



DISTRICT 8

Communic~8

District 8 News And Events

Volume 16 Issue 2

District 8

September 2016—October 2016

What's in Store for You at the Fall Conference?

Greetings, fellow Toastmasters, from your Conference Chairs, Elizabeth Depke and Seth Jarboe of Division E! We are excited to be the co-chairs for you at the Fall Conference this November 18th & 19th at the Hilton Garden Inn in Columbia, MO. We have a great team working very hard to put together a conference where everyone can have fun in an atmosphere where we can learn and connect with our fellow Toastmasters from outside our normal club setting.

The fun begins on Friday night with the Table Topics Contest. Members from around the district have competed at three levels to get to this stage. Come and cheer them on. The Friday Fun Night will be hosted by Ed Allen from Division E, and he will be leading a street party complete with games and fun. The conference committee is asking you to wear colors we have assigned to your division on Friday night.

Division A - **Yellow**

Division B - **Green**

Division C - **Blue**

Division E - **Red**

Division F - **Purple**

There will be a roast for our Immediate Past District Director Farzana Chohan on Saturday morning. Educational sessions in the afternoon are hand selected by Lori Kaplan from Columbia Toastmasters and Kat Mokriakow, Program Quality Director to benefit each person. To top off the evening the Humorous Speech Contest is sure to be entertaining and a crowd pleaser.

We are challenging every club to send five members to the conference and for one of those members to be a first timer. Imagine the exciting stories (future speeches) your members will be able to bring back to your club.

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Racing and Leadership A Keynote Address

Magnus Jansson, DTM, International Director Region 5

It is great to be back in District 8. The last time we saw each other was at your spring conference back in April of 2015. I remember we explored *Cultures Around the World*. This fall conference, we should



Laugh, Learn, and Connect. What better way than to share a moment together learning leadership applicable to Toastmasters from a different perspective—motor racing.

We learn from every place we visit. We also learn from people we meet, and environments we are in. I have lived in Indianapolis since August 1998. I have learned that *The Racing Capital of the World* really has racing on their mind. I will take you through a complete race on the Indianapolis motor speedway while we laugh, learn, and connect. There is a lesson for us here, and we can apply the lesson to our engagement in this organization.

Later, attend my educational session, A Leadership Formula for Success, which is divided up into three parts. The first part will focus on a definition of what leadership is and how it applies to us. The second part will focus on a leadership formula that was used in District 11 to reach a distinguished status for the first time in seven years. Finally, we will explore a leadership philosophy that may apply to us all.

See you in Columbia at the District 8 Fall Conference.



Columbia Toastmasters #4492 35 Years Old This Year

By Elizabeth Depke, CC, ALB

We have a very active membership that includes international students, educators, business men and women, and retirees. Our diversity is one of the strengths of our club.

We are proud to claim 3 DTMs in our membership and several members that are actively pursuing their DTM. We are proud of being a Presidential Distinguished Club. Each year we work to attain the highest club level. We are blessed with members that actively work to help each other attain personal goals and in doing so we attain our club goals.

Our club is very involved in District events. Division E Director, Erin Tucker, is a member of Columbia Toastmasters as is Seth Jarboe, our Area 7 Director. Elizabeth Depke, president of Columbia Toastmasters, is the co-chair of District 8 Fall Conference with Seth Jarboe. Three other members are chairs for the fall conference. Heidi Jenkins is Facilities Chair, Lorie Kaplan is the Education Chair, Erin Tucker is the 1st Timers Chair. We have three members that are currently serving as club coaches.

Columbia Toastmasters also actively participates in the community of Columbia. This last year we were involved in Columbia's Relay for Life to raise money for cancer research. We participated in Kickstands For Christ, a fund raiser for inner city youth, by setting up a booth and putting our club in the public eye.

