



DISTRICT 8

# Communic~8

## District 8 Newsletter

Volume 17 Issue 3

District 8

February 2018

### **A Special Visit to Midtown Clayton Toastmasters Club**

*Rosemary Wilson, Club Sergeant at Arms*

It was 6:30 am on Friday, December 1 as I set up the room for the 7:15 am club meeting when I received a text message from another Midtown Clayton Toastmasters Club member. The message said, "Ed Tate will be attending the club meeting with me today. Can we make time for him on the agenda?"

My mind was racing as I dressed the tables with the usual pen, ballot, and printed agenda. It was as clear as the font on my iPhone text message that today's club meeting would be unusual. Toastmasters World Champion of Speaking in 2000, Ed Tate, would be present and participating with us to execute an educational and enjoyable 75 minute Toastmasters club meeting experience!

I informed the club president and VPE upon their arrival in the meeting room about the text I had received and, hence, the imminent arrival of a Toastmaster VIP. A quick review of the planned agenda by these officers resulted in 10 minutes being reserved for our "guest speaker." Toastmasters has taught us to be flexible and excellent for whatever unforeseen circumstances need to be accommodated in the execution of the agenda.

Ed arrived with our club member, who is the president of the NSA St. Louis Chapter, which was going to be meeting later that same morning. Today's event was a synchronicity of public speaking and leadership. Toastmasters and the National Speakers Association are complementary.

It was obvious that Ed was an attentive listener to the members who gave prepared speeches. It was also commendable that our club speakers were unflappable.

Ed nominated himself to evaluate each one of our speakers that day, which proved to be quite valuable participation. Working from notes he had taken on a legal pad, Ed insightfully and inspirationally critiqued the speakers and their speeches. Coaching by this

caliber of public speaker would be worth four to five figures on the professional speakers' market!

The meeting ended with a group photo of Ed with all the club members present.



Perhaps "ended" is not the right way to word it. All the speakers and club members in attendance left that morning with the unforgettable memory of having experienced and understood what an expert had to say about the Toastmasters manual speeches made that day. That knowledge translates into better speeches in the future.

### **Honoring Non-Toastmasters Support**

Throughout this newsletter you will find stories and thank-yous from our members to their family and friends that support them throughout the years following their personal experiences as they improve their soft skills. If you like what you read and are inspired to share your thank you for someone, please email Kat Mokriakow at [dd@dist8tm.org](mailto:dd@dist8tm.org), to have it included in a future edition.



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**Parshu Anantharam**  
I'd like to honor my spouse, Priya, for supporting me in my Toastmasters journey. She has driven my daughter to violin lessons when I had to attend DEC meetings and conferences as Area Director and Division Director. Priya has also taken care of things at home when I had to do club visits, arrange makeup training, and chair Area and Division contests. e is an incredible person and she is actually a Toastmaster herself. I am proud of her because she has achieved her Competent Communicator award.

**Tom Coscia**  
I appreciate my wife Sue's support in Toastmasters especially during my term as District Governor. She attended many events with me, plus gave me advice on social situations when I would look for a woman's perspective. I knew I could always count on her insight. Love you, Sue!

From the District Director...

Kat Mokriakow



From practicing your speech, to attending club meetings, it takes quite a bit of time and effort getting ready for your next presentation. You are meticulously well prepared and when you get in front of the group you are graceful and sure of yourself. After you finish, you smile as fellow club members applaud you to your seat.

In thinking back to how you felt at that moment, another broad smile breaks across your face. Now let's take a few minutes to think to about your family and friends and how they care. Can you picture them? They are not Toastmasters and really have no desire to be a Toastmaster; however, they support you in all that you do. They listen to your speeches, are your best ever evaluators, and may even attend on occasion, for special events. That special someone *may even* just be glad you are doing something worthwhile that you truly enjoy.

This edition of the newsletter is dedicated to those in our lives who assist us as Toastmasters and allow for our experience to be more enjoyable through **NON-TOASTMASTER SUPPORT**. Please enjoy the notes and thank-yous throughout this newsletter of members sharing their stories. If you find you also have someone to thank after reading this edition, we can continue to honor the special people in our lives in future newsletters.

I would like to kick off this edition by sharing with you a little bit about my non-Toastmaster supporters.

When I first joined Toastmasters, my children didn't quite understand what it was that I was doing. However, I wrote out my first few speeches, and would present them to my teenaged kids. My first drafts received eye-rolls and quite a bit of hilarious laughing. They would stop me in the middle and say, "boring!" At first, it was discouraging; however, this made me persevere in my efforts. When my speech contents began to come together, and my presenting was smoother, I received smiles and "you got it, Mom!" comments. My children really helped me a lot in my first years as a Toastmaster. Without their continued support, I am not sure I would have stayed involved. Now as the years have passed (almost thirteen!), my kids are grown and even have children of their own. They continue to support me and one of my sons and his wife have also joined Toastmasters because they saw how it changed my life. If you ask any one of my kids, they now say, "you didn't know my Mom before; she didn't speak up for herself or know how to talk to people. Toastmasters made a big difference in her life!" There is definite line before Toastmasters and after Toastmasters for me. My kids know where that line is and are happy for it, and for me.

