



# Communic~8

**WHERE LEADERS ARE MADE**  
[www.toastmasters.org](http://www.toastmasters.org)

Volume 14 Issue 6

District 8

June 2015

District 8 is on the web

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

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Save the Date  
 Nov. 13—14  
 Fall Conference

## Cultures Around the World Reflections

By Lisa Cooksey-Cannon, Spring Conference Chair



As I sit back and think about the Spring Conference and the “Cultures Around the World” theme a few things come to mind: the importance of words, patience and humility.

Through the nine educational sessions we learned to be respectful of others, their opinions and their actions. We learned how to become better leaders and how technology can help us in our Toastmaster’s journey as well as our everyday lives. We learned that laughter is good for the

body and soul. We learned taking care of ourselves mentally, physically and spiritually is important. We learned as leaders from around the world to see others’ points of view when facing and discussing the ‘hot topics’ and words are powerful. We learned we need to speak every word carefully.

The Friday night fashion show was truly a beautiful sight. The participants all dressed in various cultural attire to express their heritage was a sight to see. The commentator provided very descriptive details, telling us about the country each represented and if their attire represented a special occasion or otherwise.



The slide shows presented each night was awesome! The Friday night slide show contained various facts and pictures from all over the world. Saturday night led us through the United States and all the wonders of each state. What a treat!!!! Each slide allowed us to dream about our next vacation or next visit. The room signage added to the conference theme with each room representing different countries: USA, Ireland, Mexico, China and Sierra Leone. The rooms were decorated beautifully each night down to the various countries flags in the desserts.

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**Sandra Kardis, DTM**District 8 Governor  
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## A Message from the Governor

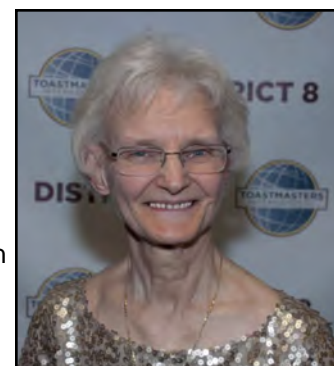
One of the sporting world's rarest feats is a Triple Crown winner. That winner was American Pharoah, the 12<sup>th</sup> horse who endured the three-race grind of the Kentucky Derby, Preakness and Belmont Stakes. What an amazing feeling it must have been for the jockey, Victor Espinoza, as he and American Pharoah crossed the finish line to win the 147<sup>th</sup> running of the Belmont Stakes on June 1, 2015. This is not an easy feat. The last time this occurred was in 1978. The Triple Crown was won because of a horse, its owner, its trainer and the jockey.

District 8 awards a Triple Crown gift to members who achieve three education awards in a single program year as part of our Incentive Educational Awards. Let's take the Triple Crown to a higher level and compare the sporting world's Triple Crown to Toastmasters International's 3 goals set for all 97 Districts in the organization: Paid Clubs, Member Payments and Distinguished Clubs. Within each of these 3 goals each District has the opportunity to be recognized as Distinguished, Select Distinguished or President Distinguished. Each of these levels have specific requirements for recognition just as clubs, areas and divisions. A District can earn a different level within each of the 3 major goals, but the status has to be the same across all three major goals to receive recognition by Toastmasters International. Just like the requirement of the sporting world's Triple Crown is 3 winning 3 races, the requirement for a District to be Distinguished, Select Distinguished or President Distinguished is a specific number determined by Toastmasters International for all 3 levels of all 3 major goals. This recognition is not won but is earned because of a District's members and leaders.

Unfortunately, District 8 will not be recognized on any level of the 3 major goals for the 2014 – 2015 Toastmasters year. At the time of this article and with Distinguished as our goal, we have 103 out of 112 paid clubs, 4,248 out of 4,628 member payments and 40 out of 44 Distinguished Clubs. If you check Toastmasters International's website, you will see that attaining Select Distinguished or President's Distinguished would not have been an easy feat for us. However, we have been working for Distinguished.

