got a chunk of overcooked steak stuck in his trachea. As David tells it, I looked over at him and said in an annoyed tone, "You're choking, aren't you?" He nodded, and I did a Heimlich Rescue Maneuver on him. After he said, "Thank you," and asked me where I learned that, I responded "at a Toastmasters meeting!" I had heard a speech just a few weeks earlier and used what I learned. David says that he owes his life to me and my Toastmasters journey. I agree with him that a memorable speech can save a life. Our thanks to John Murphy at the Plus Factor Club and his daughter's Winnie the Pooh stuffed bear for a memorable visual aid that described the actions to take when you see a person choking.



David Kincade

January 14, 2012 · Park Ridge, IL · 🍷

Isn't she cute?



David wasn't a Toastmaster at that time but did join shortly after this incident and now he has his own Toastmaster benefits to share with others. Every Toastmaster has a compelling story of how Toastmasters changed his or her life. Toastmasters love to connect, so take advantage of it. The "Talk Up Toastmasters" membership program is your chance to invite guests to a special meeting where prospective members can learn about the many benefits of Toastmasters. When your club adds five new, dual or reinstated members with a join date between February 1 and March 31, your club will receive a special "Talk Up Toastmasters" ribbon to display on your club's banner. Let's fill our District 8 banners with "Talk Up Toastmasters" ribbons to display at the Spring Conference.



Program Quality Director Message

Why Should You Compete in a Speech Contest?

Kat Mokriakow, DTM

Program Quality Director
EMAIL: pqd@dist8tm.org



As a Toastmaster you give a hundred percent to your club. When a speaker is needed, you are there. When the club is short a timer, you step up immediately. Want participation in a membership drive? Sure no problem.

Now as you sit in your Toastmasters meeting you hear the words that you were hoping would not be uttered. The club president says, 'anyone wanting to compete in the upcoming contest, please raise your hand'. As you absorb those words, you sink lower in your seat, hoping nobody remembers you are in the room. Then it happens. The vice president education says your name and asks if you will be competing this time. You hum and haw, stating something about being very busy, not really knowing if you will be or not. You hope that stops the questions and they won't ask again.

Now let me take a moment to convince you why you should do it. Then to share how you can prepare and walk away a champion -even if you don't win the contest.

Think about this. Every contest brings out the best performance in you. It stretches you a little more each time. In preparing for your speech, ask yourself, "Why am I entering this contest?" Is it to compete against other speakers or to compete with other speakers? If you enter to compete with other speakers and in the process help yourself, then you are on the right track. If you enter to win trophies, then you are limiting yourself way too much.

To help you prepare, read the Judge's Guide and Ballot for the contest you intend to enter. Get intimate with the scorecard. Dig into the criteria to fully understand what it means to be judge in each category. Getting to know what the judges will be using for their judging criteria helps you to be prepared to fulfill it.

If you are competing in the International Speech Contest, select a topic with a broad audience appeal from which the audience can take home an action, an idea, or a value. If your speech succeeds, they will remember you by the one idea they apply in their lives. Next write your speech. Ensure that the choice of topic and the writing supports voice flexibility and a variety of delivery mannerisms. Know the number of words you can cover in seven minutes.

The challenge is to get the right words at the right time without forgetting and have it sound like the first time you presented it. It takes a lot of practice to be spontaneous, clear, concise, and effective. Rehearse your speech as often as possible, trying every time to become emotionally connected with your material and the audience. Every time you deliver it, it's like the first time.

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Club Growth Director Message

Elaine Curry, ACS, ALS

Club Growth Director
EMAIL: cgd@dist8tm.org

The Second Half of the Toastmaster Year



Hello Fellow Village Toastmasters,

It's been an exciting start to the New Year and second half of the Toastmaster year. The beginning of the year saw two new clubs charter for District 8. The first new club of 2017 is **Ansira Toastmasters**, located on Locust Ave in St. Louis, which chartered January 1 and was placed in Area 8 in Division F. This gave us the chance to assign 2 mentors to the new club which will satisfy one of the requirements needed for the mentors to achieve their Advanced Leader Silver (ALS) designation. The second club to charter in January is **Aetna Toastmasters** also located in St. Louis, MO. This club is assigned to Area 2 in Division A, and we would like to find a second mentor to work with the club. A heartfelt congratulations to both new clubs.