Thank you so much, my loves: Michael, Justin, Alec, Tandi, Amber, and Jacob. You are the best supporters ever! From your Mama a.k.a., Kat Mokriakow.



**Toastmasters—Pathways—Where do we go from here?**  
*Elaine Curry, Program Quality Director*



We are about to embark on a new journey in the next month, called Pathways! What an exciting time for all Toastmasters everywhere. Nevertheless, there is still some confusion and uncertainty around the traditional education program and our new one, Pathways.

Toastmasters International realizes that change is not something that happens overnight. It takes time to communicate the purpose and objectives, while preparing everyone to move from the current program to Pathways. Let me take a few moments to help alleviate any fears that your labor to achieve your designations in our current program is not in vain. When we launch Pathways (we are aiming for mid-February), clubs will be running two programs simultaneously. All new members who join clubs once we start Pathways will not be given the option to enter the current program; they will only be given access to Pathways. Hence the importance of **every club** receiving training by our Pathways Guides!

The clock for those in the current program starts ticking only after Toastmasters has completed the Pathways rollout *worldwide*. The expected timeframe for that is the end of May 2018. At that time, everyone who is in the current program will have **2 years** (until around July 2020) to obtain their DTM with the current program. When your Pathways Guide visits your club and presents, you will begin to understand the excitement about this new direction. Toastmasters spent the last 5+ years in the construction zone and building Pathways based on the demand of its members.

There is no need to worry that the designations you have achieved thus far are wasted. They are as valuable as the day you started your Toastmasters journey! We will still have meetings, feedback evaluations, and leadership roles in our meetings. We will benefit from the use of technology, which has been in great demand from the public to improve the experience of many Toastmasters for many years.

Get ready for the journey and please reach out to your Pathways Guides if you have questions. Dan Darnall (our Chief Ambassador) and I are excited that we were able to lead this charge.

I hope to see you all soon at our spring conference, in May. ❤️

**From the Club Growth Director...**  
*James Childress*



Greetings, fellow Toastmasters! Another year has come and gone. The new year, for most, represents a fresh start, full of hope that the best is yet to come. If your club did not achieve its membership goals during the first half of the program year, this new year is a great time to set new goals to grow your club's membership.

One of the best ways to grow membership is to host an open house event. An open house provides a club an excellent opportunity to share the benefits of Toastmasters and how those skills can be applied to various areas of a person's life besides public speaking. Currently, there is a district-wide open house promotion that will last until March 31, 2018. The details are posted [on the District 8 website](#). There are many benefits for taking advantage of this promotion such as:

1. Little to no expense to host the open house.
2. Receive credit for leadership projects.
3. Receive credit for presenting a "Successful Club Series" project.
4. Win a Speechcraft starter kit.
5. Build more camaraderie.

6. Most importantly, meet new friends and increase membership.

**The deadline to submit your club's claim is March 31, 2018.** Please carefully review the items that are required for your club to receive credit. Please visit <https://dist8tm.org/plan-an-open-house/> for tips on how to plan a great open house. Good luck and let's start this new year off ❤️ with a bang!

**RJ Stratton**

Thank you, Linda, for being there and supporting me throughout my Toastmasters journey. Couldn't have done it without you.



From the Public Relations Manager...

Eileen Smith-Murphy



It's hard to believe we're halfway through this Toastmasters year already. This has been a year of changes, and there are still greater changes looming on the horizon for District 8. Even as we said a *Big Goodbye* to our fall conference, we turned our eyes to a promising future. Pathways has officially rolled out, and many clubs are already using the new educational program, which aims to bring our century-old organization into the digital age with a bang.

Meet Up (Online) with Toastmasters!

District 8, one of the oldest districts in the world, is also learning to embrace the new era. With the recent launch of three Meetup.com groups – [St. Louis Speakers and Leaders](#), [Springfield Speakers and Leaders](#), and [Columbia/Jefferson City Speakers and Leaders](#) – we are giving clubs new tools to reach out to potential members. We offer this service to any open club in good standing, at no cost to the club! If your club would like to participate, please email me at [eileen.murphytm@gmail.com](mailto:eileen.murphytm@gmail.com) to find out more.

Representing Toastmasters in the Community!

We will be representing Toastmasters at two upcoming events in the St. Louis area - the [Working Women's Survival Show](#) (Feb. 23-25) and the [St. Louis Earth Day Festival](#) (Apr. 21-22).