On the positive side, I am encouraged by the steady increments in member payments during May and June, 4 demo meetings scheduled in June, fifteen DTMs this year with 2 clubs with 2 awardees, over 385 Education and Leadership awards and 936 new membership payments. District 8 Toastmasters, you are experiencing the benefits of the Communication and Leadership program in club meetings, club officer training, TLI, District conferences and your personal lives.

I have been in a district leadership role for 5 consecutive years starting out as Area 19 Governor, Division F Governor, Lt. Governor Marketing, Lt. Governor Education and Training and District Governor. I have enjoyed all 5 years because of the many Toastmasters with whom I have worked and met, especially Toastmasters within the clubs I visited, new clubs I helped charter, the clubs I coached and mentored, the TLI and conference co-chairs, this year's District Executive Committee, and the 3 clubs in which I have membership. I will always be grateful for the encouragement of Alan Shaner, Region 5 International Director, the advice of Don Bittick and Dietmar Wagenknecht, Region 5 Advisors, past District Governors Tom Coscia, Curtis Scroggins, and Lora Mather, and the ideas shared by Region 5 in our roles as Lt.

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**Farzana Chohan, DTM**

Lt. Governor Education &amp; Training

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District 8 Director—Elect

## A Message from the LGET

### Ongoing Journey!

District 8 will be embarking upon a new Toastmaster year on July 1, 2015. As we get to the starting line, to move forward, we have a propensity to reflect upon the past year to see what we did well and where we can further enhance our efforts.

Development is an ongoing journey, specifically self-development. It is amazing that learning never stops, as there is always something new, something amazing to learn. This fact is very evident in District 8's history. This Toastmaster year 2015-2016 is a Diamond Jubilee year for District 8, it was formed July 1, 1940. We are one of the very early District's in the history of 90 years of Toastmasters International's existence.

When we think about how and why we are still here both as a District and as a global organization, it directly relates back to that basic human aspiration to self-develop and enhance our strengths on a daily basis.

This year we again witnessed the enthusiasm of fellow Toastmasters as they attended the District events in record numbers.

- The Fall 2014 conference in Collinsville, IL celebrating "A Toastmasters Anthology," under Tom Gillard's poised leadership had an attendance of more than 200 members. The club registration option along with the individual registration was a success. It offered an opportunity for more members to attend as a group. The keynote and educational sessions covered a variety of topics from Leadership to Communications.
- Early Bird Officers Training (EBOT) in December 2014 was attended by 90 club officers, validating the notion that Toastmasters are focused on their development as leaders for themselves and for their respective clubs.
- The January 2015 Toastmasters Leadership Institute (TLI) enhanced the participation of a newly chartered club, "Toast of WU," a corporate club at Washington University in St. Louis. Under the leadership of Mark Bagby and the entire team, this event demonstrated the fine elements of team camaraderie. The keynote by Associate Dean Rob Wild and new educational sessions made this TLI an exciting event with attendance of 225 fellow members.
- "Cultures Around the World" was a well-embraced theme for the District's Spring Conference in May 2015. This conference highlighted the quality leadership skills of Lisa Cooksey-Cannon who led the team with enthusiasm and focus. Continuing the option of club registration and tweaking the individual registration option to include an "A la Carte" option, the total attendance was worth noticing. Friday night we had around 195 present for the Contest, our "Fashion Walk" and dinner. On Saturday over 200 members attended all the activities including the keynote, education sessions, meals, business meeting and Contest. The finale of course was listening to the finest speakers of District 8 competing in the International Speech contest which was a contest worth remembering!

June, though our last month of this year, is also the busiest month for us as Toastmasters. We reach for the finish of this year and start preparation for the new year including the training of our incoming leaders at the club and District

(Continued on page 10)





**Jacquie Vick, DTM**

Lieutenant Governor Marketing

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## A Message from the LGM

### ***“No Man is an Island”***

**“No man is an island [means that] no one is self-sufficient; everyone relies on others.”**

*This saying comes from a sermon by the seventeenth-century English author John Donne.*

This saying resonates with me as I reflect on the many helping hands that have supported and continue to support the district. Perhaps you...