As you all have heard me express before, it is my desire to help District 8 become a President's Distinguished Club. The criteria to achieve this goal requires everyone's help. My challenge to everyone is to build our clubs with new members and to help charter new clubs for the District. Meanwhile clubs are working hard on their Distinguished Club Plans to obtain their distinguished status.

I wish to appeal to every club to keep focused and keep striving to achieve your goals and avoid becoming complacent and settling for less than your potential. I am pulling for you. We worked hard to end the last Toastmaster year as a Select Distinguished District, and I know we can make the District Distinguished status again this year.

Let's begin working on membership dues renewals now. Avoid the mad rush for April 1. It is a perfect time to host an open house or to hold a membership drive. Let's get creative and start spreading the word about the benefits and advantages for joining a Toastmaster club today. It is time to talk up Toastmasters.

Let's all pull together and make this leap to Distinguished!

Thank you Village Toastmasters.

Your labor is not in vain.



District Leader Positions for the 2017 – 2018 Toastmasters Year

By Farzana Chohan, IPDD, District Leadership Committee Chair

District 8 Toastmasters,

This is a time to take your leadership journey to the next level of development. If you like to lead with humility and positivity, have a desire to serve fellow Toastmasters and grow yourself while serving, then you must think about running for a district leadership position and serve the District. Serving each member of the District requires time, a whole-hearted commitment, competence, dedication and patience. As a result you will be rewarded with a great learning and serving experience. As you are considering to run for a position, ensure that this is the right time in your life and you do have time to fulfill your volunteer leadership responsibilities as described below.

The District Leader Nominating Form is already posted on the District 8 website, <http://www.dist8tm.org/resources.html>. Directions state to mail, fax or email to your District Director. I request that you submit it to me, Farzana Chohan, Leadership Committee Chair at livingwell90@yahoo.com. **Submit the form by March 1, 2017.**

Toastmasters International's decision to modernize the district leader titles took effect on July 1, 2015. Given below are the leadership positions and descriptions including competencies and responsibilities as found in the Rev. 12/2016 District Leadership Manual. The positions of District Director, Program Quality Director, Club Growth Director, and Division Director will be voted upon at our 2017 Spring Conference.

DISTRICT DIRECTOR

As the district's chief executive officer, direct the district in a way which fosters strong clubs; produces maximum growth in education completions, clubs and membership; and be consistent with the interests of members of Toastmasters International. Motivate the district to achieve Distinguished recognition. Achieve the mission of the district in a manner that motivates volunteer leaders and promotes a standard of excellence in all district activities.

Qualifications: At the time of taking office, the district director shall have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality director, club growth director or division director or a combination thereof.

PROGRAM QUALITY DIRECTOR

Under the guidance of the district director, strive to have every club and each member reap the benefits of Toastmasters and to have every club become Distinguished. Provides direction and counsel to division directors, area directors, and club officers on the educational opportunities in Toastmasters. Design and conduct successful district training programs, conferences, and other district educational events.

Qualifications: At the time of taking office, the program quality director shall have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality director, club growth director or division director or an area director or a combination thereof.

CLUB GROWTH DIRECTOR

Under guidance of the district director, make the benefits of Toastmasters membership available to greater numbers of people. Plan, develop, implement, and direct district marketing objectives. Develop and direct programs for new club development, club rescue efforts, club membership promotion, and membership retention. Achieve Distinguished District goals for membership and club growth. Promote standards of service to the member and to the club.

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Qualifications: At the time of taking office, the club growth director shall have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality director, a club growth director or division director, area director or a combination thereof.

DIVISION DIRECTOR

Achieve the mission of the district within the division, accomplishing district goals in membership building and retention, club extension, and educational accomplishments. Ensure that each club realizes its mission and fulfills its responsibilities to members. Achieve Distinguished Division Program goals and ensure that areas and clubs within the division achieve Distinguished recognition. Serve the division clubs by providing district support and resources through the area directors.