Volunteers will be staffing booths, giving out informational materials, and talking to people about the benefits of Toastmasters. We plan to sign up volunteers for Earth Day in late March to early April, so save the dates and keep an eye on your inbox if you're interested!



Speaking of Environmental Movements...

Have you ever wondered what to do with the mountains of old Toastmaster magazines you have cluttering up your home? Great news – they can be reused! We are collecting magazines for a [district-wide distribution project](#). We are also collecting volunteers. If you would like to help organize this campaign or even just wouldn't mind spending an afternoon or two cruising around town making deliveries like an old-fashioned paper boy (or girl), please contact the project leader, Adrienne Pluss, at [adriennepluss@yahoo.com](mailto:adriennepluss@yahoo.com). (Anyone who uses a zero-carbon-emission method of transportation and sends me a photo will also get a bonus prize from me.)



Angie Breinin

The non-Toastmaster who has supported me throughout my leadership journey is my husband, Leo. He is always willing to attend conferences with me to keep me company (and hear some amazing speeches), and he's been known to take a photo or two...or three...or four! He even baked some award-winning cookies for Toastmasters. Leo understands that this way of life has come to mean that I may be busy for a Saturday or an entire weekend, and he (almost) never grumbles. He is my rock, and I could not do it without him! Thank you, Leo!!!

Kimberly Lilly

I want to give a big thank you to Scott Crist. He encourages my participation in the club, actively listens to the recounts of my meetings, and was genuinely excited for me to take on a leadership role. When he noticed how happy the club makes me, he told me never to quit Toastmasters. His support has allowed me to fully engage in Toastmasters, and for that I am immensely grateful. Thank you, Scott!



# Pathways is Here! Now What?

Natalie Meighan, *Division E Director*



If you are like many Toastmasters, you are facing the introduction of the new educational program with equal amounts of excitement and trepidation. Most of us will immediately fall into one of three groups: 1) People who are ready to start Pathways *now*; 2) People who want to earn a DTM on the current educational program; or 3) People who are not quite sure what to do or what it is.

As you learn more about Pathways, you will be able to decide which route is best for you. If you are among those who are not sure what to do next, this article may help you with that decision.

1. **If you know you are ready to get started on Pathways**, the next part is easy. Once you receive the email notification that Pathways is available for our district, simply login and get started with the assessment and choose your path. Boom. You are on Pathways!
2. **If you know you are far along enough in the current educational program and you want to earn your DTM**, work closely with your club's VP Education to make sure you understand the requirements you have left to complete it. The current educational program will be running *concurrently* with Pathways for two years after the final club in all of Toastmasters has started Pathways. While this is still a vague timeline, it will more than likely be June 30, 2020 as the final date to submit awards on the current program (up to and including DTM). Once you have finished your DTM, you can begin Pathways.
3. **If you are not quite sure what to do**, even after you read this far and have heard a presentation from your Pathways Guide, my advice to you is this: set up a time to visit with your club's VPE. Your VPE will help you understand where you fit in the current program. As a current member, you are allowed to continue using the current educational materials and submit awards for approximately two years. If you are nearly finished with requirements for an

award for either the Communication or Leadership track, you are welcome to finish it. The next option is to stop what you are working on and switch over to Pathways as soon as it is available. The final option is to work on projects from both programs. You can dip your toes in the water slowly, before you jump right in Pathways!

Please note that there is very little direct carry-over from the current program into Pathways as far as awards are concerned. This does not mean what you have learned in the current program *was not* or *is not* valuable. You will be more prepared for your next project, regardless of which educational program you are using, and you carry your knowledge and experience with you, no matter what awards you have earned! I challenge you to receive the Pathways program with an open mind and a willingness to change your way of thinking whenever you choose to start working from it. This is how we learn and grow and that's truly what our Toastmasters experience is all about! ❤️

## Florine George

My husband Richard George is one of my support persons. He attends meetings, and is very supportive to the entire group. He encourages me in giving my speeches, helps provide snacks, and encourages my consistency in attendance. My other support person is my son, Patrick. Patrick has videotaped (with permission, of course) my humorous speech, and will meet with my husband and me for coffee afterwards to discuss the meetings.

## Eileen Smith-Murphy

Over the last two years, a number of Toastmasters have come to know my mom as my Toastmasters support system. She donates her time and money to my club, volunteers at Toastmasters events, and does everything she can to help me along my Toastmasters journey. If you were at the Division C conference this past spring and saw a lady with long, braided hair setting up tables, restocking the food, or taking out the garbage, that was my mom! If you've paid close attention at day- or weekend-long events, you might have seen me sneak off for an extra meal, courtesy of my mom. After a major abdominal surgery left me unable to drive for a few weeks, guess who chauffeured me to meetings and events? Yep, my mom! And, I'm not ashamed to admit, my mom has saved up her tip money to help me pay my dues more than once. Where would my Toastmasters journey have taken me without her support? In a word, nowhere! **Thanks, Mom!**

# *Darren LaCroix*

*2001 World Champion of Public Speaking*

**Thursday, April 5, 2018**

Center of Clayton

50 Gay Ave, Clayton, MO

6:30 pm

Free Admission



# **District Leadership announces...**

# ***Toastmasters Week***

**March 25—31, 2018**  
**District-Wide**

During Toastmasters Week, marketing throughout the district will be a concentrated effort with activities, such as the District renting a billboard to advertise Toastmasters, and our magazines will begin to be distributed to businesses with waiting rooms, such as doctor offices and local libraries.

