



WHERE LEADERS ARE MADE

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

# Communic~8

Volume 13 Issue 1

District 8

July 2013

District 8 is on the web

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

## What's Inside This Issue:

DG Message	2
IPDG Message	3
Eagles Soar—LGET 12-13	4
LGET Message	5
LGM Message	6
Classic Hollywood In Review	7
Fall Conference Comes to F	7
Spring Conference Photos	8
Spring Conference Photos	9
Spring Conference Photos	10
Spring Conference Photos	11
Journey to Contest Win	12
Bookstore Photos	12
Cathy Newton Thanks You!	13
Charter Presentations —Last and First—	14
Charter Presentations	15
Charter Presentations (cont.)	16
District 8 Awards 4/28—6/29	17
District 8 Awards (cont.)	18
Best Thing I Ever Did For Myself	19
New Club Lead Form	20
Calendar of Events	21

"Early Bird"  
Registration  
for TI  
Convention  
Ends 7/26/13

## Are You Going to the 2013 Toastmasters International Convention?

By Sandy Kardis, DTM

The 2013 Toastmasters International Convention will be held on August 21-24 in Cincinnati, Ohio at the Duke Energy Convention Center.

Be there to vote for your International Officers and Directors, attend education sessions with dynamic speakers, see World Championship of Public Speaking and shop at the on-site International Convention store.

Among many others, education sessions include:

- *Next-Generation Communication: Improve Your Influence with Advanced Communication Skills that Transcend Generations*—Ryan Jenkins ACB
- *Hitting a Home Run in Leadership: A Success Story from the Baseball Diamond to the Board Room*—Kent Maggard
- *The Story Finder: How to Create New Stories in Minutes*—Ed Tate, CSP
- *Change Management: Creating a Culture of Innovation*—Scott Steinberg
- *L.E.A.D.—Showing Today's Leaders How to Adapt*—Vincent Ivan Phipps

Matthew L. Prose, District 8's winner, will be competing in one of nine semifinal speech contests. If he wins the semifinal speech contest he moves on to participate in the Toastmasters World Championship of Public Speaking finals. Friendly faces in the audience help relax a speaker. Be there to support Matthew!

Roger Love, one of the world's leading authorities on voice, will deliver the keynote presentation during the Opening Ceremonies. In his dynamic keynote presentation, he will show how you too can increase your vocal power and influence.

For more details about the convention, check it out on the Toastmasters International website: <http://www.toastmasters.org/Members/2013InternationalConvention.aspx>

Are you going to the convention and need a ride? Tom Coscia is organizing a group van to the convention that leaves Wednesday morning and will return on Sunday. Cost is currently \$115 but may drop if there are more joining them. Contact Tom Coscia ([Coscia@peoplepc.com](mailto:Coscia@peoplepc.com)) if you are interested. There are a limited number of seats on the van. ☺

**Lora Mather, DTM**

District 8 Governor  
District 8  
EMAIL: [DG@dist8tm.org](mailto:DG@dist8tm.org)



## A Message from the Governor

Video is coming to Toastmasters International! Video is coming to District 8!

Video is here! → <http://www.youtube.com/watch?v=aJ1HSs4EGJ8&feature=youtu.be>

How many times a day do you watch video or television? We have more televisions than any other appliance. And we have more smart phones than old fashioned land lines! Does anyone remember what one looked like? It is time to learn to communicate in this new medium of video -- where your actions and voice are captured forever.

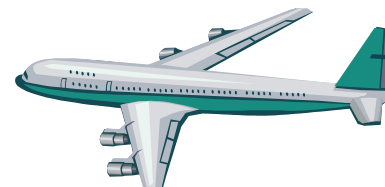
Toastmasters International is hinting that the revitalized educational program will include more video communication. To become more accustomed to video, I plan to produce short 2-3 minute videos for posting on the District 8 website about every 2-3 weeks. Instead of a mass e-mail communication, we will be communicating through video. When you view one of my videos, feel free to provide feedback. That's how we grow. Send me an e-mail to [DG@dist8tm.org](mailto:DG@dist8tm.org) or give me a call at 314-348-5672.

My goal is to complete the Advanced Manual: Communicating on Video. This manual has five projects:

- ✓Straight Talk – present a viewpoint in a short time (my first project was a video for our District Executive Committee and I asked for written feedback through Survey Monkey) My evaluators provided motivating encouragement and some challenges, such as smiling at the beginning and ending of the video.
- The Interview Show – watch for a one-on-one interview with an International Convention attendee.
- When You're The Host - another opportunity to interview one or more of our District 8 leaders.
- The Press Conference – select a controversial issue and experience a live audience firing questions at me.
- Instructing on the Internet – Watch for training program that identifies a specific problem and then solves it!

Every SMART goal needs a deadline. My deadline is to complete this manual by November 30<sup>th</sup>.

What manual will you be completing on your next leg of your Toastmaster journey? And what is your estimated time of arrival? Come fly with me! ✨





Hello, District 8 Toastmasters!

Over a year ago I started the 2012-2013 as your newly-elected District Governor. It was a new position for me, one that I looked forward to with anticipation, excitement and guarded enthusiasm. I knew our District had a proven track record of steady improvement and it was important that we continue that trend. I also knew Toastmasters International had introduced a new measurement system whereby we would be evaluated and assessed and ultimately compared to our peers and past work. Finally, I knew we had formed an incredible Leadership Team, capable of Lifting Expectations And Delivering Exceptional Results. These individuals were LEADERS, and they have proven it this year!