Qualifications: At the time of taking office, the division director shall have served at least six consecutive months as a member of a district council.

AREA DIRECTOR

Provide district contact, support, and assistance to the club so that it may achieve the club mission and fulfill its responsibilities to members. Help clubs by keeping in regular contact with club presidents in the area and by visiting each club at least twice during the year. Achieve Distinguished Area Program goals and ensure that each area club is Distinguished.

Qualifications: At the time of taking office, insofar as practicable, the area directors shall have served as members of a district council.

ADMINISTRATION MANAGER

Help the district function effectively and achieve its mission by recording and maintaining accurate minutes of district council, executive committee, and other meetings. Serve as upholder of the District Administrative Bylaws and policies.

Qualifications: At the time of taking office, the administration manager should be a reliable, prompt, well-organized Toastmaster who can accurately record meeting actions, has access to a personal computer and is able to reproduce materials.

FINANCE MANAGER

Establish and maintain effective fiscal management of the district. Promote the growth of Toastmasters by providing sound fiscal guidance to the district. Produce monthly reports reflecting the district's financial status, and ensure that expenditures remain within the budget approved by the district council. Ensure that the district maintains the financial controls established by Toastmasters International.

Qualifications: At the time of taking office, the finance manager should have accounting experience and understand basic bookkeeping practices.

PUBLIC RELATIONS MANAGER

Work under the direction of the district director. Help maintain communication between the district and its members and work to increase public awareness of Toastmasters International through the media. Prepare a public relations program designed to achieve goals for membership growth, club growth, and educational achievements in clubs and achievement in the Distinguished Club Program. Promote district conferences and leadership training opportunities within the district.

Qualifications: At the time of taking office, the public relations manager should possess experience in and core understanding of public relations.



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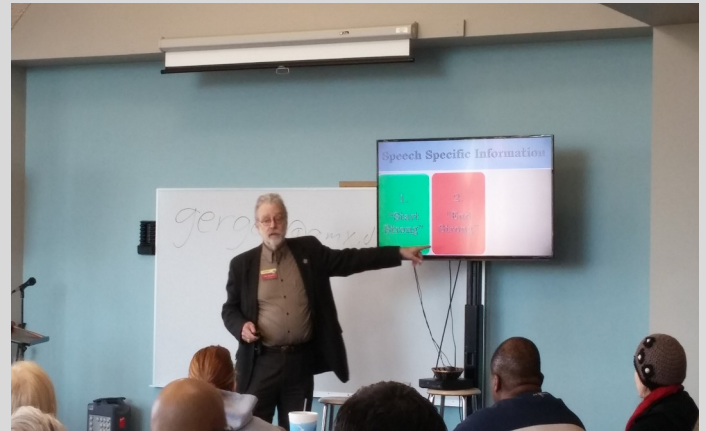


Many of the speakers were able to meet me at the church before and after my club meeting the week of the rescheduled date. I am very thankful they did because they were able to pose questions about the space and technology to ensure we were prepared for the day of the event. The facilities manager was extremely helpful in our preparations.

The day of the TLI turned out very well. The weather cooperated, there were no major catastrophes, and there was a great turnout. I received positive feedback on the presenters and the information received. This day turned

out well because of all of the help I received. Kat Mokriakow provided me with information that helped me throughout the process. Many people stepped up to help with set-up, clean-up, greeting and monitoring the room for the speakers. The speakers provided informative and valuable training to help us on our journey of personal growth and club growth.

I cannot thank everyone enough for the support I received in my journey as chair of a TLI. The combined efforts of so many people helped District 8 kick off the 2017 calendar year with an excellent event. ⚙



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Encourage the other contestants. In the process of lifting them up, you will lift yourself up. They will feel positive towards you too. We compete with each other to bring out the best in all. Before the contest begins, mingle and meet members of the audience. Shake their hands. Exude positive energy. When you connect before you speak, you will reconnect as you speak.



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Now you have prepared for the contest and are ready to compete with a great group of folks. If you don't win a trophy, remember that the greatest prizes are those one or two people who expressed their gratitude for your speech because it touched them.