We will provide marketing incentives to encourage participation of Toastmasters all over the district, to make Toastmasters week a success! Gifts and activities will be announced soon and will be awarded at the Darren LaCroix workshop on April 6.

Keep a look out for communications via email, the district website (<http://www.dist8tm.org>), and your Area Director.

## **Brook Meadows**

I want to truly honor three non-Toastmasters for supporting me to become a Pathways Guide: Beth Kroeger, Jim Polarine, and Dijana Hadziselimovic.

Beth believes in the growth potential of myself and others. She recognized right away the relevance of my role as a Pathway Guide/Ambassador to my career where communication with customers, sales team, and new hires is key. I am excited and happy to introduce the new educational Pathways program to 8 clubs! That's why I appreciate Beth's allowing me to dash out a few times at lunch to give the one hour presentation to professionals at local universities and businesses! Beth is a Technical Service Manager, Technical Speaker at industry events (ISPE, PDA, Pharma Ed Resources), and world traveler. Her influence has brought a positive transformation in my life, both as a Toastmaster and beyond.

"Really leadership should be about helping people move up and on with their lives. I get that!" says Jim Polarine. Jim has a special way of guiding good and amazing things to happen for people around him. Just before the holidays, Jim was inundated with customers' calls and urgencies. Truth be told, this was not an ideal time for Jim to receive yet another request, like mine to become a Pathway Guide/Ambassador! Nonetheless, Jim made time to listen on a busy weekend and supported me at a key juncture.

(Thank you, Jim!) I am excited and happy about the door of opportunity that Jim helped open for me! Jim is a Senior Technical Services Manager at STERIS Corporation, President-Elect of PDA, Missouri Valley Chapter, and Distinguished Speaker at industry events (IEST, NASA, and, PDA).

Dijana Hadziselimovic seemed in a festive mood to finally head out with her friend to the holiday party. In reality, this was not the best moment to plead for help and stop her in her tracks, yet, she caught my spark and stopped to hear my request for support. Dijana is like me, in that we both started out doing lab work. She squeezed in the time to help me that day, despite the time crunch before her flight to New York, where she was scheduled to present at the 71<sup>st</sup> Annual Scientific Meeting & Technology Showcase of the Society of Cosmetic Chemists. Yes, Dijana knows the value of developing communication and leadership skills! In turn, she gave me the "hand up" I needed at a key juncture to become a Pathway Guide. I greatly appreciate her support! Dijana has recently been recognized with a promotion to Technical Services Lab Specialist!



Pathways Arrived!

Sandy Kardis & Chelly Hresko


Speak Up! and Creve Coeur Club Presidents

It's an exciting time to be a Toastmaster! The organization is rolling out the Pathways Program with revitalized educational content. Toastmasters International provides us the opportunity to learn and ask questions about Pathways through a trained Pathways Guide. Tao Liao is one of District 8's Toastmasters who volunteered and qualified for the role Pathways Guide. Tao visited Speak Up! Toastmasters and Creve Coeur Toastmasters in January to share information about Pathways and he will be visiting more clubs leading up to the implementation of the program in our district.

Pathways is *not* a wholesale change of the current program, but instead *builds* on the current educational program, making it a more modern experience that reflects real world communication scenarios. In addition to in-person speaking, the new program also gives members the flexibility to choose learning to communicate in a world where blogs and podcasts are often in the forefront. The real value is that YOU get to choose.

Here are some highlights of Tao's visits to Speak Up! and Creve Coeur Toastmasters:

- ◆ The club experience you enjoy now as a Toastmaster *will not change*. Club meetings, meeting roles, and club officer roles are not changing.
- ◆ Communication is still the central theme of Toastmasters. Pathways consists of five disciplines including one that focuses only on communication (Public Speaking and Interpersonal Communication). The other four include content on leadership and management.
- ◆ Current members can continue to work toward goals and awards in the current program for the next two years, at which time we will all shift to Pathways.
- ◆ The changes we will experience are the opportunities to grow more skills and master new competencies with *interactive content, engaging videos, skill building activities, and projects and tools for tracking our progress and growth*.
- ◆ Taking the Pathways assessment online will help identify the path that best fits us. There are 10 unique paths, each with 5 levels. The first level of each path is the Ice Breaker, just like in our Competent Communication manuals.
- ◆ Five of the paths are also available in printed materials (at an additional cost) if we choose not to pursue our path using the online version.
- ◆ "Base Camp" is our online gateway to Pathways, and allows us to earn digital badges, as well as give digital badges to fellow members for different achievements.
- ◆ Evaluations will be conducted using a three-page evaluation resource which will help to standardize the evaluation process.

