



DISTRICT 8

E-Communic~8

District 8 News And Events

Volume 16 Issue 1

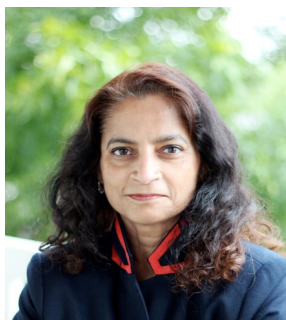
District 8

July 2016—August 2016

Select Distinguished District 8 2015 - 2016" Award Celebrating Our Success

By Farzana Chohan, DTM, IPDD

It was an honor to receive a "Select Distinguished District" Award for District 8 by Toastmasters International President Jim Kokocki at 85th convention in Washington DC. It is a humbling experience to stand on a stage so huge, which has accommodated over 140 people with flags of countries at the opening ceremony.



The moment can be best described as amazing, as Kat and I walked up into flashing lights of all types of cameras on stage. We raised our hands together and validated the work of each member of our District. The energy in the crowd was electrifying as the delegates were full of camaraderie and spirit of Toastmasters.

As I reflected upon the leadership journey, to me it is clear that District has achieved this award due to hard work of each member of this District, club officers and team work. It was not possible without the support of each member who have worked on their education and leadership goals and submitted them to TI to move to next level of growth. The selfless dedication to develop skills and grow while helping fellow Toastmasters is the core element for our District's success.

On Friday afternoon at Golden Gavel event, leaders of successful districts were presented to convention attendees. Event planner lined up everyone behind the stage in a narrow, dimly lit backstage passage, where you can see TRIOs in front of you and behind you, while you can also see them walking on stage on the backside of big screen, hanging above your head. And off course to navigate, you are talking to your cohorts from other districts while waiting for your turn to go on stage.

This little experience reminded me of leadership journey, where you can see in front and behind and to future on the horizon, when everything is not clearly visible, but the sense that you are on a right path with your intuition and vision, along with team work act as guiding lights.

The "Hall of Fame" ceremony on Thursday night was full of fellow Toastmasters from all around the world. District 8 had thirteen members attending the convention. District 8 had

(Continued on page 2)

Toastmasters International in Washington, D.C.



Accepting award from Toastmasters International President, Jim Kokocki, DTM



Elaine and Lemont Curry with Aaron Beverly, 2nd Place winner and Josephine Lee, 3rd Place Winner



Kat Mokriakow with her glowing lights



International President-Elect, Balraj Arunasalam, DTM

(Continued from page 1)

made a 19 foot long banner to walk on the stage. We received many accolades for size and branding of our banner as well. Our group looked very sharp as they presented District 8 on stage and received the award.

Many of my non-Toastmasters friends asked me what kind of monetary reward this award brings. The answer is simple, the rewards include: the bond, the experience, the learning and developing, all of which are above and beyond any monetary gains. Knowing each one of you, my fellow Toastmaster is PRICELESS!



District 8 Toastmasters
at Hall of Fame



Raising Our Hands Together



Regina Dennis, DTM



Dhanuja and Bridgette preparing to watch
World Championship of Public Speaking Contest



With Rebecca Now



The Marriott Marquis greeted the Toastmasters Convention goers with a make your own trail mix bar.



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District Director Message

Lora Mather, DTM

District 8 Director

EMAIL: dd@dist8tm.org

Let Us Enjoy Learning Together.

"We learn in moments of enjoyment." - Ralph Smedley



Our mission is to build new clubs and to help clubs achieve excellence. As a member, you may be asking why? We build new clubs because learning through human connection is the pathway for self-development, self-actualization and happiness. The club experience is the member's experience. In an excellent club experience, our members soar in their self-development and personal growth. As our newly inaugurated International President, Mike Storkey says "Remember the member".

As District 8 celebrates its achievement of Select Distinguished for 2015-2016, let's continue with the vision of the District Eight Enhancement Program (DEEP). Our goal 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, social media to help our clubs leverage these tools to achieve excellence.