From our seasoned and experienced Toastmasters to our newest Toastmaster members, everyone is involved in giving to each other and helping each other. We have fun and thoroughly enjoy each other. ☺



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District Director Message

Lora Mather, DTM

District 8 Director

EMAIL: dd@dist8tm.org



Chart Your Path/Goals

District 8 is one-quarter through our Toastmaster year! As a member, you may be asking why this is important. Let us review our vision for this year. Our vision of the District Eight Enhancement Program (DEEP) is to enhance the visibility of District 8 in the region by being the first choice provider for dynamic, high-value, experiential communication and leadership development *(Inspired by Toastmasters International Envisioned Future). We will attract new members by showcasing our clubs and the *benefits of Toastmaster membership* to corporate, professional and business entities; and (b) engage and explore current mass media communication techniques such as video, webinars, and social media to help our clubs leverage these tools to achieve excellence.

Let us talk about those benefits of Toastmasters. I am speaking of the value of a club atmosphere that calls us to be *our highest self* and makes our mind and soul ready to learn. There is a saying, alternately attributed to Buddha Siddhartha Guatama Shakyamuni and the Theosophists, that goes: When the student is ready, the teacher will appear. Regardless of who came up with it, our club environments set the tone for us to see our teachers appear. I find myself every day learning from my fellow District 8 leaders. An example of my recent learning is the C-Suite concepts. This is an example of translating our complex Toastmasters program manuals and projects within those manuals into steps visualized on one page. This concrete and specific chart helps us to navigate and achieve the educational awards within the Toastmasters program. I am most thankful to Farzana Chohan and Kat Mokriakow for bringing Dottie Love and her message of the C-Suite to District 8 this June. Hearing the Toastmasters program in a different style appealed to me and taught me more about this amazing program and to be aggressive in asking for and seeking opportunities to use and grow my communication skills.

Our Division C Director, R.J. Stratton picked up where Dottie Love left off and has shown several clubs and our District Executive Council leaders how to apply these concepts and individualize their own educational plan. He shared a preview of his presentation at our September DEC meeting. During his presentation, I could feel the excitement and goal setting before my very eyes. In performing their responsibilities, our Division and Area Directors have been challenged to plan and prepare every speech and role as a manual project. **The Triple Crown achievement is within every member's reach this Toastmaster year.** Chart your path/goals and before you know it, you will have three (3) educational awards earned. Not only will this increase your skill level, but it will also help your club in achieving the six Successful Club goals that relate to education. Attend the District 8 Fall Conference and hear for yourself about this new way of working the Toastmasters program.

Remember the club experience is the member's learning experience. Whether we are twenty-year seasoned members or recently joined members, when we think of ourselves the student and prepare ourselves to learn, then our teacher (s) will appear.





Program Quality Director Message

The Spirit of Competition

Kat Mokriakow, DTM

Program Quality Director

EMAIL: pqd@dist8tm.org



As I enter the room, familiar faces loom amongst people I have never met before. I walk up and say hello to a fellow friend I haven't seen in a while, and then take a moment to introduce myself to the stranger sitting in the next row. I know by the time I leave this place, that stranger will be my friend the next time we meet. I take my seat as the contest begins. One by one the contestants speak, giving their best, moving to the tempo of their stories, and leaving impressions on their listeners. I note a certain word I can use for my club's next Word of the Day, catch a turn of a phrase that I can add to my style of speaking, and feel the excitement they are able to impart upon me in the spirit of competition. At the end of the contests, the interviews begin and I get to know each contestant on a personal basis. I hear what club they are competing for and how they made the decision to compete in the first place. I am always surprised and delighted to hear when a competitor says they have only been a Toastmaster for less than six months.

Wow! What an inspiration these contestants are to me and everyone in the room. During the moments of the interviews, I hear their stories and I say to myself, 'yes I and all the others who are hesitant out there can do that too'. These people are normal Toastmasters from normal clubs taking chances, putting themselves forward so they are not holding themselves back, and growing personally in the process. As a very wise Toastmaster once told me, "it is not about winning that makes it important to compete, it is about doing it". It is a hurdle, a fear that keeps up from stepping up to the plate and taking the hit. You never know when you might see me walk across the 'stage' at an area contest, throwing my hat into the ring-just to do it.



Whether I am helping out at a contest or just there to be a cheerleader, I walk away feeling great. The joy I receive in having fun: LAUGH. The creativity in speaking I get from the competitors: LEARN. Then the camaraderie I feel in being with Toastmasters from other divisions: CONNECT. All this fuels me to look deeper, strive harder, and continue to go on.

