



Communic~8

District 8 Newsletter



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District 8 Mission

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

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Greetings Fellow Toastmasters!
Happy New Year! Another program year has just begun. We are in the final year of the Traditional Education Program and lot of us are scrambling to beat the clock to achieve our educational goals. Next July, Pathways will be the only education program available. It will be an exciting new chapter for some of us and for others, it will be a chapter fraught with trepidation. Change can be very daunting, but I encourage all of you to have an open mind and meet it head-on.

There are going to be bumps on the Pathway to excellence, but we cannot let those bumps discourage us. We are Toastmasters! We are built for change! Right? So let's stop dwelling in the past and embrace this new era of change that we are experiencing.

District Theme
Share, Connect, and Grow

District Vision
Create Culture, Strengthen Community, & Influence Change

I am super excited about the future of Toastmasters and hopefully you are too!

The theme for this year is to Share, Connect, and Grow. We are part of a wonderful organization. An organization that has transformed the lives of over 4 million people globally in the last 95 years. Toastmasters has changed my life and I share my story every chance that I get. I encourage each one of you to start sharing your story or continue to share your story. There is someone out there waiting to hear about your story of growth and transformation.

It is a shame that we keep saying that Toastmasters is the best kept secret. It's time for us to end that old saying. We can end that old

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Message from your District Program Quality Director

Angela Breinin

Greetings District 8!

I am beyond excited to be serving as your Program Quality Director for the 2019-2020 Toastmaster's year!! We have some excellent programs coming up this year and I hope to see everyone there! Our recent Toastmasters Leadership Institute (TLI) was a huge success and I want to thank everyone again for attending.



Don't forget about club officer makeup training, happening throughout the month of August across the District--find the most convenient location for you @ <https://dist8tm.org/training/>.

Don't forget to RSVP on the Survey-Monkey so that we know you are planning to attend. The deadline for getting your club officer training is August 31.

I am planning on some great Program Quality incentives for the year--check the District 8 website in the next week for more information!

Here are the official PQD incentives:

Plan to Succeed!

Any clubs who turn in their Club Success Plan, signed by at least 4 officers, to PQD Angie Breinin by September 30 receive a \$25 D8 bookstore gift certificate.

Adopt Pathways!

The first 20 clubs to reach 95% Pathways Adoption receive a \$25 D8 bookstore gift certificate. Ends December 31st.

Triple Crown

July 1, 2019 — June 30, 2020

- D8 Toastmasters can earn the Triple Crown Award from Traditional, Pathways, or a combination of

the two Education Programs

***2 Pathways levels = 1 Traditional award

- Pathways: 6 Levels = Triple Crown

- Combination of Traditional and Pathways:

- Example: 1 Advanced Communicator Silver + 4 Pathways levels = Triple Crown

- Example: 1 Competent Leader, Advanced Leader Silver, and 2 Pathways levels = Triple Crown
Toastmasters who earn the Triple Crown receive a pin and a certificate.

Youth Leadership Program

An individual/club who successfully completes a Youth Leadership Program will win a \$100 District 8 bookstore gift certificate OR TM t-shirts for the club (up to 10 members).

Here's to a FANTASTIC year, everyone.

Message from your District Director: James Childress (cont.)

saying by embracing the district theme. Sharing is emotional. You are giving a part of yourself, whether you are presenting a speech, telling members about your vision and goals, being an active listener, or serving as a mentor. When people share with one another a connection develops. The synergy from that connection will spur exponential growth beyond your wildest dreams!

The district vision is to create culture, strengthen community, and influence change. When sharing, we start to realize there are certain beliefs, values, and principles that we have in common. A culture starts to develop. In fact, culture comes from the Latin word cultura, meaning growth or cultivation. As the culture becomes more pervasive and prevalent, the community strengthens, which will amplify its characteristics. The result is a culturally strong community capable of influencing change. When District 8 fulfills this vision, we are going to be a force to be reckoned with.

Lives will be transformed on a larger scale. Are you ready? Let's change some lives!

Message from your District Club Growth Director

Geoff King

Greetings, fellow Toastmasters!

I am excited to step into the role of Club Growth Director for the district and look forward to helping all clubs grow their new members and retain existing members this year.