As Dr. Ralph Smedley said, "We learn in moments of enjoyment." At the heart of enjoyment is JOY. Joy is a deeper level of happiness. It is a form of happiness that radiates from your soul. Finding JOY in our lives means living a gratitude filled life. I am vowing to make this year, my year of joy and to practice gratitude every day. On Sunday morning after the convention, I shared with my fellow Toastmasters that I am thankful to serve as District Director again. The moment I said those words out loud, I teared up. Instead of ignoring that emotional moment, I lingered and thought about my own Toastmaster's club experiences and that I received much more than I ever gave. My blessings are many, and I count among them the loving forever friendships that I have made with Toastmaster members and especially the members of District 8. I cannot imagine my life without these people.

Let us enjoy learning together. ▲

District Vision: District Eight Enhancement Program (DEEP)



Program Quality Director Message

Learning From Others Around the World and Close to Home

Kat Mokriakow, DTM

Program Quality Director
EMAIL: pqd@dist8tm.org



What a great time I had at the Toastmasters International convention. The diversity, the camaraderie, and the excitement refreshed my spirit and inspired me. Spending time with people from all over the world was a great experience that I will never forget. We laughed, we danced (yes we even danced at the business meeting!), and we shared memories. The most important thing we did was learn. Toastmasters from around the world brought their experiences to the convention and shared their best practices. I know I cannot use every idea that was shared; however I am embracing the ones that I believe are the best for District 8 members and will incorporate those in what is offered this year.

Part of the district mission is supporting all clubs in achieving excellence. Last year I attended many Toastmasters clubs around the district. The message I brought to them was club quality and how it related to membership retention. Even though I am now the PQD, my message remains the same. Club Quality is vital to the success of the club's existence. Look to the district website for opportunities and incentives at www.dist8tm.org.

Why Did You Join Toastmasters? You may have asked yourself that question many times since joining. The simple answer is self-development. How that looks for each person is different and may change as we grow and stretch ourselves within the Toastmasters program. Sometimes a person may get lost in why they joined Toastmasters. Somewhere along the way we settle and well we just settle. Holding functionary roles within the club is what we begin attending our club meetings to do. Even though each functionary role is important it could become a safe place that stops your development in communications. So how do we get back on track? How do we gain the sparkle we had when we attended a Toastmasters meeting for the first time?

It goes back to the experience I had at the Toastmasters International Convention. Other Toastmasters inspired me. They gave me new life to continue on and to examine if what I am doing is the best work I can be doing for others and even myself. In District 8 we have opportunities for you to learn and be inspired by others: the first is club officer training and the second is contests. At the Toastmasters Leadership Institute (TLI) club officers from eastern Missouri to southern Illinois come together and share best practices. Educational sessions for all members are also offered; contests are held twice per year and advance over a four month period. Contests extend through the Area, Division, and District level and are the perfect way to connect with other members from clubs around the district.

My desire for you this Toastmaster year is to ask yourself why *did* you join Toastmasters and take the time to reach for it. As we grow in knowledge new challenges are presented to us. I ask that you embrace these new opportunities and be inspired by other Toastmasters.

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



Keeping Our Eyes and Ears Open for Opportunities That Come Our Way

Greetings Fellow Toastmasters!

First I would like to thank you all for providing me the opportunity to lead as your Club Growth Director for this Toastmaster Year 2016-2017. Upon returning from the District leader training I received at the 2016 Toastmasters Convention in Washington D. C., I feel energized and motivated by the valuable information that was shared to help us move forward and climb higher; building upon the success of our District's success this year of **Select Distinguished District**.

I am excited by the standard that has been set for District 8 and plan to work hard in establishing new clubs, helping you grow your club's membership and making opportunities for those who would like to be mentors, sponsors and club coaches. I plan to host a few marketing initiatives to ignite your creative juices and stimulate some healthy competition for us all to celebrate as we climb the ladder of success.

My theme this year is "***It takes a village***". You will often hear me relate to that theme to promote continuous teamwork. Starting new clubs will be challenging but possible. We all need to keep our eyes and ears open for opportunities that come our way. Chartering one new club increases memberships by a minimum of 20 new members as that is necessary to charter. It provides two opportunities for mentors to be assigned to the newly chartered club. I want to encourage you to consider doing a Speechcraft. This can be a great introduction of Toastmasters to potential new members. The club gets a chance to let non Toastmasters participate in our meeting environment and to receive some coaching from seasoned Toastmasters. I truly believe if we all set our minds on ways to help achieve our goals we can soar to new heights.