February begins contest time for the clubs. As you sit in your next meeting and you hear the words you have been waiting to hear all year, 'Who wants to compete in the club's International Speech and Evaluation contests?', raise your hand high and be proud to represent your club. ⚙





District 8 Members Earn Education & Leadership Awards from December 6, 2016—February 11, 2017



Division A

Capital T Toastmasters—An
Advanced Club

- Strothmann, Mark M. —CC

Chesterfield Toastmasters

- Desrosiers, Kevin M. —ALS

Crossroads

- Yudovich, Zev —CC

High-Noon Toastmasters Club

- Franklin, Chance —CC
- LeGrand, Christy —ACB
- Prosser-Burlison, Michal Sue —CC

Maritz Toastmasters

- Harris, Zanetta C. —ACS
- O'Brien, Teri M. —CC, ALB
- Seidel, Donna K. —CL, ALB
- Walsh, James Richard —CC

Marion VA Toastmasters

- Steams, Christine —CC, CL

Mastertoasters Club

- East, Jessica —CC
- Yasarapu, Padmini D.—CL

Poplar Bluff Toastmasters

- Lee, Teresa G —ACB

Sourh County Toastmasters Club

- Ettling, Brian —ACB

West County Club

- Welter, Stuart —CC

Division B

Aerospace Orators

- Mohr, John L. —CL

Bulls & Bears Club

- Wampler, Jaime C —CC

Grace Church Toastmasters

- Turner, Joseph —ACS, ALB

Little Hills Toastmasters

- Mokriakow, Kathryn G. —CC
- Spezia, Timothy L. —LDREXC
- Wilkerson, John —CC

River City Toastmasters Club

- Rivers, Tonya S. McFadden —ALB

Script Masters Club

- Kogel, Galina —ACS

St. Charles County Toastmasters Club

- Hayden, William W. —LDREXC, ALS
- Oliva, Kelly D —CC
- Tucker, Dawn Stone —CL
- Wells, Ali Jean —CC

WelDon Toast Club

- Anantharam, Parasuram —ACG, DTM

Division C

Capital City Toastmasters

- Brennan, Katherine P. —ACB

Fairview Heights Toastmasters Club

- Brake, Amanda Jo —CC

McBrian Lincoln-Douglas Club

- Heyward, Michele, C —CC
- Manriquez, Ana —CC

Noontime Toastmasters

- McCormick, Timothy J —CC
- Reynolds, Gregory J. —CC

O'Fallon Toastmasters

- Maedeker, Justine A. —ACB
- Taylor, Glenn L —ACS

Scott Toastmasters Club

- Hall, Nicholas —ACS
- Hunt, Josh M. —ACS

St. Clair Club

- Curry, Elaine —ACS
- Koester, Herman —ACS

St. Elizabeth's Hospital

- Owens, Kamara —CL
- Middendorf, Cindy A. —CL

Division E

Brewer Science Toastmasters

- Calderas, Lori M —CC
- Parker, Robert J —CC

Capital Toastmasters Club

- Sullivan, Linda A —CL

Columbia Toastmasters

- Dinalankara, Randima —ACB
- Jarboe, Seth M. —LDREXC
- Tucker, Erin Leila —ACB
- Williams, Brett M. —CL

Downtown Toastmasters

- LaRose, Judith Claire —LDREXC

Shelter Insurance Toastmasters

- Mallory, David —CL

Talu Toastmasters

- Choate, Daniel —CC
- Davies, Jeffrey —CC, CL
- Wilkes, Deandre —CL

Division F

Anheuser-Busch Toastmasters Club

- Miser, Leleah S —CL

Jacobs P3

- Stein, Tony M —ALB

MilliporeSigma Toastmasters

- Peters, Laura N. —CC
- Reilly, Jonathan J. —CC
- Triplett, Tammie T —ALB

Open Line

- Woods, Karen S —CC

Speech Masters Toastmasters Club

- Pedersen, Michael Eric —LDREXC, ALS
- Pedersen, Michael Eric —DTM

Toast of WU

- Leingang, Karen A.—ACS

ToastUS

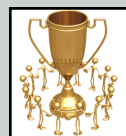
- Barbagallo, Susan M. —CC

Wells Fargo Advisors Toastmasters

- Sullenger, Carol M —CL

WUSTL Speaks

- Sherman, Christopher D —CC



Introducing... Division Spring Conferences



Twice per year the district hosts a conference. It is open to everyone in the district, and each time we hope we are reaching more folks. Even though we only reach a small majority, we persevere again and again.