We are actively looking for new opportunities to hold demonstration meetings for communities and organizations who are interested in establishing their own Toastmasters clubs. The biggest way you can help make our district grow is by talking about Toastmasters with everyone you know.

We currently have a Base of 104 clubs with approximately 2,066 members.

Bring a guest to your club meeting and introduce them to Toastmasters for the first time. If you are in an organization or your place of employment has at least 20 prospective new members that could benefit from Toastmasters, I encourage you to speak to them about the benefits and how Toastmasters has positively impacted you personally or professionally (or both!).



Please reach out to me when you find these opportunities and we can work together to build and establish new clubs. For existing clubs, our goal is to build a healthy membership of at least 20 members. I would like to hear from you about any challenges you are having so we can brainstorm solutions and knock down roadblocks that are preventing your club from achieving this goal.

We are offering the following incentives for our membership-building contests:

Incentives

- \$50 District Gift Certificate per membership-building contest,

award ribbon to display on your club's banner and 10% off discount code for your next club order.

- Smedley Award (August 1 to September 30)
- Talk Up Toastmasters! (February 1 to March 31)
- Beat the Clock! (May 1 to June 30)

Rules: Add five new, dual or reinstated members with a join date between the contest dates (transferred members do not qualify).

Always remember retaining existing members and adding new members are equally important to achieve net membership growth within our district.

Please reach out to me at cgd@dist8tm.org with any club and membership growth questions, suggestions or new ideas that will help our district grow. I look forward to hearing from you.

Best wishes for another wonderful program year!

Message from your District Public Relations Manager

Annetta Works-Salley

Greetings District 8 Toastmasters!

My name is Annetta Works Salley and iCelebrateU365! I am District 8's Public Relations Manager for 2019-2020. I have been a member of Toastmasters since December 2017. I am near the end of completing my Competent Communication (CC) manual and looking forward to jumping into Pathways. I have served in the club roles of Secretary, VP of Public Relations and currently as VP of Membership. I enjoy engaging with club members and making impactful connections. I am not a stranger to social media and live streaming. It is my hope to bring that expertise to District 8 Toastmasters and clubs and to let the world know about Toastmasters.

How do we do that? The [Let the World Know Publicity and Promotion Handbook \(Item 1140\)](#) is designed to introduce and guide us in our public relations endeavors of attracting attention for our club and district events through publicity.

District 8 clubs are doing GREAT things and leading in excellence. If you attended the District Spring Conference in May, then you experienced the momentum that has launched us into this new year. Together we can let the world know about it and invite them to our clubs for a Toastmasters experience through our club WOW! A Speechcraft flier was the door to my first Toastmasters experience and I haven't looked back! What was yours?



The following are examples of activities or announcements on club and area levels that merit media coverage:

Your club's success plan and the press release are going to be our best friends this year. We know what we hope to accomplish and *when* we celebrate our personal and club achievements, it is our responsibility to *let the world know* what we are doing and when we did it. They will celebrate us too while seeing Toastmasters in action!

Club level:

- ▶ A project that relates to a topic of interest for the local residents and/or business members in the community
- ▶ A successful club member who used their Toastmasters speaking or leadership skills to gain job promotions or otherwise enhance his or her life
- ▶ Officer elections or installations
- ▶ Speech contests – local person moving up to higher level after winning at club level
- ▶ Special presentations for the public, such as Speechcraft, Success/Leadership or Youth Leadership
- ▶ Important visitors or guest speakers
- ▶ Club anniversary
- ▶ Club demonstration meetings
- ▶ Club charter meetings

Area level:

- ▶ Area speech contest
- ▶ Area-wide events that are open to the public (special workshops, for example)
- ▶ List of clubs in local area, mentioning any specialties

Message from your District Public Relations Manager (Cont.)

Annetta Works-Salley

Toastmasters International Mission

We empower individuals to become more effective communicators and leaders.

Club Mission

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Toastmasters International Values

- ▶ Integrity
- ▶ Respect
- ▶ Service
- ▶ 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 projects to the best of my ability, basing them on the Toastmasters education program
- ▶ 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 act within Toastmasters' core values of integrity, respect, service and excellence during the conduct of all Toastmasters activities

I encourage all District 8 Toastmasters to review the *Toastmasters International Mission and Values, Club Mission and the Toastmaster's Promise* to be prepared to share it MORE in your work and networking environments. The following is an example to get you started...