We started the year with an incredible summer TLI, along with District Officer Training that resulted in 100% of District Officers trained and enough of our Club Officers trained to meet Distinguished Club goal. This not only resulted in our meeting this measurement as established by TI, but also set the groundwork for the clubs in our district to have a successful year.

Our entrant in the international speech contest once again placed second during the semi-finals, maintaining a streak we had begun the year before and continuing to rank District 8's representatives among the top 20 in the world in the speech contest. I returned from the International Convention with new tools and a fresh perspective on how we could lead the district to its best year ever.

The first round of contests from Club through Area, Division and District culminated in our having one of the best Fall Conferences in recent district memory. We had the most attendees, awarded the most DTMs (14) and had an overall fantastic time!

The new year started with district leadership attending mid-year training and with the district sponsoring another well attended TLI. Club officers were informed, motivated and challenged to finish the current year distinguished. We had another round of stimulating and challenging contests and wrapped up our Toastmasters Year with an unforgettable spring conference during which we celebrated the year's accomplishments and elected and installed the upcoming year's leadership. Unfortunately, during this time we lost Dori Drummond, a longtime friend, mentor and Toastmaster. This was my most challenging experience this year and I still miss the calls, emails and laughter that Dori added to my life.

This year has been a year of growth, challenges and successes for me. As your outgoing District Governor, I would like to thank the District Executive Committee members, District 8 Toastmasters and members of Toastmasters International for a year resulting in growth, experience and education. I especially want to thank my wife, Cynthia, for all her support, encouragement and dedication. She experienced everything I did, and did so with grace, class and an enduring smile.

The final totals for the year have not yet been determined by TI; we still need 2 more clubs and 62 more members to be distinguished. I believe we will make it, and that we will add yet another memorable year to our district's history! It has been my extraordinary pleasure to have served as your District Governor this year. The learning and experience I gained this year will serve me for a lifetime and will contribute to whatever the next challenge life has in store for me. To all my fellow Toastmasters, I say "Thank You!" ☼

### **Curtis Scroggins, DTM**

Immediate Past District Governor  
District 8

EMAIL: [scrogginscurtis@gmail.com](mailto:scrogginscurtis@gmail.com)





## A Wrap-Up Message From LGET 2012-13

Our **D8 Education Eagles of 2012-2013** have landed!

Thank you to our

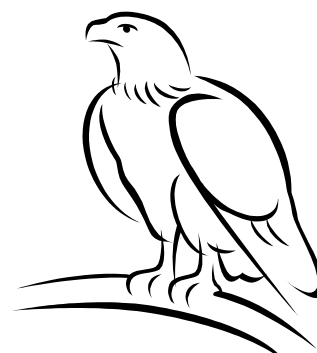
- **Trainers:** Paul Cook, DTM and Becka Clark, DTM
- **Conference Chairs:** Taffy Cobb, DTM, Yolande Wood, and Wendy Clothier.
- **TLI/Club Officer Training Chairs:** Barbara Sapenzia, John Murphy, DTM, Camesha Hill-Carter, Tom Larm, Elaine Curry and Lemont Curry
- **Contest Chairs:** Bob Gergen, DTM, Ed Allen and Jean Craft
- **Judges Trainers:** Tom Coscia, DTM and Curtis Scroggins, DTM



Our **D8 Education Eagle Team** empowered D8 members to fly high and soar in the skies with confidence and skill.

I thank each one of them for teaching me how to be a leader. They taught me to listen closer, be more flexible, coach as needed and trust in others. What a year!

Lora Mather ☼



**Sandra Kardis, DTM**Lt. Governor Education & Training  
District 8

EMAIL: LGET@dist8tm.org



As my year as LGM came to a close, I thought about all the dances on my dance card and found this quote to share: "Dancing with the feet is one thing, but dancing with the heart is another" by Author Unknown. I believe I have danced with my heart as I fulfilled my responsibilities for all aspects of marketing, club-building, and member and club retention efforts.

As of **July 12**, District 8 has 12 new chartered clubs: Mackey Mitchell ToastMMasters, DSAGSL WORD Masters, Mallinckrodt Speaks, St. Elizabeth's Hospital, Star Masters, CBPC Toastmasters, Mercy Toastmasters, Fluent Hearts, Let's Talk, ADM City Center, Alpha Toastmasters and Magellan Toastmasters. One other club, Top Talk, mailed its paperwork/payments overnight on June 28 which should bring the number to 13. It should meet the year-end deadline of June 30. The final number will be confirmed after Toastmasters International's year-end processing is completed. I transitioned a number of leads to Debra Morrissey.

I did not dance this dance alone and the Toastmasters who helped with sample meetings who I want to acknowledge are: Raymond Allen, John Barry, Beatriz Calmet-Chinn, Chuck Carpenter, Sally Carpenter, Jerry Chapman, Wendy Clothier, Taffy Cobb, Elaine Curry, Kurt Dickason, Kenny Freeman, Will Hayden, Tom Huling, Max Kaiser, Mary Kerwin, Dale Lancaster, Elaine Laura, Elizabeth Link, Don Martindale, Pat Mathias, Debra Morrissey, Neva Nichols, Cynthia Scroggins, Curtis Scroggins, Louis Smith, Casetta Stevens, Nancy Suelflow, Bridgette Wesley, Jef Williams, Melissa Williams, Frank Yates and Yolanda Wood. Along with me, they danced the **Flamenco dance**.