This is what awaits you at the Fall Conference and so much more! I hope you decide to join us this fall in Columbia, MO, and in the near future, when your club leaders ask for volunteers to compete in the next contest rounds say yes to throw your hat in the ring of competition. Like Nike, Inc. says "Just Do It"!

See You In Columbia!

Program Quality Director Vision: To strengthen the core of District 8 by achieving personal and club excellence



Club Growth Director Message

Elaine Curry, DTM

Club Growth Director
EMAIL: cgd@dist8tm.org



Working Together to Promote Toastmasters Benefits and Values

Fellow Toastmasters,

Village residents, the journey has begun! You are at the helm of the ship helping us to increase membership in your clubs through renewals and new members. I see a rise in the number of firms reaching out to Toastmasters, recognizing the value of professional and personal development opportunities for their employees.

We have been able to schedule three demonstration meetings in the month of October with the hope of chartering new clubs in District 8. We were successful at our first demonstration meeting in getting 21 new members and having a new corporate club charter. Wow, that organization is already talking about chartering more clubs in other cities within District 8. **It takes a village!** We will need your help. We need Toastmasters to assist in holding demonstration meetings. We will need sponsors and mentors for these prospects. Reach out to your Area and Division Directors if you are interested in helping us build new clubs that come to your area. We need to show presence and I know you will be instrumental in our success.

I want to hear from you. I believe working together to promote the benefits and values that we know Toastmasters provides will grow District 8. Let's reach out to our community organizations and tell them about Toastmasters. We may convince them to consider starting a Toastmasters club. We are a prestigious organization and have much to offer in helping build effective communication and leadership skills.

What are the next steps? I would love to hear your ideas on how we can attract visitors to our meetings and give them an uplifting and compelling experience that will encourage them to return and possibly join your club. Please consider sharing the strategies that has worked for you with your District leaders. We want to all share in each other's success. District 8 clubs are some of the best in Toastmasters International. At the convention this past August our District was one of only twelve recognized as Select Distinguished in Toastmasters International. Our District rocks and it is because of you.

We will continue to move forward toward our goal of President Distinguished. I believe in you and I know that we can achieve success.

Thanks for all you do for District 8.



2016 District 8
 Fall Conference Registration Form
Friday , November 18 & Saturday, November 19
Laugh. Learn. Connect.
District 8 Toastmasters Together

Last Name	MI	First Name
Street Address		Apt/Unit #
City	State	Zip Code
Home Telephone # ()		Alternate # ()
Email Address		
TI Designation	Club Name	Club Number
First Time Attendee? Yes No	Current Office (s) Held	

Full Registration Includes four meals (Friday buffet dinner, Saturday breakfast, lunch and banquet dinner; educational sessions, and both contests. Per Attendee \$100 : \$120 after 11/06 Early Bird One deadline for drawing is 10/30 Early Bird Two deadline is 11/06	Qty	Subtotal
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All a Carte Meals	Qty	Subtotal
Friday Evening Buffet (\$32 Early Bird Two deadline; \$37 after 11/06)		
Saturday Breakfast (\$15 Early Bird Two deadline; \$20 after 11/06)		
Saturday Lunch (\$18 Early Bird Two deadline; \$23 after 11/06)		
Saturday Dinner (\$38 Early Bird Two deadline; \$43 after 11/06)		
Educational Sessions & Contests Only Prices Per Person (No Meals)		
Saturday Educational Sessions (\$15 Early Bird Two deadline; \$20 after 11/06)		
Friday Contest (\$5 each)		
Saturday Contest (\$5 each)		
Total Amount		\$

Meal Options				
Saturday Dinner: Circle one selection. For special dietary needs, please email conference@dist8tm.org	Attendee	Grilled Top Sirloin with a Cabernet and mushroom sauce	Grilled Balsamic Chicken	Vegetarian Option: Pasta Primavera