“(Your Club name) Toastmasters provides a supportive and positive environment where members have the opportunity to overcome their fear of public speaking and sharpen presentation skills,” says

(Club spokesperson), club title for club name. (Alternatively, this could be a quote from the club's president, Area or District Leader.) “Other benefits include the opportunity to increase one's confidence, build critical thinking skills and become an effective listener,” says (Spokesperson's last name).

TOGETHER we are better! The Public Relations committee needs individuals who have a passion and expertise for connecting with people, storytelling, social media and journalism. To learn more, contact me.

Annetta Works Salley

Public Relations Manager, District 8

Toastmasters International

Where Leaders Are Made

prm@dist8tm.org



Welcome Messages from your Division Directors

Division A



Adrienne Pluss

So many of us want to grow, but are we truly ambitious? According to dictionary.com, to be ambitious means to be *eagerly desirous of achieving or obtaining success, power, wealth, a specific goal, etc.*

I'm proclaiming the "A" in Division A stands for ambitious! We are eager to be a Distinguished Division in the 2019-2020 Toastmasters year! This will take hard work and dedication to grow and strengthen clubs, sponsor new clubs, and meet educational goals with a 100% integration of Pathways. The journey to becoming distinguished is worth the effort.

Why is it so important for Division A to be distinguished? The answer is simple. Being a Distinguished Division clearly indicates that Toastmasters are reaching their personal communication and leadership goals. Striving to reach the Distinguished Club, Area, & Division goals is paramount to each Toastmaster's personal success. Striving for a Distinguished Division A means you are not alone in your efforts.

Your Division A Director and Area Directors are committed to you! These are the attributes we are aiming for in 2019-2020.

Available. We are available to our clubs to empower and support them to reach their goals.

Accountable: We are holding ourselves accountable to each other and our clubs to ensure we follow through on our commitments and lead by example.

Admirable: We want to be admirable leaders because of our diligence and successes.

As a Toastmasters club member, you are the principal factor in reaching this goal. Your reason for wanting to succeed with Division A comes down to your intrinsic motivation. Why did you join Toastmasters? Why are you still in Toastmasters? What drives you to be a better communicator, a more effective leader? The answers to these questions are the inexhaustible fuel to your ambition. Take the time to reflect and determine what resonates inside of you. I guarantee you will achieve your goals when you connect ambition to your efforts.

Division A-MBITIOUS will be a Distinguished Division in 2019-2020!

Welcome Messages from your Division Directors (cont.)

Division B



**Suresh
Gopalakrishnan**

It is my honor to be the Division B Director for the year 2019-20. I am very fortunate to have a great team of Area Directors (Tonya Rivers, Willie Rivers, Daniel Coker, Chidu Subbiah and Jennifer Jacobsen) who have already hit the ground running as part of their role!

The vision for Division B is for each club in the Division to earn President's Distinguished award!

How do we do this? We start with the most important part of the Toastmasters organization i.e. Club Member. Club member is the core to club, area, division and district success. We will focus on the individuals and help them achieve their personal goals as part of Pathways and/or traditional communication and leadership track. We will provide all the support needed to club officers as they work on their club's Distinguished Club Program and Club Success Plan.

As a team, the Division B Council will always be available to help the clubs in our Division and across all the Divisions in our District 8 because as Henry Ford said *"If everyone is moving forward together, then success takes care of itself."*

Division F



Angela Brown

My name is Angela Brown, and I am your Division F Director. I have been in Toastmasters for five years, and I am a proud member of Grand Center 5000 Toastmaster's Club. When I joined Toastmasters, I hated public speaking and I talked so fast people rarely understood what I was saying. While public speaking still doesn't make my top 10 list of favorite things to do, being a part of Toastmasters has made me a better speaker and leader. I have really excelled in my professional career since joining Grand Center. I really want to share this experience with others.

As a past president of Grand Center, I understand many of the benefits and challenges of leading a club and ensuring the success of its development and growth. My goal for Division F is to grow the number of clubs in the division, support the area directors in assisting their clubs with meeting goals and encourage greater participation of clubs in division and district activities. I would also like to see more interaction between clubs to create a stronger network and community of Toastmasters in our Division and across Divisions.

My plan to meet these goals is to be readily available to provide support to my Area Directors and identify opportunities for clubs to interact and socialize more often. I look forward to meeting you and working you as your Division F Director.