I look forward to our journey this 2016 -2017 Toastmaster year. We will make history for District 8, and you will be proud to be a part of this Select Distinguished District which is on its way to President Distinguished District. We must believe that we can and then we will!

Get ready for our journey.

Warm Regards.

Elaine

Appreciation for Continuous Years of Club Leadership

By Sandy Kardis, DTM
Creve Coeur Toastmasters

June Jeffries, a member of Creve Coeur Toastmasters #1267 since 2008, took on the role of club Sergeant-at-Arms that very same year. When Toastmasters International launched the tagline "Where Leaders Are Made" in 2011, June bought into that tagline. She took the opportunity to aid in the club's success and gain additional valuable hands-on-leadership experience by serving the club as Treasurer. Serving as a club officer is a great responsibility and an exciting opportunity. Starting in January 2011 through December 2015, June served as Treasurer, President, VP Membership, President, and VP Education. In these club officer roles, June has grown into an effective leader. Her commitment to providing positive support to the club ensured that the Creve Coeur Toastmasters club and members would achieve their goals. Club members showed their appreciation for June's years of service by presenting her with an Appreciation Award at the January 7, 2016 Creve Coeur Toastmasters meeting.

For the 2016 – 2017 Toastmasters year, June has taken on a new leadership role, Area 13 Director. The responsibility of an area director is to serve as a liaison between District 8 and clubs by developing successful teams, enhancing club quality, establishing and supporting new clubs, conducting quality speech contests, and thriving in the District Recognition Program.

June also experienced growth in leadership opportunities at her workplace during this same timeframe. She joined Toastmasters in response to new challenges at work, a developmental opportunity to serve as a Project Manager of several levee improvement projects at the US Army Corps of Engineers in St. Louis MO. This led to another Project Management opportunity with several river projects. In 2012, June was selected as Chief of the Programs Branch at the St. Louis District, leading a team of ten members, with responsibility for an annual budget of approximately \$200 million dollars of Civil Works programs. Toastmasters has provided June with many opportunities to practice and develop her leadership skills in the work place. ▲



Impressions of My Second Time

By Bridgette Wesley, DTM,
M-Powered Speakers Toastmasters

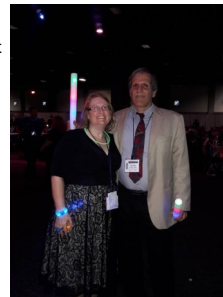
Smedley Hometown Memorial Toastmasters Club held an online meeting. Lora Mather, Toastmaster of the Day, introduced a guest to members at the meeting in D.C. and in St. Louis via computer connection.



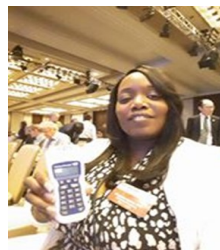
District 8 International Speech Champion, Dhanuja Singh, competed with 9 other district champions in Semi-finals 9. Dhanuja was interviewed after the speech contest by Dietmar Wagenknecht, DTM, PID.



Darren Tay Wen Jie of Singapore, District 80 won 1st place in that Semi-finals round and ultimately went on to win the 2016 World Championship of Public Speaking.



Here is a photo of me with 2016 World Champion of Public Speaking, Darren Tay Wen Jie at the President's Inauguration. Another photo from the President's Inauguration Gala includes Kat Mokriakow, DTM and Tim Spezia, DTM, PDG.



This was my second International Convention but first time as a voting delegate. It was different to experience the business meeting with a club proxy and be able to vote on the proposals and international officers. The meeting extended much longer than planned, but we hung in there to ensure that the business was handled. Party music was thrown in between technical difficulties and ballot tallying.