Although it did not work out, I applaud these Toastmasters for their efforts in trying to start a Toastmasters club: Kurt Dickason, Sriram Venkatesan and Lora Mather. I applaud Pat Patrico and members of Crossroads Toastmasters for their continued commitment to start a Toastmasters club at Sacred Heart Church.

A new club needs mentors. Here are the mentors who are sharing their expertise to guide the clubs toward excellence: Mike Kotur, Eileen Roth, Wendy Clothier, Richard Porter, Yolanda Wood, Jef Williams, Tom Huling, Joseph Taylor, Lawson Calhoun, Aruna Garlapaty, and Dwayne Miller, Loise Hoene, Phillip Mette, Nancy Suelflow, Jerry Chapman, Mary Betzer and Carmen Bremmer. Taffy Cobb and Elaine Curry will be mentoring Top Talk and Mary Kerwin will be mentoring Magellan. If you are interested in mentoring a new club, contact Debra Morrissey.

I attended the 20th Annual Awards Banquet of the Talu Toastmasters club. As I met many of them, they knew who I was because of my articles referencing dances. A special thanks to the Talu Toastmaster members who recognized me.

I saved the last dance for Division Governors, Area Governors, and all District 8 Toastmasters who helped follow-up with officers and brought the district's membership payments to 4543 and paid clubs to 115. We definitely kept active dancing the **Twist**.

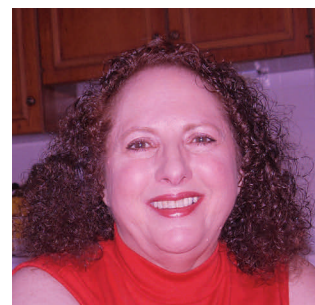
It was a challenging but enjoyable year. I am looking forward to serving District 8 as Lt. Governor Education and Training!

Sandy ☀



**Debra Morrissey, DTM**Lieutenant Governor Marketing  
District 8

EMAIL: LGM@dist8tm.org



## A Message From the LGM

I am delighted to serve as Lieutenant Governor Marketing for the 2013—2014 Toastmaster year. I give praise to Sandra Kardis for doing an excellent job as LGM last year. Sandra has left me several leads in various stages in the process of becoming a club. I am excited that we already have a head start in club generation.

Thank you to all of the District 8 Toastmasters that participated on the “demo team” during sample meetings last year. Your involvement is a crucial step in demonstrating how a Toastmaster meeting works. Please consider continuing in that important role. If anyone is interested in being part of this team for the current year, please let me know.

I am continuing the New Club Lead form that Sandra has been using. This allows all members to introduce the benefits of Toastmasters to their friends, families, employers, and church or community groups. There are two incentives that you can receive from providing leads—

- (1) Receive a \$10.00 District 8 Book Store credit for a lead and
- (2) Receive a 20% discount on registration to the next District 8 Conference if your lead becomes a club.

You can find the **New Club Lead** form in this issue of the Communic~8.

Hold open houses early and often. Take advantage of membership contests. One of the biggest problems in our clubs is member recruitment and retention. Show guests the fun and excitement they can have at a meeting as well as developing confidence and leadership. Understand the needs and goals of each member and work with your club officers to meet them.

Let's all work together to make District 8 stronger than ever! I look forward to serving you. ☀



# Team Work



## Classic Hollywood ... 2013 Spring Conference

### — In Review —

The paparazzi was in full force at the Spring Conference! Just look at the photos within this issue. Our “**Classic Hollywood**” conference was full of stars ... from members like Joe Passanise (Indiana Jones #2 of 5) and Carla Martin (Charlie Chaplin) who *dressed* like stars, to speakers and contestants like Jef Williams and Matt Prose who *performed* as stars. Everyone shimmered and sparkled at the event held May 17th and 18th.

Even those who never crossed the stage did their part to transform The Renaissance Airport hotel into a Hollywood film set. A plush, red carpet lead you past our media wall to the registration table managed by June Jeffries and Creve Coeur Toastmasters. If you visited the hospitality room, you know Yolanda Woods had plenty of noshes on hand and entertained the Hollywood elite of our District. Likewise, across the hall, Gail Vaucher and Kat Mokriakow lit up the bookstore with their sparkling smiles and assisted members with educational needs. Elsewhere on the set, star presenters discussed topics such as meeting etiquette, superstar leadership, humorous speeches, effective evaluations, the use of social media, table topics, club promotion, contests and audience interaction. On the main stage, keynote speaker Cathy Newton challenged us to live in full swing by flexing our risk-taking muscles. How have you responded to her challenge? This issue has a summary of her presentation and a reminder of how you can stretch and grow by taking risks.

While not everyone went home with statues, we each took home golden nuggets of ideas and techniques to polish and brighten our speaking and leadership skills. Don't wait until next spring to show what you have learned. Take Cathy's challenge: Live in full swing and tell LGET Sandy Kardis you want to be part of the Fall Conference by calling her at 314-567-4908 or emailing her at [sandymmk@yahoo.com](mailto:sandymmk@yahoo.com).