- Held an office at the club or district level
- Mentored a Toastmaster or a Toastmasters club
- Served as a club coach
- Participated in a contest at the club, area, division, or district level
- Chaired/co-chaired a TLI or a conference or served on a committee or facilitated a workshop
- Gave of your time to participate in a demonstration meeting
- Paid your membership dues
- Obtained an educational award
- Encouraged a family member, friend, or co-worker to visit and/or join the Toastmasters family

No matter the contribution, it is because of the efforts of each and every one of us that the district succeeds. So, as we close the chapter to the 2014-2015 Toastmasters year and move into the 2015-2016 calendar year, thank you for all that you've done and will do in support of District~8. ☀



# TEAM AWESOME

## County Communicator's 20th Anniversary Party

By Sandy Kardis, DTM

Photos by Max Flavin, Sandy's 9-year-old grandson

On May 26, 2015, County Communicators celebrated their 20<sup>th</sup> year as a Toastmasters Club. It was chartered in May of 1995. Mary Archer was the club sponsor. She is standing on the right in this picture. The club started out with County



employees but is now an open club that meets the second and fourth Tuesday of the month. Club members Gary White and Dan Chrenka worked diligently to invite all previous and current members to attend the celebration. Do you recognize the two district leaders who had been members of the club? The celebration included a typical Toastmasters meeting agenda. Dan Chrenka gave a speech recognizing members' contributions to the club. Jeroen Tetterro led Table Topics drawing responses

from many of the previous members. Everyone enjoyed the luncheon during the meeting. Two unique things this club does is present a plaque with a "young" picture of Ralph Smedley to the Table Topics winner. The club has enhanced the Grammarian role. It presents a "Master Linguist" award to the Toastmaster who uses especially effective words or phrases. Whoever wins the award(s) is expected to attend the next meeting – a great way to get members or guests to return. The celebration closed with a reading of the congratulatory letter from Toastmasters International.

At this meeting, Josephine Marino-Emde won both awards – Best Table Topics and Master Linguist. ☀



Sandy with Carole Breckner, DTM times 2



Sandy with District 8 Treasurer Richard Porter



Sandy with John Barry

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Governors Marketing, Lt. Governors Education and Training and District Governors.

I extend my very best wishes to our newly elected officers for the 2015 – 2016 Toastmasters year. It has been 5 years since District 8 was a Distinguished District. Join me in wishing them success in bringing District 8 across the finish line as a Distinguished District next year.

Sandy ☀



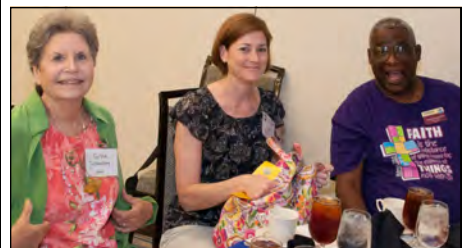
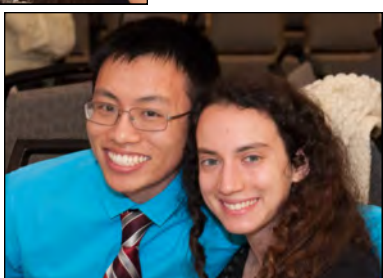
## Spring Conference Photos



## Fashions from Around the World









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level. On June 9, 2015 we conducted Early Bird Officers Training with a record number of officers, 99 to be exact, attending at Washington University in St. Louis.

The TLI is scheduled for June 20, 2015 with "WUSTL Speaks," a corporate club at Washington University hosting this event under the leadership of Rosalind Early and her great team members.