Dr. Ralph Smedley said, "We learn best in moments of enjoyment." I thoroughly enjoyed myself and learned so much during the 2016 Toastmasters International Convention. I am looking forward to next year's Convention in Vancouver, British Columbia already! ▲



Thank You Joann York



Thank you, Joann York, DTM for your many years of service to District 8 as the Editor of our newsletter, the Communic~8. From 2009 to 2016, you have organized articles on various topics in an artistic and professional manner. Front page articles were always attention-grabbers. District events such as Toastmasters Leadership Institute (TLI) and fall and spring conferences were top priority. You reached out to District 8 Toastmasters serving as TLI and conference chairs and keynote speakers to promote their work. Articles from first-timers at the Toastmasters International Convention including District 8 speakers who competed in the Speech Contest Semi-finals were featured. Occasionally you contributed an article. Do you remember, "Celebrating Milestones On Your Journey" from October 2013?

During the June, 2014 TLI, we shared a presentation, "How to Create the Communic~8". You spoke about what it took to put the newsletter together, and I spoke about the distribution process—email and hard copy. It was great working with you.

Thank you again on behalf of District 8 Toastmasters.
Sandy Kardis

Writing a Club Newsletter

By Joel Sander, ACB, CL
Capital City Toastmasters Springfield, IL

When I joined Toastmasters in 2008, I thought that we needed a way for our members to get to know one another. We would spend one hour a week with each other and then scurry off to the rest of our lives until the next week. We never had the opportunity to talk outside our meetings and to find out about each other. The great thing about Toastmasters is it is a great way of networking yet we hardly ever spoke to each other outside of our meetings!

So I started publishing a bi-monthly newsletter. I have a background in Journalism so it was "easy" for me to start and something I enjoyed. I use the newsletter template provided by Toastmasters International because the look and feel of it reflects the TI branding that we are all trying to replicate. I wanted our newsletter to featured basic information about our CLUB but also feature the members that make up our club.

The main focus of our newsletter is our members. Who recently achieved a Toastmasters award, who was recently promoted at work, who is serving on a board or who recently joined. The more we learn about each other, the more we can learn FROM each other.

The key to a successful newsletter is to get the members involved. Glean information from them. Ask for their help (they can get leadership credit from TI!) in gathering information about themselves or other members. Ask your V-P of Education who earned awards this month or this quarter. Get your V-P of Marketing to spread the word about your newsletter and your club. You do not have to actually print the newsletter. Post it on your website for members or non-members to view. Send it via e-mail to potential members as part of a new member kit. It can be produced monthly, bi-monthly or even quarterly depending on how much information you gather. Be consistent. Don't skip months or quarters just because you don't have enough news. You can always find filler to make the newsletter full.

One thing I learned at an early age was that everyone likes to see their name in print. They want to get some type of recognition for something they have done or something they have accomplished...be it small or large. As a child, my father would always donate money to Friend-In-Deed, a fundraiser put on by the local newspaper during Christmas to raise money for those less fortunate. My dad would donate and put it in my name and every day I would look to see if my name was in the paper. ▲

Can a Club with A Small Membership Number Really Meet All 10 Distinguished Club Goals?

By Patti Howard, ACB, ALB
Marion VA Toastmasters Club

Having a competitive spirit, I asked my leadership team to shoot for completing all ten goals this past year. Once before, we had accomplished 9 goals, but because we didn't meet the membership requirement, we did not receive any recognition, which was a great disappointment. This past year, we started the year with only 9 members. I challenged each officer to identify how they would monitor their sections to accomplish our goals. While there are difficulties in achieving each goal, we worked on how it could be done. We started by using the *"Distinguished Club Program and Club Success Plan"* manual, by having each officer identify specific goals they would be responsible for and then reported on our goals. I also asked each officer to fill out the New Member Profile so I could check in with them to see how they were doing and if I could remove any roadblocks that would keep them from achieving their goals.