Privileged to be your District 8 Spring 2013 Conference Chair,  
Wendy Clothier (Joan Crawford), ACS ALS ☼



---

## District 8 Fall Conference is coming to Division F

**When:** November 22 – 23, 2013

**Where:** Union Station, St. Louis

There are many opportunities to serve including conference co-chair, and activities, contests, education, facilities, hospitality, publicity, and registration committees. I would like to encourage each Division F club to get involved in the conference in some way.

If you are interested in assisting, contact Sandy Kardis, LGET at [sandymmk@yahoo.com](mailto:sandymmk@yahoo.com) or 314-567-4908.



## District 8 Spring Conference Had Movie Stars!



I challenge you to  
name the "stars".







Friday night—dinner ... crowded room.



### Friday Evaluation Contest ... And the Winners Are ...



1st —Thomas S. Huling; 2nd —Raymond F. Allen;  
3rd —Kathleen M. Arnold

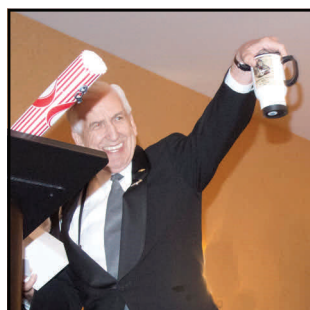
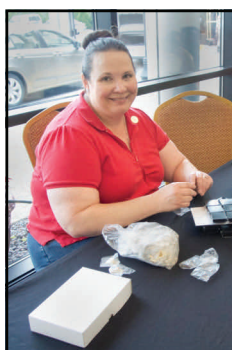




## District 8 Spring Conference ... Saturday



## Education Sessions



Special recognitions were handed out Saturday evening from District 8 Governor Curtis Scroggins to District 8 Governor -Elect Lora Mather. Dietmar Wagenknecht showed off his "gifts" from District 8.





## District 8 Spring Conference—Saturday Dinner and Awards ...



"Head Table" - Dietmar Wagenknecht, Curtis Scroggins, Cynthia Scroggins, Lora Mather, David Kincade, Tony Kardis, Sandra Kardis, Ralph Morrissey, Debra Morrissey



Induction of Incoming District "Top 3"



## District 8 International Speech Contest Winners



1st place — Matt Prose; 2nd place — David Evans; 3rd place — Valerie M. Rasche



## Member's Journey Leads to Contest Win

By Gina Parsons

St. Charles County Toastmasters member Matt Prose knows that preparation – and speaking from the heart – pay off.

Prose recently won the District 8 Toastmasters International Speech Contest with his speech, “Journey from Silence.” He put in many hours of practice to attain the win.

“In competing I have learned that there are so many layers to improving in public speaking,” Prose said. “It’s not just what you say, but being committed to the art of preparation, delivery and stage presence.”

Prose has been a Toastmasters member for about a year. For a couple of months before the start of competition, Prose received feedback about the speech from his St. Charles County Toastmasters club members. He tweaked the speech accordingly.

“Winning the district competition was an amazing feeling,” Prose said. “I’m so thankful for all the support I have received from my club and from the district. I am honored to represent District 8 going forward.”

Prose is the Young Adults Director at Church on the Rock in St. Peters, Mo. His speech describes how his faith helped him find the courage and inspiration to speak publicly.

“I love the experience of competing, but more importantly I have heart to share a message of inspiration through all the different opportunities that God gives me,” Prose said.

Prose now will compete against people around the world at the Toastmasters International Speech Contest in Cincinnati.

“I’m very thankful for this opportunity and can’t wait to see what comes of it!” he said. ✨



## Spring Conference ... Photos from the District 8 Bookstore



Dear District 8 Toastmasters,

Thanks so much for the opportunity to be one of the speakers for your **Toastmasters District 8 Conference!** It was so much FUN! I was delighted with the audience enthusiasm and involvement in both of my presentations.

**Just a quick re-cap of Classic Hollywood Performance:**

To get in the swing, engage your risk-taking muscles:

**Communication** - Intellectual Risk Taking

Words and actions communicate your passion and purpose.

**Leadership** - Social Risk Taking

Re-discover how to connect with others and create social capital.

**Confidence** - Emotional Risk Taking

Build confidence by stretching out of your comfort zone with courage, persistence and resiliency.

**And a quick re-cap of Creating Audience Participation:**

Facts tell, stories sell...but interaction rings their bells! Audience interaction is brain-friendly, creates social connection and promotes learning/retention. Use active participation techniques (**such as pair-share, six and sit, group rounds, trivia challenge**) as an example, demonstration or reinforcement of your content. Trust your creativity...and take the risk!

Stay on top of important issues like risk, change, teamwork, work/life balance or wellness by accessing **e-Learning options** at:

[http://woople.com/cathy\\_newton](http://woople.com/cathy_newton)

**Woople: Simple eLearning for Your Organization**

24/7 access to content, divided into 3-5 minute learning segments

And if you hear of speaking opportunities for which I might be a match, **please contact me or recommend me.** Thanks!