As I planned my year as the Program Quality Director, I looked at options to change things up a bit, to find creative ways to interest you in broadening your Toastmaster experience, to enhance your chances of expanding your base of friends and to provide ways of involving you with the overall functioning of the district. When I heard about division conferences from another district, I didn't hesitate to reach out and ask for more information. I was hooked! When I shared this idea with my fellow district leaders, I was excited and couldn't wait for them to be excited too.

At this very time, your division directors are planning their conferences. They have selected their conference chairs and are on the verge of getting their venues lined up. They may reach out to you for your help. This is an exciting time for the members within all five divisions. You will be getting an experience that has not happened in this district before. A mini conference, with all the trimmings of the main one at a fraction of the cost, is in store for you. Keynote Speaker, educational sessions, and snacks are just a part of the fun. The contests are the highlight of the event. Most importantly, it will be closer to home to lessen the commitment you have to make. It is a one-day event and doesn't require lodging at a hotel. To top off your experience, the district bookstore will be onsite for your educational material needs. Our goal is to reach those folks who are not able to commit to the district conference, who are unsure if this is for them but have been curious or haven't attended a conference before. This conference is for you.

Come join the fun and support your club and division!



District 8 Toastmasters **WHERE LEADERS ARE MADE**

*April 1: Division C
April 8: Division F
April 15: Division E
April 22: Division A
April 29: Division B*

Come join your fellow Toastmasters for a fun, exciting, and awesome time.

TOASTMASTERS INTERNATIONAL

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E-mail: sandymmk@yahoo.com

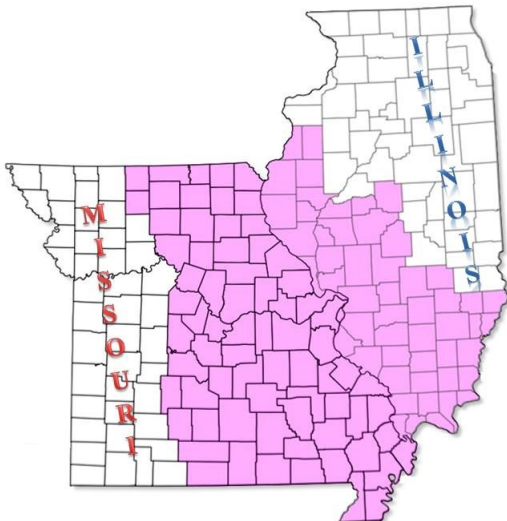
District 8 is on the web.
www.dist8tm.org

Toastmasters International Values

- ♦ Integrity
- ♦ Respect
- ♦ Service
- ♦ Excellence

The Mission of District 8

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

**10 Tips for Public Speaking**

1. Know your material.
2. Practice, Practice, Practice!
3. Know the audience
4. Know the room.
5. Relax.
6. Visualize yourself giving your speech.
7. Realize that people want you to succeed.
8. Don't apologize.
9. Concentrate on the message—not the medium.
10. Gain experience.

Find more tips at www.toastmasters.org/videos.

District Vision:
District Eight Enhancement Program (DEEP)

From the Editor

I hope you were inspired by the words of Rebecca Now and Lora Mather.



For Rebecca, one speech project led to presentations at the Missouri History museum. It was Rebecca's passion and Toastmaster skills that allowed her to go beyond the club level. Congrats to Rebecca on the article in the January 2017 *Toastmaster* magazine. For Lora, it being able to perform the Heimlich Rescue Maneuver on her husband, David. Thank you for sharing your stories on how Toastmasters changed your lives.

Won't you share an article about yourself, your club or club member for a future issue? Photos are welcome. Email your contribution in Microsoft Word to the Editor.

The submission deadline for the next issue is **April 3**.