Each member attending one of Tao's presentations received a Pathways Quick Start Guide card that is included in a Pathways kit. Tao will continue to provide assistance through virtual support sessions with club VPs of Education. Learn more about Pathways from the Pathways Guides and on the Toastmasters website. Ask questions, embrace the change and start learning! 

Cecily Hawksworth

I can't imagine being involved in Toastmasters without the support of my husband, Nick, and my parents. All three have been sounding boards for every speech, and every leadership project I've undertaken. Nick has given up a few Saturdays to come to division contests, to support my fellow members, some he'd never met before. He also copy-edits this newsletter after I complete each issue, which I am endlessly grateful for.

My parents have watched every video of my speeches and given me insightful feedback and great ideas for future speeches, as well.

Thanks to them, I am a stronger, more confident speaker and writer!

Natalie Meighan

When I took on the role of Division E Director, I knew it would be a balancing act for me. It has taken *more* than just me to fulfill the responsibilities for this position. I appreciate the support that I receive from my husband, Mark, throughout this year. The extra traveling, meetings, training, and events have added a level of complication to our schedule, which Mark has taken in stride. We both teach martial arts, which fills most of our evenings and weekends. Between Mark, and a lot of our students in the Traditional Youn Wha Ryu Organization, I have been able to juggle my martial arts schedule, and still stay on top of Toastmasters responsibilities (mostly). While it's not been perfect on either side of the equation, I have learned a lot and am grateful to have had this experience! I truly appreciate my husband and all of our students for understanding and picking up the slack for me during this time!

# Why Assistants Help Make an Area Successful; David's Story

David Kincade, *Division C Director*



*"To reach out is not weakness... My weakness was in not reaching out." – Presiyan Vasilev*

I heard those words at the World Championship of Public Speaking in 2013. Toastmasters is a place to learn many skills, and one of those is reaching out for assistance when needed.

District officers, such as Area Directors, have a big job. Sometimes life can get in the way of things we want to do, and the job of an Area Director is not exempt from this rule. One thing Area Directors can do is to recruit an Assistant Area Director. Area 6 Director, Nick Hall, enlisted the help of an assistant this term. The Assistant Area 6 Director is Seth Miller. Seth is a member of Scott Toastmasters 9793 and joined in May 2017.

To say Seth is a go-getter would not be wrong. He's been a member less than a year, and already has achieved Competent Communicator and Leader. It only seems natural that he stepped up to a leadership role!

I asked Seth how and why he took on this role:  
"Nick approached me with [the job]. [I took it] because of who I am; my goal is to learn and help as many people that I can. Nick saw my drive and thought I should be exposed to more in TM. I agreed!"

One of the things that an Area Director must do is visit club meetings. Seth shared what he learned by helping with these duties:  
"I learned that I have a lot more to learn. Also, there is a TM International idea of how meetings should run but by visiting other clubs, I've noticed that not all are the same. I would like to think that [Nick] is pleased with my commitment to the other clubs and my over growth within Toastmasters."

I would also like to add that Nick and I are learning from Seth's participation, as well. When you reach out, you attract ideas, solutions ,and friendships that lift you up. And when you step up to help, you also share in the benefits.

Watch: *"Changed By A Tire."* P. Vasilev  
<https://youtu.be/xY-gjk1Wfp0>

# Why Assistants Help Make an Area Successful; Parshu's Story

Parshu Anantharam, *Division A Director*



Area 5 Director, Patti Howard, requested an Assistant Director at the beginning of this Toastmaster year due to the large geographical area that Area 5 covers: Southeast Missouri and Southern Illinois, with 5 clubs with a 2.5 hour traveling time between the eastern-most and western-most club.

With the help of Ellen Kirchdoerfer taking on the role of Assistant Director, Area 5 leadership has been able to provide the support to the clubs that rural areas often aren't able to receive due to time constraints of both the Division club officers, members, and the Area Director. Both Patti and Ellen work full time and have been able divide tasks which allows them to meet the demands of an Area Director. They have offered Area officer makeup training, sent out email communications, attended open houses, charter celebrations, and club anniversary celebrations; hosted Area speech contests, visited all clubs at least twice, and completed 100% of their club visits. You can sense excitement in their clubs as demonstrated by new members joining and current members reaching their educational goals. Community clubs are active on social media, sharing club activities.