Farewell to our leadership team for 2014-2015, thank you for their time and work for District 8! I am indebted to each one of my fellow Toastmasters for their hard work, positivity, support, dedication and team spirit.

As we speed toward the next year we will continue on the path of development as a District. We will continue our collective and individual pursuits toward ongoing development. Remember development is an ongoing journey! I look forward to continuing our journey together to reach your success and for District 8's success in the coming year. ☀



*(Continued from page 1)*

Attendance both nights was impressive around 195 Friday night and approximately 200 Saturday night. The Contest's both nights were full of energy and life lessons. As I looked around the room during the International Speech Contest, I witnessed nods of agreement, smiles of encouragement and tears. The tears showed our humanity, humility and empathy for others. Thank you to all the contestants for sharing part of your life's story with us. We wish you much success in your Toastmaster's speaking journey.

The DTM line reminded me of my goals, inspired me to keep pushing and reaching for the DTM designation. The business meeting and election of District Officers was very interesting. Having the right person in office, leading the District is very important. If you volunteer, were elected or appointed to a District leadership role go into it with an open mind and prepared to give 100%. Remember we are developing the leaders of tomorrow and that fact should not be taken lightly.

My Dream Team: Tom Gillard, Carol Steinbach, Laura Rebbe, LaVerne Gillespie, Joe Krewson, Barbara Kryvko, Chuck Carpenter, Erin Brooks, Wayne Allen, Gail Vaucher and John Doyle—YOU ROCK!!!! What a pleasure it has been working with each of you! A special thank you to Farzana Chohan for providing guidance and leadership when needed. I hope as time moves forward you think about the lessons we learned at the "Cultures Around the World" Spring Conference and are kind to each other daily. ☀





## District 8 Members Earn Education & Leadership Awards from April 14, 2015 — June 16, 2015



### Division A

#### **Crossroads**

- Stanze, Arthur E.—ALB
- Clutts, Michael—ACB

#### **DSAGSL WORD Masters**

- Roth, Dennis Andrew—ALS
- Roth, Christa Denise—ACB
- Roth, Christa Denise—ALB

#### **Franklin County Toastmasters**

- Lamke, Susan Jane—CC

#### **Jeffco Challengers Club**

- Breckner, Carole S.—CC
- Link, Elizabeth M.—ACG
- Link, Elizabeth M.—DTM
- Lifka, Rich R.—ALB
- Breckner, Carole S.—ACG
- Breckner, Carole S.—DTM

#### **Maritz Toastmasters**

- Garlapaty, Aruna—ACG
- Garlapaty, ARuna—DTM
- Obert, Jason A.—ACG
- Obert, Jason A.—DTM
- Schillinger, Jean M—CC

#### **Mastertoasters Club**

- Steinbach, Carol C.—ACS
- Whelan, Anna—CC

#### **South County Toastmasters Club**

- Paul, Jerald D.—CL

#### **Triton Toastmasters**

- Taylor, Lawrence—CL

#### **West County Club**

- Kincade, David—ALB
- Welter, Stuart H.—ACG
- Welter, Stuart H.—DTM

### Division B

#### **Aerospace Orators Club**

- Mohr, John L.—ACG

#### **Ascension Health Toastmasters**

- Geier, Charidee—CC
- Magee, Sasha—CC
- Joseph, Lampe G.—CC
- Price, Howard Lee—CL
- Price, Howard Lee—ALB