Welcome Messages from your Division Directors (cont.)

Division C



Kamara Owens

Hello Fellow Toastmasters!

I am honored to serve as your Division C Director this year.

There are several goals I want to achieve. The goals will focus on retaining club members, adding new members, earning achievements in Pathways, and developing bonds among our clubs.

The first goal is retention of club members. Many of our District 8 clubs are struggling to keep their members engaged. Why did our members join in the first place? This is the question we must continue to ask ourselves. Toastmasters want to improve their communication and leadership skills, but are they truly getting what they need as members? Sometimes we focus so much on the meeting roles that we forget about the individual and their personal goals. Each member is unique. Every club is different. I want clubs to know that the Division C leadership team is here to encourage and support them.

Another goal is adding new members to grow our clubs. For our clubs to grow, we need “fresh” ideas and talents. New members provide us with a new perspective to incorporate into our clubs. Therefore, it is important for all members to tell others about their journey in Toastmasters. Talk to your friends and neighbors. The person who needs Toastmasters the most might be your co-worker, sports buddy, or even your spouse.

Not sure what to say about Toastmasters? Start with your own personal path in Pathways. The individual paths and custom electives are what makes Pathways so exciting. If you want to grow as a coach, you can. If you want to focus on being a better leader, you can. If you want to develop your speaking skills and learn how to give a podcast, you can. Plus, the evaluation forms allow for constructive feedback. The convenience of online resources means one can access materials anywhere he or she chooses. (As a millennial, this makes me want to jump up and do the floss.)

Pathways is a fantastic program, but our members are the best part of Toastmasters. The friendships and relationships we build in Toastmasters make a lasting impression in our lives. Learning and utilizing Toastmaster skills is helpful, but encouragement from other members motivates us to reach beyond our goals.

I joined Toastmasters to build my leadership and communication skills. I stayed in Toastmasters because of the members who encouraged me to take a club officer role, participate in a speech contest, or attend a conference. These members took time to go out to lunch with me or sent a card thanking me for attending an event.

Toastmasters has helped me increase my confidence and discover talents I already had. It is time to give back. I want all members to have a positive experience in Toastmasters. We need to support and encourage each other. Get to know Toastmasters in and outside your club. Celebrate big and small accomplishments.

Together we can achieve our goals.

Kamara F. Owens

Welcome Messages from your Division Directors (cont.)

Division E



Artie Langston

Greetings Fellow Toastmasters of Division E!

Thanks so much for granting me the great privilege of assisting in your Toastmasters journey.

It is my sincere goal that we can expand Division E in the coming year, achieve our success targets for division, area, and individual clubs, while creating new clubs and building on the success of our present ones.

Each division has different challenges to its particular piece of real estate. Some have a major metropolitan area in theirs, while others may have more rural parts of the state included. Each has its own set of challenges that may require a little extra effort in building and maintaining new clubs, but these aspects are certainly not insurmountable.

I have been in Toastmasters now for almost a decade and a half, and if I were to ask myself why, the answer would certainly be because I've had so much fun, and developed so many wonderful friendships over the years.

I have come to believe that one of the best ways for getting new members to join, and retain them once we do, is to make meetings fun, enjoyable, and as stress-free as possible through great mentoring, good planning and preparation.

There can be no doubt that Toastmasters provides enormous potential for member's professional growth and advancement, as well as in personal life, but I personally believe that a healthy emphasis on fun and enjoyment in no way detracts from this.

My personal Toastmasters philosophy for building membership would be "Something for Everyone".

The fact that there are considerable professional advantages to be had through Toastmasters education and leadership in no way prevents it from becoming a favorite hobby as well. After a hard day of work, the last thing most folks want is more "work". Additionally, people who have retired and completed their careers have so much to share with their younger counterparts, but may be far more interested in an enjoyable and educational pastime rather than workplace or career advancement. By keeping our meetings fun, entertaining, and drama free, I believe that we can keep our new and present members coming back, with something for everyone.

Pathways is proving to be such a wonderful educational program, so we also don't want a "Digital Divide" to ever prevent a new member from joining and smoothly completing their path. In our division, we actually have a wonderfully successful prison club, where computers or other devices are strictly not allowed. There are always good solutions to be found.