[www.CathyNewton.com](http://www.CathyNewton.com)

Best wishes for your continuing **Classic Hollywood** performance,  
Cathy

---

[www.CathyNewton.com](http://www.CathyNewton.com)

*Helping people take purposeful risks  
for professional growth and helping  
organizations build a risk-taking culture.*

816-858-5806

## Charter Presentations—Last and First

By Sandy Kardis, DTM—Lt. Governor Marketing

Photos provided by clubs

The Charter presentation marks the beginning of a new Toastmasters club. ToastUS Toastmasters and Mackey Mitchell toastMMAs are being highlighted because ToastUS was the last club chartered for the July 1, 2011—June 30, 2012 year and Mackey Mitchell toastMMAs is the first club chartered for the July 1, 2012—June 30, 2013 year. I was fortunate to be able to attend several of their sample meetings.

ToastUS scheduled a Charter Celebration for October 23, 2012. Invitations were sent to Speaking of US members, mentors John Barry and Mary Kerwin, and Lt. Governor Marketing Sandy Kardis. Two guest speakers were on the program—Kathe Lynom, Instructional Designer for Training Resource Department, told everyone that going through the Competent Communication manual turned out to be fun as well as a good learning experience. Kathe encouraged members to stay with it and go with it! She concluded with a promise to join. Shirley Garnto, Regional Trust Manager told everyone she wanted to overcome her fear of public speaking by joining Toastmasters. Shirley encouraged everyone to talk about something they know about and enjoy and to take every opportunity to tell their story. A creative Table Topics session ended with a toast to ToastUS chartering. John Barry presided over the Charter Ceremony with the assistance of Sandy Kardis. The ceremony ended with attendance prizes, an inquiry if anyone would like to join, cake, and pictures.

Mackey Mitchell scheduled a Charter Presentation for November 1, 2012. Sandy Kardis presented the club charter and club banner to club president, Greg Frankenfeld. During the meeting, Charter members in attendance were presented a Charter Certificate from Toastmasters International. A timing light was also presented to the club. Matthew Roeder who was the time keeper for the meeting really liked it and took it over immediately. A typical Toastmasters meeting then took place. Jordan Gatewood gave his Ice Breaker speech, A Nexus to the Past. These Toastmasters are good listeners and are attentive. Nexus was the Word of the Day at their meeting. Dave Helfrich led a creative Table Topics session using the theme, Sell a Product. The products were challenging, but Table Topics speakers were equally creative in their responses. Everyone had fun.

I hope to attend many Charter presentations in 2013! ☀



Mackey Mitchell Charter Celebration—Jordan Gatewood, Dave Helfrich, Steve Emer, Greg Frankenfeld, Matthew Roeder, Sara Holt, Stephanie Barnes, Cindy Petzoldt, and Beth Kutterer



Sandy Kardis LGM, Stephanie Barnes and Greg Frankenfeld



Sandy Kardis LGM, Matthew Roeder and Greg Frankenfelder



## Charter Presentations

By Sandy Kardis

Photos by Sandy and Tony Kardis

A Charter presentation is the time to celebrate and recognize a new club and its new members. It is the culmination of the work of many individuals. The club banner, Club Charter Certificate, and Charter Member Certificates are presented as well as a timing device. It is an enjoyable experience.

**DSAGSL WORD Masters, Toastmasters Club #2587777**, chartered on December 5, 2012. The Charter presentation took place on March 2, 2013 at the Down Syndrome Association of Greater St. Louis Annual Conference. Jeremie L. Ballinger, DSAGSL Executive Director, addressed the group and introduced a new member who spoke about the benefits of Toastmasters. Eileen Roth presented the Club Charter Certificate to Joe Harner, President Board of Directors. Assisting with the presentation of Member Charter Certificates were Michael Kotur, Division A Governor and club mentor, and Eileen Roth and Dennis Roth, club sponsors.

**Mallinckrodt Speaks, Toastmasters Club #2907792**, chartered on December 14, 2012. They held their presentation on April 25, 2013 as part of their Toastmaster meeting. Representing site leadership were Jim Walter, Jack Foster and Howard Murray. This new club is a great example of a Toastmasters corporate club. Toastmasters is one of the 5 components of their Leadership Development Strategies, and they have 100% management support. Since chartering, they have gained 15 new members. This may be a first at a Charter presentation – an Incident

Response Alarm at the beginning of the meeting and an announcement that the emergency has been controlled at the end of the meeting. During the emergency, we were told no one in the auditorium was in any danger. VPPR Trisha Thompson unveiled the banner. Club President Paula Hearn presented pins to the officers. Mentors Wendy Clothier and Richard Porter and Area Governors Emily Larson and Farzana Chohan also attended.

**St. Elizabeth's Hospital Toastmasters, Club # 2967717**, chartered on February 7, 2013. They also held their Charter presentation during a Toastmaster meeting May 30, 2013. Club President Joe Kippley helped present the Charter Member Certificates. This club is fortunate to have 2 dedicated mentors, Yolande Wood and Jef Williams, Division C Governor. Although chartered on February 7, 2013, Yolande and Jef have been attending meetings as mentors since August 29, 2012. A new club couldn't ask for any more dedication.