In August, a 6th club, St Francis Toastmasters, was formed. Ellen has taken on the role of club mentor for them. Two other potential clubs are being cultivate in the area, with hope that one will become a reality before the year ends. Area 5 is well on their way to becoming a Distinguished Area for the first time in many years!

Adding an assistant has been helpful for Division A activities, as I have invited Ellen to take on a functionary role at the Division speech contest and provide secretary training at the Division officer makeup training.

Ellen and Patti are planning to tag team for Area 5 Director next year as well. With this dynamic duo bringing their skills and experience this year, Area 5 has a bright year in store next year, too!



## Nate Randall

Thank you, Tinnie. It's been 31 years (just a couple of years shorter than how long we have been married) since I joined Toastmasters. There have been countless meetings, conferences, and Saturdays away from home. You never complain and wish me well and a safe journey.

Thanks to Natalie, Lillian, and Rachel who had to tell many callers – "MLD [McDonald Lincoln Douglas Club] meets Thursday nights at 6pm at \_\_\_\_\_. You even could help figure out dues for them if needed. All of you should have earned a pin or two over the years for the calls you took.

Without my family's willingness for me to be a part of Toastmasters, it would have been impossible for me to get as far as I have.

# Leaders Honor the Support of their Partners

## Elaine Curry

Lemont,  
I am so pleased to have the chance to recognize you for your undying support to my Toastmaster activities. You never complain when I ask you to accompany me to conferences, club meetings, contests and the list goes on. No distance has been too far!

Thank and you are two of the most powerful words in the English language and you, my Toastmaster support rock, deserve them and much more. We are one and I wouldn't have it any other way.

Currys together forever!!!!

## Vi Lanum

I know he will not want this notoriety, but I must acknowledge Noontime Club Toastmaster, Alan McCallister for his contributions to my life as I go about doing my duties as Area 10 Director. Being a true, caring gentleman, he scheduled motels for me, planned the best travel routes, and willingly attending multiple meetings. He's offered advice when I asked for it, with an amazing sense of humor.

The most memorable contribution was the day he handed me the keys to his prized Chevy truck to drive out of town alone, while my truck was getting a new engine installed!

Thank you, Alan. I'm proud and *honored* to be your girlfriend.

## Kat Mokriakow

Throughout the years, you have encouraged me to do more and be more than I currently am. You challenged me to serve in club officer positions, when I was waiting to be "ready." When I began serving in district roles, you supported me by attending events I held and helping to prepare and host them. However, the best thing you did for me was to allow me to fail every once in a while. Those minor failures made me stronger and helped me to understand the process better!

When I was thinking about running for Club Growth Director, I consulted you and asked for your thoughts. I will never forget what you said to me: you smiled and said, "I think you should go for it. You are ready." That is exactly what I wanted to hear, and it gave me all the confidence I needed to step up and run! Now, three years later, we are still together all the way. When the pressure builds up, a smile from you makes things better. When good things happen, you are my number one cheerleader.

Thank you, Timothy: Thank you for being there for me and making my life all the better.



## What's your next step?

Angie Breinin, *Division F Director*



Would you like to travel around the world? Go to exotic places? Interact and network with large groups of Toastmasters while you're at it?

*Then, perhaps a District-level leadership position is for you!*

There are many leadership options available for you in District 8, so listen up if you think you're ready to take your leadership to the next level.

1. At the apex of District 8 is the **District Director (DD)**. The DD is the chief executive officer of District 8 and that individual works to foster strong clubs, produce the maximum growth in educational successes, and consistently keeps the best interests of members of Toastmasters International.
2. Another option for district leadership is the **Program Quality Director (PQD)**. The PQD works under the guidance of the DD and strives to help each club and Toastmasters member reap the benefits of membership and helps each club reach distinguished status.
3. The **Club Growth Director (CGD)** helps to make the benefits of a Toastmaster membership available to the greater population. This person also helps plan, develop, implement, and direct marketing objectives.
4. If you're not quite ready for CGD, **Division Director** is an option for you; this person works to achieve the district mission throughout the division that he or she supports. They accomplish District goals in membership building and retention, club extension, and educational accomplishments. You also get to organize your own Division speech contest!
5. Yet another district leadership position is the **Area Director (AD)**. The Area Director helps clubs by providing district contact and support by keeping in regular communication with club presidents and by visiting each of clubs in their area at least twice a year. Area Directors also get to organize their own speech contest!
6. Next on the list is the **Administration Manager**...sort of like the district secretary. The AM helps the district function effectively by recording and maintaining accurate records and minutes from all district meetings.
7. Then, you have the **Finance Manager (FM)**. This is just what you might think; the district money controller! The FM helps establish and maintain effective fiscal management of the district.
8. Last, but certainly not least, you have the district **Public Relations Manager (PRM)**. The PRM works to maintain communication between the district and its members and also works to increase public awareness of Toastmasters via public and social media.