#### **Bulls & Bears Club**

- Deveydt, David W—ACB

#### **Cable Talk Toastmasters Club**

- Rekas, Stephen—CC

#### **Cave Springs Toastmasters**

- Tovares Perez, Orlando E—CC
- Sanders, Mary B.—ACS

#### **Grace Church Toastmasters**

- Morrissey, Ralph P.—CL

#### **Little Hills Toastmasters**

- Mokriakow, Kathryn G.—CC

#### **Monsanto Noontime Toastmasters**

- Ding, Huashi—CL

#### **M-Powered Speakers**

- Wesley, Bridgette—LDREXC
- Wesley, Bridgette—ALS
- Wesley, Bridgette—DTM

#### **Plus Factor Club**

- Hill-Carter, Camesha N.—ACS

#### **River City Toastmasters Club**

- Brooks, Erin M.—CL

#### **Triton Toastmasters**

- Larsen, Ann—CC

#### **WelDon Toast Club**

- Ferris, Travis M.—CC
- Darnall, Daniel A.—ACG

### Division C

#### **Capital City Toastmasters**

- Smith, Donald S.—ACB
- Prather, Lee Ann—CC
- Brennan, Katherine P—CC
- Ellis, Betty D.—CC
- Ellis, Betty D.—CL

#### **Collinsville Toastmasters Club**

- Ramsey, Bob—CL
- Ramsey, Bob—ALB

#### **League of Our Own Toastmasters**

- Hemingway, Larry D.—ACS
- Hemingway, Larry D.—ACG
- Hemingway, Larry D.—LDREXC
- Hemingway, Larry D.—ALS
- Hemingway, Larry D.—DTM

#### **Montgomery County Toastmasters**

- Hand, Bernard—CC

#### **O'Fallon Toastmasters**

- Golart, Erika J.—CC
- Golart, Erika J.—CL
- Mitchell, Linda M—ACB

#### **Scott Toastmasters Club**

- Rieschick, Giselle R—CC
- Rieschick, Giselle R.—CL

#### **St. Elizabeth's Hospital**

- Stratton, Raymond L.—ALB

### Division E

#### **Alpha Toastmasters**

- Watkins, Aaron—CL
- Watkins, Aaron—CC
- Loschiavo, Aldano—ALB
- Love, Jim—CC
- Anderson, Ahmad R.—ALB

#### **Columbia Toastmasters**

- Walker, Leaia—CC
- Jacobs, Erin L.—CC

#### **Good Neighbor Toastmasters Club**

- Harrison, Lennie M—CC
- Lincoln, Drew—CC
- Lincoln, Drew—CL
- Bennett, Nicholas Barton—ALB

#### **Ozark Orators Club**

- Anandan, Sudharshan—CL

(Continued on page 10)

*(Continued from page 9)***Shelter Insurance Toastmasters**

- Curry, Stephanie R.—ACB
- Fitzgerald, Ross A.—CC

**Division F****Anheuser-Busch Club**

- Pinner, Katherine Maria—ACG

**BJC Toastmasters**

- Costello, Glenda L.—CL

**Grand Center Club**

- McNeal, Curtis W.—CL
- McNeal, Curtis W.—ACB
- Piphus, Orlando D.—CC
- Smith, Richard A.—CC

**Jacobs P3**

- Wisbey, Mark B.—CL

**Open Line Toastmasters**

- Brundage, Kevin—ACB

**Primary Conversations**

- Canady, Annetta J.—CL
- Canady, Annetta J.—ACB
- Smith, Pierre—ACS
- Canady, Annetta J.—ALB

**Sigma-Aldrich Toastmasters Club**

- Porter, Richard W.—CL

**Speech Masters Toastmasters Club**

- Barber, Edith A.—CC

**Toast of WU**

- Archie, Brenda J.—CL
- Walton, Regina M.—CC
- Bagby, Mark P.—LDREXC

**Voices in Unity Club**

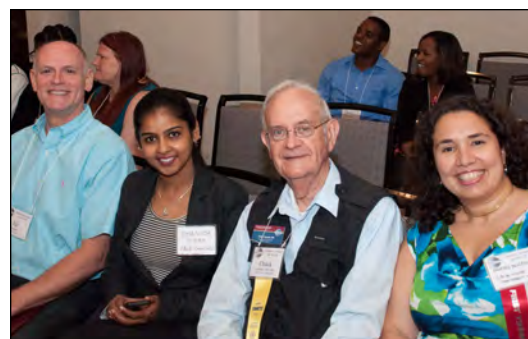
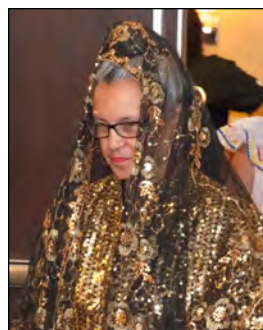
- Karsten, Janice M.—CC
- Oliver, Jim—CC