(Continued on page 16)

*(Continued from page 15)*

**CBPC Toastmasters, Club # 2909517**, chartered on April 1, 2013. This club was anxious to receive its banner, certificates and timing device. I was not able to attend either of their two June meetings. Therefore, I delivered them to Lawson Calhoun's home. Lawson is the club's sponsor and mentor.

**ADM City Center Toastmasters, Club # 32655258**, chartered on June 11, 2013. They celebrated their Club Charter at the Beach House Banquet Room in Decatur, Illinois on June 12, 2013 at the request of management. Tina Betzer welcomed everyone to the celebration. A 2 minute Safety Moment by Linda Baker was another first for me at a Charter presentation. Featured speakers were Kim Tish who shared her thoughts on the club's journey to charter, Mike D'Ambrose who spoke on serving others, and Eugenia Palacio who titled her speech Why Toastmasters. LGET Lora Mather and LGM Sandy Kardis installed the new officers. It was too early for a club banner and charter certificates, but Sandy presented them with a timing device. Several toastmasters from the ADM Toastmasters club were in attendance including Rodney Dayson, Area 11 Governor and Club Sponsor.

**Star Masters Toastmasters, Club #2979094**, chartered on March 25, 2013. They held their Charter presentation on June 22, 2013. During a 1 ½ hour meeting, four Toastmasters gave their Ice Breaker speeches. Their room set-up impressed me. Meeting roles rather than Toastmaster names were arranged on the table. Speaker and Evaluator sat next to one another. Club sponsor, Susan Johnson, and club president, Bruce Pullens, assisted with the presentation of the Charter Member Certificates.

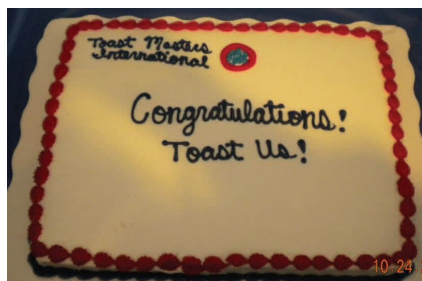


As soon as their banners are delivered, Mercy Toastmasters, Fluent Hearts, Let's Talk, Alpha Toastmasters, and Magellan Toastmasters are next in line for a Charter presentation as well as Top Talk that is waiting for Toastmasters International to assign it as a new club. I encourage newly formed clubs to plan and hold Charter presentations and to use their special meeting as a draw for turning guests into members. ☼

*Congratulations Toast Us!*



Club officers: Nathiladine McGirt, Margie Williams, Rodlann Washington, Amy Lindemann, Robin Houston, Veronica Esker, and Elizabeth Long



Banner Presentation by John Barry, Club Extension Chair and Club Mentor and Sandy Kardis, Lt. Governor Marketing



## District 8 Members Earn Education & Leadership Awards from April 28, 2013 to June 29, 2013



### **Division A**

#### Crossroads

- Bohn, Bob G.—CL
- Hammond, R. Barry—CC

#### DSAGSL WORD Masters

- Kotur, Michael T.—ALB
- Kotur, Michael T.—ACB
- Roth, Dennis Andrew—CL
- Roth, Eileen Rivera—CC
- Naik, Neha Bharat—CC
- Naik, Bharat N.—CC

#### High-Noon Toastmasters Club

- Earl, Kimberly A.—ACS

#### Jeffco Challengers Club

- Lifka, Rich R.—CL
- Bland, Suzan R.—CC
- White, Gary P.—CC
- Gay, Ann—CL
- Gay, Ann—ACB

#### Marion VA Toastmasters

- Martin, Carla—CL
- Howard, Patti—ALB
- Howard, Patti—CC

#### Maritz Toastmasters

- Murphy, Bonnie—ALB
- Smith, Shelley—LDREXC
- Surratt, Kim E—CC
- Hladnick, Leane—CC

#### Mastertoasters Club

- Schwarz, Jim—CC

#### Poplar Bluff Toastmasters

- Suter, Darlene—ACB

#### South County Toastmasters Club

- Kutell, Adam Henry—ACG

#### Speak Easy Toastmasters

- Ayers, Alan D.—ACG
- Kalbac, Jeffrey S.—ACB
- Proffitt, Robert W—CC

#### SPEAK UP! Club

- Strothmann, Mark M.—ALB

#### Twin Rivers WORD Masters

- Roth, Eileen Rivera—ALS

#### UniGroup Toastmasters Club

- Meissner, Dan—ACS
- Campbell, April—CC

#### Webster Groves Toastmasters Club

- Smiley, Craig S.—CL

#### West County Club

- Ramesh, Reddy—CC
- Rohan, Michael E.—ACS

### **Division B**

#### Aerospace Orators Club

- Smith, Dennis R.—CC

#### B.I.B.L.E. Toastmasters

- Bledsoe, Joy D.—CC
- Monson, Fred—CC
- Hester, Mary L—PCC

#### Cave Springs Toastmasters

- Siemers, Denise R.—ACB

#### Creve Coeur Toastmasters Club

- Bopardikar, Prasad P—CC
- Kardis, Sandra M—CC

#### Grace Church Toastmasters

- Morrissey, Debra M—CC

- Morrissey, Debra M.—CL

#### McCarthy Communication Builders

- Hanson, Paul B.—ACB
- Krewson, Joseph M.—CC
- Krewson, Joseph M.—CL

#### Monsanto Noontime Toastmasters

- Rigdon, Christopher J.—CC
- #### M-Powered Speakers

- Buehler, Craig—ALB

#### River City Toastmasters Club

- Ivy, Delores—ACB
- #### Save-a-Lot Toastmasters (SALT)