In case your mind's not made up yet, here's some icing on the proverbial cake: if a Toastmaster were to follow the path of CGD, PGD, and/or DD, they will soon get to experience Chicago, IL, Denver, CO, Paris, France and Nashville, TN to go to the annual convention, with Toastmasters International taking care of a portion of the costs! Think about it, it may be the best thing you've ever done for your leadership development!



District 8 Members who Earned Education & Leadership Awards  
from October 13, 2017 to February 6, 2018

Division A

Chesterfield Toastmasters Club

- Georges, Billy E.—CC

Crossroads

- Yudovich, Zev—ACB

Marion VA Toastmasters

- Deiters, Henry M.—CL

High-Noon Toastmasters Club

- Welter, Andrew D.—CC

Loquacious Leaders

- McCarter, Cameron S.—CC

- McCarter, Cameron S.—CL

LCMS Toastmasters

- Nielsen, Aaron M.—ALB

Marion VA Toastmasters

- Howard, Patti—ACS

Maritz Toastmasters

- Neeley, Sarah M.—ACB

- Neeley, Sarah M.—LDREXC

- Nestor, Jacqueline C.—ALB

Mastertoasters Club

- Arja, Sree—CC

- Narayanan, Priya—CC

- Phillips, Gregory S.—ALB

- Steinbach, Carol C.—CC

- Steinbach, Carol C.—ALB

- Terhardt, Natalia—CC

- Yasarapu, Padmini D.—ALB

South County Toastmasters Club

- Graves, James—CC

- King, Geoff—CL

- Pitkin, Sarah—CC

- Stewart, Brent P.—CC

- Van Winkle, Robert C.—CL

West County Club

- Rohan, Michael E.—CL

Division B

Aerospace Orators

- Calkins, Craig T.—CC

Bulls & Bears Club

- Deveydt, David W.—LDREXC

Cave Springs Toastmasters

- Grau, Christopher J.—ACB

Little Hills Toastmasters

- Pelikan, Brian R.—ACG

Money Talks Club

- Chandler, Rosha R.—CC

- Safe, Chelsea M.—CC

Plus Factor Club

- Triplett, Melissa—CC

Shalom Church Toastmasters

- Jamerson, Keith H.—CC

- Troy, Donna R.—ACG

Speak Out

- Acock, Seth D.—CC

- Daugherty, Mindy—CC

- Daugherty, Mindy—CL

- Reitenour, Kristina N.—CL

- Reitenour, Kristina N.—ALB

- Wafford, Danny A.—ACB

St. Charles County Toastmasters Club

- Coker, Robert A.—CL

Division C

Collinsville Toastmasters Club

- Spillers, Rick J.—CC

Horace Mann Toastmasters

- Stanfield, John F.—CC

- Stroud, Drew K.—CL

League of Our Own Toastmasters

- Washington, Atlene—CC

McBrien Lincoln-Douglas Club

- Bailey, Celeste J.—ACB

- Carnes, Litina—CC

O'Fallon Toastmasters

- Syler, Isaac A.—ACB

- Woodside, Aimee G.—CC

Scott Toastmasters Club

- Hall, Nicholas J.—ACG

- Lowry, Amber L.—ACB

- Wood, Yolande M.—CC

St. Clair Club

- Grossardt, Jason G.—CL

- Grossardt, Jason G.—ALB

Toast of Belleville

- Allen, Abby E.—CL

- Owens, Kamara—ACB

- Teasdale, Tom H.—CL

Division E

Alpha Toastmasters

- Dyal, Kevin—ACB

- Tatum, Henry—CC

- Tatum, Henry—CL

- Tatum, Henry—ACB

- Tatum, Henry—ALB

Brewer Science Toastmasters

- Stanley, Trevor T.—ACB

Capital Toastmasters Club

- Cochran, Pamela L.—CL

- Johnson, Jason M.—CC

Columbia Toastmasters

- Jarboe, Seth M.—ALS

Downtown Toastmasters

- Hall, Michele L.—CL

- Hammond, Brenda K.—CC

Fort Leonard Wood Club

- Ingles, Kirby S.—CC

- Ingles, Kirby S.—CL

- Vigil, Joe A.—CC

Missouri Univ. of Sci. & Technology

- Mehta, Meenakshi—CL

Ozark Orators Club

- Cohen, Jeff—CC

Shelter Insurance Toastmasters

- Alsharif, Nabil—CC

- Alsharif, Nabil—CL