Since the membership goal kept us from receiving recognition, Carla Martin, VP of Education took on that challenge and set for herself a goal to sponsor 10 members. She presented an idea of having a Spooktacular event, where we could showcase Table Topics with a Halloween theme for our medical facility. The Rec Hall was transformed with various Halloween decorations and Toastmasters donned costumes. We had thirty staff join in coming to that event which resulted in two joining as Toastmasters. At year's end, Carla sponsored 10 of the 11 new or reinstated members this past year. Officer Training is difficult when the group training is offered only in the St Louis area, as that means basically a whole day for us. Travel one way to St Louis is 2-2 ½ hours. Our Fall Training was provided by our Area Director, which is very helpful to meeting goal #9. At that time, my competitive spirit compelled me to offer a challenge to the other club who attended that training. The challenge was, the first club to meet 5 goals would receive a dinner prepared by the other club. Each club decided that was a great idea so, "Game On!" Cynthia Mills, President of Southern Illinois Toastmasters secured a trophy that would travel between the clubs each year.

By concentrating on the goals that we felt would be the hardest to achieve, getting them "knocked out" allowed us then to focus in on the Education goals. I knew I had to keep our overall goal of achieving all 10 goals in front of the club, but I didn't want to push the club goal over real personal development. With 8 new members, mentors doubled up taking on several mentees. Having the achievement charts (leadership, competent communicator, advanced communication), at each meeting and marking them gave us that visualization of where each of us were in meeting our individual goals. It also served as a reminder to the mentors to work with their mentees. If they saw the new members weren't actively working on their individual goals they could encourage them to step it up. Once a quarter, we brought up the Distinguished Program (DCP) At a Glance chart with the team to see where we were as a team in meeting those 10 goals.

I was getting pretty nervous when we came to June still short on achieving our 10 goals. But a speech on June 24th, was the final speech of a team member achieving the last goal \$4 ~ Advanced Communicator Silver. It took a team that met their individual goals, with gentle reminders from mentors and the VP of Education, along with sparing with another team, but it was a fun year. Having members attend both the fall and spring conferences helped create better comradery. Seeing another meet their goal of winning at the Division Speech Contest Level was cause for more celebration.

As a Club President, I am reminded of "The Plate Spinner" performances on the Ed Sullivan Show. Meeting all ten goals that Toastmasters International identifies stretches the club for maximum success and distinction. It forces us to choose and concentrate on a few goals to get going while at the same time, keeping an eye on all goals and working to meet them all at the same time. Resolution of issues that may arise within the club have to be addressed and help given towards overcoming them. Then celebrating with your team all year long leads all to a rewarding and self-satisfying experience.



Semi-Finalist Contestant Speaking Order #7

By Dhanuja Singh, ACS, ALB

Creve Coeur Toastmasters and Thomson Reuters Speak Now Toastmasters

I am sharing my experiences not through the eyes of a District Champion of D8 but through the eyes of a District Champion of D8 who did not become the World Champion of Public Speaking this year. While the list is quite long, I am sharing 7 tips to the aspirant World Champions who might benefit from what went well for me and what did not.

Take Pit Stops – On the day I won the District Championship, my mind started racing in the direction of “What next?” I don’t remember celebrating the success of winning. At this point, I had trained for several levels, for hours, weeks, days and months like other co-contestants. Clearly, after several laps; one needs to refuel, change the tires and then accelerate. I did not take a pit stop. At a point, I admit that I was heading towards a burnout. I took the pit stop much later. Remember to cherish the success and reenergize. Take the pit stop at the right time! Take a vacation and mainly stop thinking about the competition for at least one week.



Plug-in to Many – This was the title of my potential Finals Speech, had I made it to the Finals. Like a drained cell phone that needs a charger to plug in and perform at its best, we need to plug in when we are out of resources or ideas. This worked for me. Starting from the day that I had won the District Contest, district leadership (current and previous) stepped in to help. I also plugged into several mentors from across the district and the globe who offered time, selfless dedication, ideas, and feedback. When you are out of resources, Plug-in to the wisdom of many. Thank you to all chargers!

Prepare two speeches – As part of the contest rules, the contestant who qualifies to the Finals will need to give a brand new speech that s/he has not delivered in any contest since Jan 1st of that year. I did not start writing this speech until the day I won the District Contest. If you are contesting, start working on two speeches simultaneously. If you make it through, you get to use it. If you don’t, you have a good speech prepared for next time.