Payment Information
For the Conference: Make checks payable to “District 8 Toastmasters” and send with form by U.S. mail to: District 8 Toastmasters, 5037 Reynosa Drive, St Louis, MO 63128. For credit card payments, send this form to conference@dist8tm.org . An invoice will be emailed to you for payment. <i>Payment covers conference costs. If you want to stay at the hotel, please make your arrangements and separate payment early.</i>
For Hotel Reservations: Call Hilton Garden Inn Columbia 573-814-5464 or fax 573-814-5465. Ask for the District 8 Toastmasters’ room rate of \$109 per night (single/double occupancy) available until Friday, November 4th, 2016. Address: 3300 Vandiver Drive, Columbia, MO 65202



District 8 Credential/Proxy Certificate

**District Council Meeting on Saturday, November 19, 2016 at 10:00 a.m.
Hilton Garden Inn Columbia, 3300 Vandiver Dr, Columbia, MO 65202, USA
7:00 am Credentials Desk Opens**

At the district council business meeting, each club president and vice president education in attendance is entitled to one vote. However, if either or both officers cannot attend, they may designate, in writing, any other active member of their club to act as proxy or proxies for their club. (Use form below.) No other proxies are valid at this meeting – per Article X, Paragraph (d) of the District Administrative Bylaws.

In the event one of these officers does not attend the meeting and has not designated, in writing, an active member of the club to act as his or her proxy, the officer or proxy holder in attendance is deemed to hold the proxy of the other, and may therefore cast two votes at the meeting. This assures that every club is represented by two votes.

In addition, each district officer, including Area Directors, in attendance is entitled to one vote. Only district executive committee members carrying either credential or proxy certificates from their club are allowed three votes. All other members are limited to a maximum of two votes each.

Credential or Proxy Certificate (Date) _____

[Must be submitted to Credentials Desk to obtain ballot(s)] Certificate No. _____

Club name (print) _____ Club No. _____

Your name (print) _____

Your office: _____
(club president, club vice president education, Area Director, other district office)

IF YOU CANNOT ATTEND

For club president and vice president education only.

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

Name (print) _____

Date _____

Signature _____

Big and Bold Is Division E

By Erin Tucker, CC, CL, Division E Director
Columbia Toastmasters #4492

Big and Bold is the theme for Division E this year. This theme was chosen because our members go above and beyond in helping others, helping their clubs, and achieving their goals.

We have many members working on their high performance leadership project as they work hard to produce a conference that will be fun and educational for the members of District 8. Elizabeth Depke and Seth Jarboe- Area 7 Director, are the Co-chairs of the conference. They have a team of Division E Toastmasters that are working hard as well. These team members are Shyam Paudel- Area 14 Director, Heidi Jenkins, Ed Allen, Lorie Kaplan, David Mallory, Erin Tucker-Division Director, Linda Sullivan, and Judith LaRose- Area 21 Director, with many other members assisting. Come over to Columbia, MO on November 18-19 and join Division E in celebrating District 8!

The Area contests are completed and everyone is looking forward to the Division contest October 23rd. The contestants have worked very hard on their speeches. Laughter will be abundant. I would like to give special appreciation to all the members who came out and supported the contestants by being contest functionaries and providing an audience. With our **Big and Bold** members our Contests are successful and fun.

Division E has produced a website that includes all Areas, clubs and members. Through the website members are spot lighted for their accomplishments such as CC's, CL's, ALB's, ACB's and more. Clubs are spot lighted for their accomplishments. The website has a calendar. Any member can submit a special date such as open houses, themed meetings, anything that they want to share with the Division.

Our Division has gone above and beyond because of our members. One such case is Elizabeth Depke and Seth Jarboe who are club coaches. Shyam Paudel and Erin Tucker have also signed up as club coaches. We are also in the works of having some other members become coaches as well. As club coaches these members are able to help struggling clubs grow.

"Kickstands for Christ" was a project that Kenny Freeman, who is **Big and Bold**, did with his high performance leadership manual. He succeeded in getting many organizations to support inner city youth and help make his event successful. Kenny Freeman is a DTM, a past Division Governor, and has held multiple officer roles within his club.