**Wells Fargo Advisors Toastmasters**

- Cox, Jennifer M.—CC
- Conners, Francis—CC

**WUSTL Speaks**

- Clemons, Mary Kay—CC
- Lorraine, Jackie—CL
- Hawksworth, Cecily B.—CL





## TOASTMASTERS INTERNATIONAL

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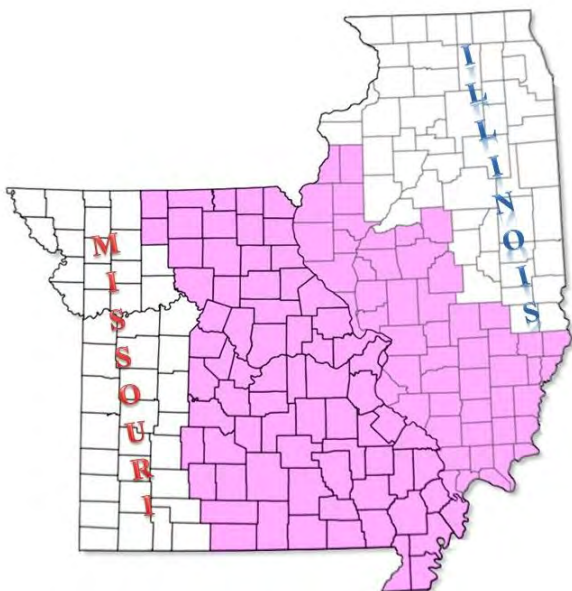
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**WHERE LEADERS  
ARE MADE**

### The Mission of District 8

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



## Remembering Lydia Pochedly, DTM

By Carrie Radnov, DTM & Sandy Kardis, DTM



Carrie Radnov organized a memorial to remember and honor Lydia Pochedly on May 21. Her husband Marty delivered her eulogy, and Toastmasters from three clubs shared memories of Lydia. Lydia was a member of Capital T, West County and St. Charles Toastmasters clubs.

She was known for being an extraordinary Grammarian and Evaluator. Lydia was a great champion of all people in her clubs. She really loved seeing people improve and enjoyed the speaking. Lydia loved Toastmasters.

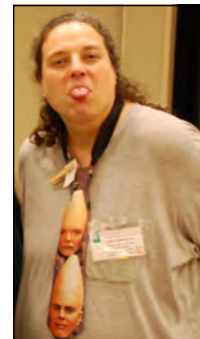
I saw how easily she handled the role of Contest Master and asked her to be the

Contest Master for one of my Division Contests. Lydia was my campaign chair when I ran for Lt. Governor Marketing. I remember seeing Lydia knitting at various District events, and I know many of you will too.



*Our Deepest  
Sympathy*

District 8 will miss her.



Fall Conference 2010  
Lydia's "fun" side

There is an online memorial dedicated to Lydia Grace Pochedly. Marty (Lydia's husband) would greatly appreciate posts at the memorial website. Please click on the link below to visit the memorial:

<http://www.forevermissed.com/lydia-grace-pochedly>

## District 8 Calendar

Until June 30, 2015	"Beat the Clock" Membership Contest
July 10, 2015	Deadline for Issue 1 Communic~8 Submissions
Aug. 1st — Sept. 30th	"Smedley Award" Membership Contest
September 11, 2015	Deadline for Issue 2 Communic~8 Submissions
October 20, 2015	Deadline for Issue 3 Communic~8 Submissions
Nov. 13—14, 2015	District 8 Fall Conference, Doubletree Hotel, Chesterfield, MO