Level 10 Evaluation - There is a new club in District 8 called Competitive Speakers Club. All aspirant contestants, winners, and future world champions are part of this club. After every speech given at this club, members ask which level feedback would you like (1 – Being nice to the speaker as s/he had a bad day; 2 – Balanced or Sandwich; 3 – Critical). When I tested my speech at this club, I told them “Give me 10”. Beware! They will give it to you. It worked really well for me.

Take meaningful risks – I took two risks on the Semi-Finals stage. One, I altered a line in my speech with an impromptu reference from the previous speaker. Two, I performed a rope trick (you can call it “Magic”) that had to go right to have the impact. Both could have worked excellently for the speech had I executed them with a slight variation. On the other hand, it worked for me as a speaker. I kicked myself out of my comfort zone. I leave the choice to you on this one.

Play to Win or Lose? - The important question is “Why are you contesting – To win or to lose?” The answer is different for everyone. I am sure you know yours. That is why World Champions don’t quit being Toastmasters. I am way better as a speaker than when I started as a Toastmaster and contestant in 2012.

Participate in contests – I realized that as my speaking ability and speech was improving, I was changing too. Amidst fears, anxieties and discomfort; I experienced moments of gratitude, faith, love from family and friends, self-discipline and fun. I did not step into it knowing this, but I came out of it gaining a lot more than speaking. The Journey is rewarding.

I am not writing the conclusion because Champions, may your contest begin! ▲

Smedley Hometown Memorial Toastmasters Club Holds Epic Meeting in Washington, D.C.

By Lora Mather, DTM, DD
Smedley Hometown Memorial Toastmasters Club

The Smedley Club members and guests held an **epic meeting** in the history of Smedley Hometown Memorial Toastmasters Club and District 8! Our Smedley Club meeting for August was held as a live-video club meeting at the Toastmaster's International Convention in Washington, D.C. For those in St. Louis, the start time was 7:30 pm Central time. Our members who attended via web connection were Melissa Triplett who served as Timer, James Childress who served as Grammarian and Mark Strothmann who served as General Evaluator. RJ Stratton also visited our on-line meeting. For those of us in Washington, DC, it was 8:30 pm. Those attending were Mary Kerwin, Farzana Chohan, Bridgette Wesley, David Kincade and Lora Mather. Our guests from District 8 were Tim Spezia, Kat Mokriakow, and Elaine Curry. Three other Toastmasters guests joined us, Helen from San Diego, California, Manhal from Northeast Texas and Harry from Washington, D.C.

We assembled in a nook in the hotel lobby area and staked our claim to several comfortable chairs. We were excited and jazzed having just attended the inspiring opening ceremonies which included the international flag procession, a class musical comedy act – The Water Coolers-- tailored for Toastmasters and a motivating keynote address by Ed Tate, past World Champion of Speaking. What a night!

As in all meetings, our meeting evaluation noted that there was room for improvement in the technology department and learning how to move on camera and project our voices. But overall, we enjoyed the opportunity to try something new and experience an on-line meeting. There is a place for on-line learning experiences in Toastmasters.

Kudos to Melissa Triplett for her creative use of colored paper as our on-line Timer. James Childress experienced some audio difficulties but also gave his grammarian report creatively by texting and having the Toastmaster read his report. Mark Strothmann gave an encouraging and detailed evaluation as he experienced the meeting from his home. Our speaker, David Kincade, humorously recounted how Words Are Indeed Powerful and related it to our convention mode of communication--- group texting. Kudos to David for giving a speech in a very public area of a hotel. Several people stopped to listen and applaud. Serving in role as Evaluator, Mary Kerwin shared her thoughts about David's presentation and a few suggestions for improvement. It was an epic meeting!

Our club is planning to continue with on-line meetings to expand our communication skills. Visit our Smedley Free Toast Host Site <http://www.4115.toastmastersclubs.org/> for meeting dates and times and how to connect on-line at our next meeting. ▲

Photos from the 2016 Toastmasters International Convention were provided by Farzana Chohan, Bridgette Wesley and Rebecca Now.

Thank you!