Division E is home to two prison clubs, Talu and Alpha. Through the generosity of District 8 members these two clubs have been sustained for multiple years. There are many members involved with the building of and maintaining of the prison clubs. Keep a look out for the future when the prison clubs host their annual banquets. Members are invited to join a meeting, just let us at Division E know!

Division E is full of a diverse membership from professionals, to students, to retirees, prisoners and even to the youth through Youth Leadership Programs. Each member plays a significant part in what is Division E. Each member is **Big and Bold** in their own way! We cover a vast area from Moberly, MO to Rolla, MO. We have clubs that are some of the oldest with Fort Leonard Wood just turning 50 years old!

In 2014 Sudharshan Anandan competed in the Toastmasters International Speech Contest semifinals in Kuala Lumpur, Malaysia.

(Continued on page 9)

Member Focus: Brian Jones

By David Mallory, DTM
Shelter Insurance Toastmasters Club #7349

Brian Jones joined the Shelter Insurance Toastmasters Club (#7349) barely a year ago, and is a shining example of the benefits Toastmasters has to offer.

Jones was employed by Shelter Insurance as a corporate recruiter in April of 2012. He moved to the training department of the home office and realized his new position would have him speaking frequently. He joined the corporate club at work and began advancing along both Speaker and Leader tracks. He served a term as club Vice President – Membership and within a year had achieved both his Competent Communicator and Competent Leader awards.

A fellow club member, Patricia Tabor, shared that Jones has a knack for speaking to everyone in the audience, no matter what their particular background. In a recent speech about the Black Lives Matter movement, Jones explained both sides and shared personal anecdotes. He left her – and everyone in the room – with the idea that not only is there at least two sides to every story but that there is hope that we can all grow together. She said, "Brian shared enough of himself so that each person could relate to his speech in a different way."

Jones' family is the most important thing to him, and in several of his talks he has shared personal stories about his wife, two daughters, and extended family.

Recently, Jones was tapped by Shelter Insurance to serve as the first Manager of Diversity and Inclusion at the company. He couldn't be more pleased.

Asked about the impact Toastmasters has had on his life and career, he said, "Since I've moved to Columbia both of my roles have required lots of public speaking. Being a Toastmaster has given me multiple opportunities to improve and given me more confidence when I'm standing in front of a group." ✨



(Continued from page 1)

Please join us! Laugh, learn and connect with Toastmasters from all over District 8!

Elizabeth Depke and Seth Jarboe, Co-Chairs Fall Conference, 2016 ✨

(Continued from page 8)

Curtis Scroggins was District 8 Governor in 2012-2013 and Cindy Larm in 2000-2001. 2015 Toastmaster of the Year was Frank Yates, who also recently received his DTM. Lorie Kaplan was Area Director of the Year in 2015 and Ralph Kreigh in 1989. Through Division E's existence many members have accomplished many achievements. In the future many more achievements are yet to come.

Big and Bold is Division E, only because our members are **Big and Bold** themselves. ✨



District 8 Members Earn Education & Leadership Awards from September 1—October 11, 2016



Division A

South County Toastmasters Club

- Bone, Dean A.—CL

Master Toasters Club

- Gross, Matthew—CC
- McChesney, Joseph L.—CL
- Steinbach, Carol C. —CL

Speak Easy Toastmasters

- Garlich, Chris Robert—CC

Chesterfield Toastmasters Club

- Desrosiers, Kevin M. —CC

Crossroads

- Dalton, James —ALB
- Muelleman, Norman F —CL
- Nicholson, Stephanie A —CC

Voices of Impact

- Camp, Kimberly Eileen—CC
- Wojtak, Jim—CC

Maritz Toastmasters

- Gangarajula, Ganesh Kumar—CC
- Hoehne, Kari A—ACB

Division B

Creve Coeur Toastmasters Club

- Baniak, Kevin—CC
- Jeffries, June M.—ACG
- Kardis, Sandra M.—ACG
- Szczygiel, Pawel—CC