- Vaucher, Gail—ACB

#### Shalom Church Toastmasters

- Troy, Donna R—CL
- Blue, Willie E.—LDREXC

#### St Charles County Toastmasters Club

- Zhang, Shower—CC
- Tucker, Dawn Stone—CL

#### Toast On the Rock

- Tyrrell, Pat—CL
- Degenhardt, Judy A.—CC
- Burse, Gloria J.—CC

#### WelDon Toast Club

- Alaphat, Francis S—CC

### **Division C**

#### ADM Toastmasters

- Dayson, Rodney A.—CC

#### Fairview Heights Toastmasters Club

- Thompson, Jeanne M.—CC

#### Gem City Toastmasters Club

- Reed, Ray A.—CL



## District 8 Award Achievements ... continued



- Paul, Ivan—CC
- Leenerts, Roger A.—CC

### Lincoln Trails Club

- Stephens, Carolyn J.—CL

### Lord Effingham Club

- Mette, Phil—CL

### McBrian Lincoln-Douglas Club

- Randall, Nathaniel H.—CC

### Scott Toastmasters Club

- Allen, Anthony Keith—ACS
- Lira, John R.—CL

### Smedley Hometown Mem Club

- Mather, Lora D.—CL
- Fitzpatrick, Dale R.—ACB

## Division E

### Capital Toastmasters Club

- Jackson, Hank—CC
- Jackson, Hank—ALB
- Sipes, Teala—ACB
- Sipes, Teala—ALB

### Courage to Grow Toastmasters Club

- Mateu-Mora, Venustiano—CL

### Downtown Toastmasters

- Howard, Genevieve A.—CC
- Meighan, Natalie S.—CC
- Lotfibabarood, Maryam—CC
- Lacy-Anderson, Debbie—CL

### Missouri Univ. of Science & Technology

- Reagan, Tina R.—CC
- Reagan, Tina R.—CL
- Clark, Kevin L.—CL

### Shelter Insurance Toastmasters

- Pretz, Russell L—CC
- Pretz, Russell L—CL
- Smith, Erica E—CC
- Martindale, Don E—ACB

### Talu Toastmasters Club

- Curd, Kent—CC
- Robinson, Maurice—ACS
- Lockhart, Jimmie—CL

### Toastmasters International at Truman

- Eubank, Jessie—CC
- Schneider, Mark—CC
- Fentress, Michael David—CC

## Division F

### Anheuser-Busch Club

- Ahillen, Thomas P.—ACG
- Ahillen, Thomas P.—LDREXC
- Desrosiers, Kevin M.—ACS

### BJC Toastmasters

- Charleston, Taina B—CC

### Free Speakers

- Calhoun, Lawson H.—PALS
- Calhoun, Lawson H.—PLE

### Grand Center Club

- White, Ellen—ACS
- Gardner, JoAnn B—CL
- Gardner, JoAnn B—ACB

### Jacobs P3

- Marti, Tom—CC
- Carducci, Lisa—CL

### MAC Toastmasters Club

- Applewhite, Thomas R—ACB

### Midtown Clayton Toastmasters Club

- Patel, Hasmukh K.—CC
- Flanery, Kay—CC
- Feinberg, Manley—CL

### Missouri Toast of the Town Club

- Cobb, Talfanita M—ALB
- Hubbar, Andrew I—CC
- Cobb, Talfanita M.—LDREXC

### Open Line Toastmasters

- Brundage, Kevin—CC
- Ahillen, Thomas P.—CL
- Ahillen, Thomas P.—ALB

### Rent-A-Toast Club

- Phillips, Michelle L.—CC
- Marini, Tom J.—CC

### Speech Masters Toastmasters Club

- Ratley, A. Renee—CL
- DeBoard, Christopher A—CL

### Voices In Unity Club

- Payne, Stephanie M—CC
- Xie, Mingchao—CC



*Congratulations to these  
Award Achievers!*

# The Best Thing I Ever Did for Myself

By Sandy Kardis, DTM – Lt. Governor Marketing

Photo by Tim Spezia



**F**ind your voice. What exactly does that mean? To fellow Toastmaster, Kat Mokriakow, it means having a voice and knowing how to use it. Before Toastmasters, Kat described herself as “beyond shy.” She knew she wanted to do something more than what she was doing. When she applied for a supervisor position, she was told she was not good enough to be a supervisor. After hearing that, Kat joined Toastmasters but was afraid to speak at meetings. She realized she needed Toastmasters, and she realized that Toastmasters was more than speaking.

At her first District 8 Conference, Kat had a ticket to the Table Topics session which was given to her by someone unable to attend. Kat didn't know anyone there. She met John Mohr who introduced himself as; I'm John Mohr - just like the lawn mower”. Kat will never forget that John befriended her and stayed with her the entire Friday evening.