District 8 Members Earn Education & Leadership Awards from July 1, 2016—August 31, 2016



Division A

South County Toastmasters Club

- Budd, Tim—CC

High-Noon Toastmasters Club

- Kirchdoerfer, Ellen K.—CL

Mastertoasters Club

- Kohlmann, Patricia M.—CC
- Allen, Wayne —ACS
- McChesney, Joseph L. —CC

Maritz Toastmasters

- Harris, Zanetta C.—CL
- Harris, Zanetta C.—ALB
- Schaumann-Harfst, Karon M.—ALB

Southern Illinois Toastmasters Club

- Klein, Barbara Jean—CL
- McClurken, Kathy A.—CC

Division B

M-Powered Speakers

- Durham, Katherine A.—CL

Monsanto Noontime Toastmasters

- Griffith, Doug—CC

WelDon Toast Club

- Anantharam, Parasuram—LDREXC
- Spann, Susan —CL

Shalom Church Toastmasters

- Troy, Donna R. —ACS
- McPherson, Christopher R.—CC

Little Hills Toastmasters

- Spezia, Timothy L.—CC
- Spezia, Timothy L. —ALB
- Kartha, Savita H.—ACB

St. Charles County Toastmasters Club

- Oliva, Michael J.—CL

Plus Factor Club

- Soni, Deepak.—ACB

Creve Coeur Toastmasters

- Martinez, Roland—CC

DSAGSL WORD Masters

- Naik, Neha Bharat—CL
- Naik, Bharat N.—CL

Division C

Noontime Toastmasters Club

- Pietroburgo, Dan R.—CC

Capital City Toastmasters

- Shoultz, Juliet K.—CC

Scott Toastmasters Club

- Hunt, Josh M. —ACB

Elizabeth's Hospital

- Jablonski, Natalie D.—CL

Division E

Alpha Toastmasters

- Lester, Mike A.—ACB
- Davis, Pierre—ALB

Capital Toastmasters Club

- Cochran, Pamela L.—ACB
- Sullivan, Linda A—ACS

Columbia Toastmasters

- Choi, Heesook—CC

Downtown Toastmasters

- Kreigh, Ralph E. —CL
- Milarsky, Jeremy F—ALB

Talu Toastmasters Club

- Abdullah, Muhammad—CC
- Wilkes, Deandre—CC
- Creed, Delbert E.—ALB
- Creed, Delbert E.—ALS
- Creed, Delbert E.—DTM

Waynesville-St. Roberts-Area

- Stewart, Teresa Anne—CL

Division F

Midtown Clayton Toastmasters Club

- Carls, Sarah Jane—CC
- Dolson, Thomas E.—CC

Voices in Unity

- Triplett, Melissa—ACS
- Murphy-Overmann, Mary—CL

Jacobs P3

- Graves, Alison N.—ALB

Toast of SLU

- Saffore, Linda D.—CC

Wells Fargo Advisors Toastmasters

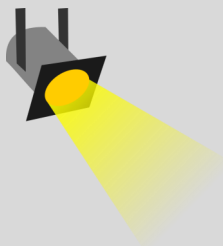
- Francis, Rachel—M.—LDREXC

Downtown St. Louis Toastmasters

- Muturi, Nancy W.—CC
- Sambou, Abdoulaye—CC



From the Editor



District 8 Toastmasters, I am looking to you to submit articles and photos about interesting club and member moments. Club meetings include the roles of Toastmaster, Speaker, Evaluator, General Evaluator, Grammarian, Table Topics Master and Timer, but many clubs have added a creative meeting role. Does your club have one? Are your club members using the Toastmasters mobile app to help them perform roles as Ah-Counter, Timer and Grammarian? How do they like it?

Has your club celebrated a club anniversary? What is unique about your club?

Does your club sponsor a Youth Leadership Program?

Are there members in your club who have been recognized for their community or professional accomplishments? Who in your club is an outstanding Toastmaster and why? Has a fellow Toastmaster made an impact on you?