Money Talks Club

- Subbiah, Chidambaram—CL

Bulls & Bears Club

- Boyle, Tim—CC

Cave Springs Toastmasters

- Walker, Karen Kaye—ACS

Wry Toastmasters—A Specialty Club Focusing on Humor

- Calmeses, Vickie D—LDREXC

WelDon Toast Club

- Anantharam, Parasuram—ALS

DSAGSL WORD Masters

- Ampleman, Thomas F.—CC
- Gravlin, Betty Jane—CC
- Naik, Neha Bharat—ACB

Shalom Church Toastmasters

- Troy, Donna R.—LDREXC

Aerospace Orators

- Ikeda, Yutaka—ACS

Little Hills Toastmasters

- Blattman, Robert A.—CC

Script Masters Club

- Desrosiers, Matt Justin—CL

Monsanto Noontime Toastmasters

- Monken, Joshua A.—ACS

Division C

Noontime Toastmasters Club

- Petty, Sarah T.—LDREXC
- Petty, Sarah T.—ALS
- Petty, Sarah T.—DTM

Capital City Toastmasters

- Brennan, Katherine P.—CL
- Brennan, Katherine P.—ALB
- Rankin, Sue M.—ALB

St. Clair Club

- Koester, Herman—ALB
- Smith-Murphy, Eileen Shannon—CC

St. Elizabeth's Hospital

- Stratton, Raymond—LDREXC

Division E

Columbia Toastmasters

- Depke, Elizabeth P.—CL
- Depke, Elizabeth P.—ALB
- Kreigh, Ralph E.—CC
- Tucker, Erin Leila—ALB

Shelter Insurance Toastmasters

- Bradshar, Michael R.—ACS
- Sullivan, Linda A—ACS

Alpha Toastmasters

- Love, Jim—ALB

Talu Toastmasters Club

- Enke, Jonathan A.—ACB
- Simmons, Richard—CC

Downtown Toastmasters

- Unger, Jane—CL

Brewer Science Toastmasters

- Stanley, Trevor—CC

Division F

Webster Groves Toastmasters Club

- Liao, Tao—CC

SPEAK UP! Club

- Kardis, Sandra M.—DTM

Open Line Toastmasters

- Lewis, Carmen—CC

Primary Conversations

- Canady, Annetta J.—CL

Wells Fargo Advisors Toastmasters

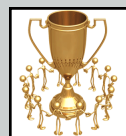
- Curry, Elaine —LDREXC


ToastUS

- Long, Elizabeth, A.—CC

Toast of WU

- Boaten, Veleria A—CC
- Jordan, Rebecca J—CL





Laugh
among friends.
Learn
from the best.
Connect
with your Fellow Toastmasters.

District 8
Toastmasters Together

District 8 Fall Conference

November 18-19, 2016

Hilton Garden Inn

Columbia, MO 65202

Register at dist8tm.org

#LaughLearnConnect

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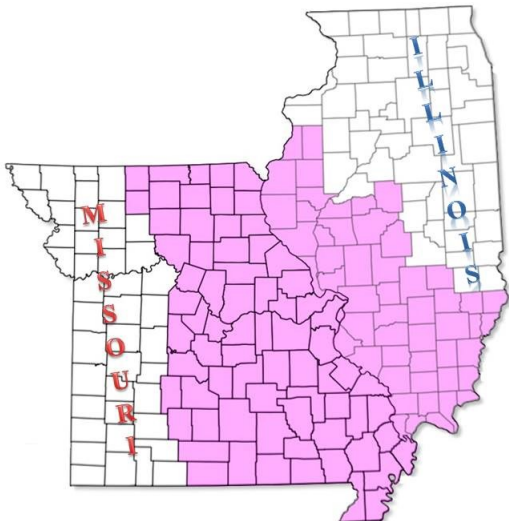
**District 8 is on the web.
www.dist8tm.org**

Toastmasters International Values

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

The Mission of District 8

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

**District Vision:
District Eight Enhancement Program (DEEP)****From the Editor**

Just as this squirrel is collecting nuts for winter, I am collecting articles for the next issues of the Communic~8.

Do you have an article about your club, club member, photo or a Toastmaster item you would like to contribute to a future issue? Start collecting your thoughts and documenting them. Email your contribution in Microsoft Word to the Editor.

The submission deadline for the next issue is **December 2**.