When Kat questioned if she could become a club officer, Dawn Tucker encouraged her to take an officer role. Kat became a club president because Dawn told her she could. Kat decided it was time to interact more and step up into additional leadership roles. She took the Area Governor visits seriously. At her visits, the club presidents chose what they wanted Kat to speak about. She took it back to basics never assuming they knew. While Division Governor, Kat saw herself as leading a team. She encouraged Area Governors in her division by sharing her experiences as Area Governor. Kat learned two important lessons as District 8 Secretary: note-taking is challenging for accurate reporting and acute listening skills are required.

The PRO was a role Kat loved! She described it as busy, rewarding and fun. She enjoyed the fellowship and camaraderie. As PRO, she learned a higher level of leadership. Kat performed tasks she had never done. With the Working Women's Survival Show, she was a writer, director, project director and promoter. The visual reports of all PRO activities were appreciated and showed them how to be involved and informed. Kat embraced the Storytelling event but found organizing it

frustrating. However, on the scheduled day, there were Toastmasters who came through for her. They were standing at the door waiting for her asking how can I help and what can I do. When this event is held again, Kat wants to be a part of it. She wants to improve it using the suggestions she received.

When asked how Toastmasters has been instrumental in her promotions at Express Scripts, Kat shared the following with me. In January, 2012, she applied for Quality Auditor. A fellow Toastmaster advised Kat not to talk about Toastmasters during the interview, but the interviewer wanted to hear all about her Toastmasters' experiences. Kat was promoted to Quality Auditor. In September, 2012, Kat was promoted to Supervisor. For this position, Kat was asked about her years of experience in leadership. When experience in leadership pertained to her jobs, it was a paragraph. When it pertained to Toastmasters, it was a page. It was Kat's Toastmaster leadership experience that sealed the deal.

“The best thing I ever did for myself was join Toastmasters”, says Kat. The best advice Tim Spezia gave her was to see things in other people and make “it” work – “it” being whatever needed to be done. It is people like Dawn Tucker, Tim Spezia and John Mohr who helped Kat use her voice. ☼

*“The best thing I ever  
did for myself was  
join Toastmasters.”*





**Debra Morrissey, DTM**

Lieutenant Governor Marketing

District 8

EMAIL: LGM@dist8tm.org

## New Club Lead

One of the most stimulating and rewarding ways to introduce the benefits of Toastmasters membership to others is by organizing new clubs in our district. If you know of a corporation/business, community center, church, hospital, or college/university that is large enough to support a club, turn in that club lead. You will be eligible to receive one of the following:

1. Receive a \$10.00 District 8 Book Store credit for a lead.
2. Receive a 20% discount on registration to the next District 8 Conference if your lead becomes a club.

The following information is needed:

Contact Name \_\_\_\_\_

Contact Email \_\_\_\_\_ Contact Phone \_\_\_\_\_

Club Type \_\_\_\_\_

Organization Name/Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your Name and Email \_\_\_\_\_

Provide the information to Debra Morrissey at [LGM@dist8tm.org](mailto:LGM@dist8tm.org) or mail to me at 15022 Claymoor Ct, Apt 10, Chesterfield, MO 63017-7842.



# TOASTMASTERS INTERNATIONAL

**District 8 is on the web.**

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

**WHERE LEADERS  
ARE MADE**

TOASTMASTERS INTERNATIONAL

Debra Morrissey, LGM

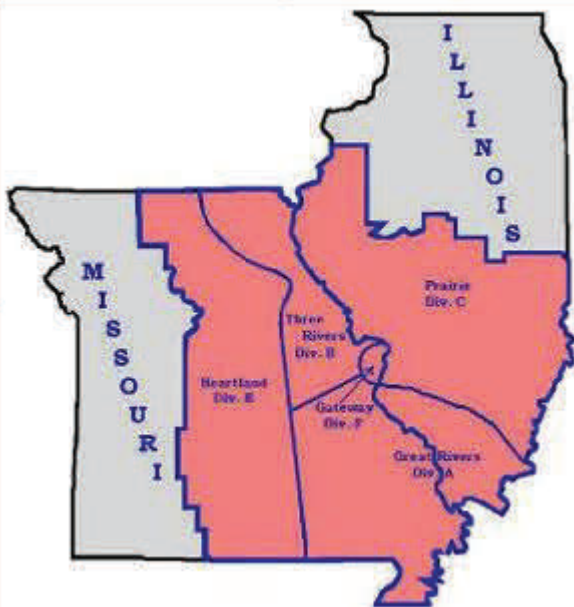
Editor: Joann York, ACS, ALS

E-mail: [j\\_york71@hotmail.com](mailto:j_york71@hotmail.com)

Photographer: Charles Carpenter, DTM

## The Mission of District 8

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



## District 8 Calendar

August 3 at 10:30 AM	Division C—Satellite TLI Lincoln Public Library—Carnegie Room North 326 South 7th Street Springfield, IL 62701 Contact: Dan Filla ( <a href="mailto:danfilla@yahoo.com">danfilla@yahoo.com</a> )
August 21-24	Toastmasters International Convention Duke Energy Center, Cincinnati, OH Contact: Tom Coscia ( <a href="mailto:Coscia@peoplepc.com">Coscia@peoplepc.com</a> )
Nov. 22-23, 2013	District 8 Fall Conference St. Louis Union Station Hotel St. Louis, MO



**District 8 Flying to New Heights  
in 2013-2014!  
Come Fly With Us!!**