These are only a few ideas. I know your club will have something to share with all district members in future Communic~8 issues just as members did for this issue. Submit your articles and photos to me by emailing to sandymmk@yahoo.com. Put the spotlight on your club and fellow members. ▲

Weather Permitting – Outdoor Tents

By Sandy Kardis, DTM, Speak Up! Toastmasters

Weather Permitting – Outdoor Tents was the theme of the Speak Up! Toastmasters club meeting on June 27, 2016. It was a warm evening, not hot and not raining, therefore members took to the outdoors. Tom Bacon provided the outdoor tent as well as the red, white and blue leis. Food items and refreshments were enjoyed by all.

The focus of the meeting was Table Topics, therefore no speeches were planned. All members were asked to prepare topics around a theme of their choice. Four Toastmasters took a different approach to their prepared topics. Mark Strothmann brought a variety of mail ads. Respondents' replies were their reactions to the ads. Joan Deuschle had recently attended a wedding, and she based her topics on weddings. Sandy Kardis loves the sport of baseball, and her topics were related to it. Mark Bean used a creative idea. A volunteer was given a word and had to describe it in a way for others to guess the word. The purpose of Table Topics was achieved. Members and guests were given the opportunity to think on their feet and speak on a given subject for one to two minutes – mail ads, weddings, baseball and words.

All enjoyed the meeting. ▲



November 18—19
District 8 Fall Conference
Laugh. Learn. Connect.

TOASTMASTERS INTERNATIONAL

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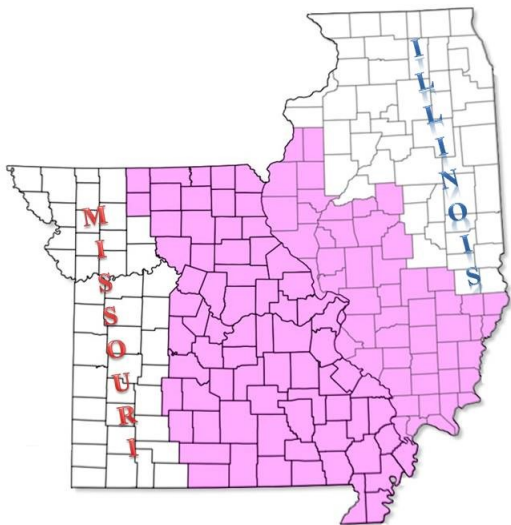
District 8 is on the web.
www.dist8tm.org

Toastmasters International Values

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

The Mission of District 8

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

**A Toastmaster's Promise**

As a member of Toastmasters International and my club, I promise

- ♦ To attend club meetings regularly
- ♦ To prepare all of my speech and leadership projects to the best of my ability, basing them on projects in the *Competent Communication*, *Advanced Communication* or *Competent Leadership* manuals
- ♦ To prepare for and fulfill meeting assignments
- ♦ To provide fellow members with helpful, constructive evaluations
- ♦ To help the club maintain the positive, friendly environment necessary for all members to learn and grow
- ♦ To serve my club as an officer when called upon to do so
- ♦ To treat my fellow club members and our guests with respect and courtesy
- ♦ To bring guests to club meetings so they can see the benefits Toastmasters membership offers
- ♦ To adhere to the guidelines and rules for all Toastmasters education and recognition programs
- ♦ To maintain honest and highly ethical standards during the conduct of all Toastmasters activities

District Calendar

October 8, 2016 Briefings 9:30 am Contests 10:00 am	Division C Contest Caseyville Township Hall 10001 Bunkum Rd., Fairview Heights, IL 62208
October 15, 2016 Briefings 9:15 am Contests 9:30 am	Division B Contest Rock Road Branch Library 10267 St. Charles Rock Road, St. Ann, MO 63074
October 18, 2016 Briefings 6:00 pm Contests 6:30 pm	Division F Contest Millipore Sigma 2909 Laclede Avenue, St. Louis, MO 63103
October 22, 2016 Briefings 10:30 am Contests 11:30 am	Division A Contest Jefferson County Library – Arnold Branch 1701 Missouri State Rd., Arnold, MO 63010
October 23, 2016 Briefings 3:15 pm Contests 3:30 pm	Division E Contest Scheppers Distributing 1722 Southridge Dr., Jefferson City, MO 65109
November 18 – 19, 2016	District 8 Fall Conference Hilton Garden Inn Columbia 3300 Vandiver Drive, Columbia, MO 65202