- Fratila, Lina M.—CL

Talu Toastmasters Club

- Bradley, Charles C.—ACB

- Davies, Jeffrey—ALB

- Enke, Johnathan A.—CC

- Enke, Johnathan A.—ALB

- Ferwalt, Robert—CC

- Ferwalt, Robert—CL

- Mac Vittie, Amon—CC

- Mac Vittie, Amon—CL

- McGuire-Salters, Lewayne J.—CC

- McGuire-Salters, Lewayne J.—CL

Division F

Anheuser-Busch Toastmasters Club

- Desrosiers, Kevin M.—CC

Jacobs P3

- Ryan, Denise S.—CL

Midtown Clayton Toastmasters Club

- Gata, Aida N.—CL

MilliporeSigma Toastmasters

- Porter, Richard W.—ACG

- Porter, Richard W.—DTM

SPEAK UP! Club

- Kardis, Sandra M.—CC

Square Talkers Toastmasters Club

- Palazzolo, Cindy—CL

Tarsus Toastmasters

- Marfil-Vega, Ruth M.—CC

Toast of WU

- Huck, Jennifer L.—CL

- Huck, Jennifer L.—ALB

- Leingang, Karen—ACG

ToastUS

- Barbagallo, Susan M.—CL

- Lynom, Kathe J.—CL

- Lynom, Kathe J.—ALB

- Tourjee, Selina M.—CL

Voices in Unity Club

- Simpson, Portia M.—CL

- Thesier, Phyllis E.—ALS

Wells Fargo Advisors Toastmasters

- Dockett, Monaye—ACB

- Francis, Rachel M.—ACS

- Mayer, Angela R.—ALB

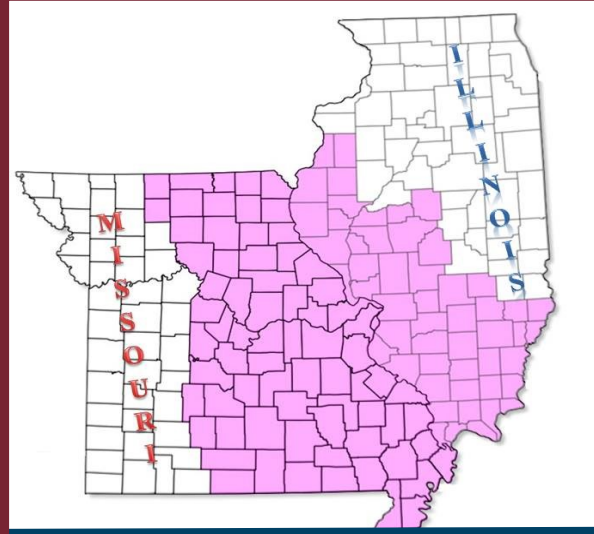
- McCall, Shannon M.—CC

- Mead, Julie—CL

WUSTL Speaks

- Early, Rosalind L.—ACB





The Mission of District 8

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

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

Toastmasters International  
Values

- ◆ Integrity
- ◆ Respect
- ◆ Service
- ◆ Excellence



TOASTMASTERS  
INTERNATIONAL

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From the Editor

Thank you to all of those who submitted articles for this issue! I'm really excited by the things happening and about to happen in our district, and love to hear about it from all of you. Keep those stories coming!

If you'd like to submit something for a future newsletter, please send it to the editor (Cecily Hawksworth, [cecily.hawksworth@gmail.com](mailto:cecily.hawksworth@gmail.com)) as a Word document. If you have photos you'd like included, make sure they are high-resolution, meaning at least 600x600 pixels.

The submission deadline for the next newsletter is March 1.



District Calendar

February 17, 2018 12-1:30pm	Social Media Workshop Grant's View Library 9700 Musick Ave St. Louis, MO 63123
February 20, 2018 6:30-8pm	Competitive Speaker Open House Sports Café 3579 Pennridge Dr Bridgeton, MO 63044
February 21, 2018 6-8pm	Social Media Workshop Boone County Government Center 801 E Walnut St Columbia, MO 65201
February 23-25, 2018	Working Women's Survival Show St. Charles Convention Center 1 Convention Center Plaza St. Charles, MO 63303
March 3, 2018 Doors Open: 12:15pm Briefings: 12:30pm Contests: 1pm	Area 3 Contest SLCL HQ Auditorium 1640 S Lindbergh Blvd St. Louis, MO 63124
March 3, 2018	Area 15 Contest 10267 St. Charles Rock Rd St. Ann, MO 63074
March 8, 2018 Doors Open: 6pm Briefings: 6:30pm Contests: 7pm	Area 12 and Area 17 Contests MilliporeSigma 3050 Spruce St St. Louis, MO 63103
March 10, 2018 Doors Open: 12pm Briefings: 12:30pm Contests: 1pm	Area 1 Contest The Wabash Building 1999 Wabash Ave Leland Grove, IL 62704
March 10, 2018 Doors Open: 9am Briefings: 9:15am Contests: 9:30am	Area 18 Contest St. Louis Co. Library—Rock Road Branch 10267 St. Charles Rock Rd St. Ann, MO 63074