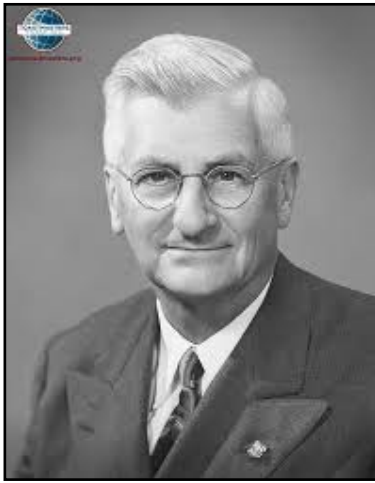
I sincerely hope the coming year will be one of continued success and growth for our division, all our areas, your home clubs, and all of District 8. Thanks again for allowing me to be a small part of your success.

Warm Regards

Artie Langston

Ralph C. Smedley: The Man Behind Toastmasters

Elizabeth M. Link, DTM, District Historian



Dr. Ralph Smedley? Who's Ralph Smedley? I admit, I didn't know until long after I'd joined Toastmasters in 1996, who Dr. Ralph Smedley was, or why he was so important to Toastmasters. I'm here to tell you who he is, so you won't be like that earlier me. Dr. Ralph Smedley founded Toastmasters. He organized Toastmasters clubs, and his successors have developed it into the international organization we know today. Ralph Smedley got his start working in his father's grocery and dry goods store in Waverly, Illinois. After graduating from Illinois Wesleyan College at Bloomington in 1903, he went on to a career working for the YMCA. And he started organizing clubs at the YMCAs to foster leadership and public speaking skills for the young men who were members.

He kept on 'keeping on', organizing these clubs as he went on to other jobs, at other YMCAs. The clubs did not long survive after he moved on, until he got to Southern California. It was there, I think, that all his previous experience organizing clubs, the location in Southern California, the time -1924, and the 'market niche', all came together to help 'Toastmasters' survive and grow.

Dr. Smedley himself said, "I happened along when the need was evident, and my fellow citizens were ready to recognize it." New clubs were organized and added, and soon he resigned from the YMCA to devote himself full-time to the Toastmasters organization. And the rest, as we say is history. Toastmasters International was incorporated on Dec. 19, 1932.

Illinois Wesleyan University recognized Ralph Smedley's service by conferring an honorary degree of Doctor of Humane Letters in 1950. The city of Santa Ana (California) named a junior high school after him in 1955. Toastmasters International has gone from a modest beginning in the Los Angeles area to an international organization with more than 352,000 members today.

The Smedley Award encourages membership building in Toastmasters clubs. Seven Toastmasters clubs worldwide honor him by referencing his name. From the original Smedley Chapter One Club that still meets in Southern California, to the Smedley Speakers in Bangalore, India, Dr. Ralph Smedley's name lives on in seven clubs in the organization he founded and continues to inspire.

One of those seven clubs is here in District 8 – the Smedley Hometown Memorial Toastmasters, Club 4115. We are devoted to fostering leadership skills, as well as communication skills. As Ralph Nader said, 'The function of Leadership is to produce more leaders, not followers.' We meet the second Saturday of every month, for 90-minute meetings. There are two unique roles in our club—a 'District Master', who gives a report on opportunities to serve in District 8, and a 'Leadership Master', who reports on ways to improve leadership skills. We meet in the St. Louis metro area, but have the tradition of meeting once a year at Waverly, Illinois in honor of Dr. Smedley.

The town is still small, and the building where his father's store was located is now a bed and breakfast. A few years ago, The Smedley Hometown Memorial Club dedicated a lectern in the Waverly town square to honor Ralph Smedley. Anyone interested in public speaking and leadership is cordially invited to visit one of our meetings.

The next meeting will be September 14 at the Grand Glaize branch of the St. Louis County Library, 1010 Meramec Station Rd., Manchester. The meetings start at 2:30 pm and end at 4:00 pm. Here is the club link: <https://4115.toastmastersclubs.org/>

Youth Leadership: Turning Teens onto Toastmasters

Greg Phillips, DTM, Youth Leadership Chair

Think about why you joined Toastmasters. If you are like most Toastmasters, it was to overcome your fear (some say terror) of speaking in front of an audience. Or perhaps you needed a supportive environment and the opportunity to practice. I've found that by the time a toastmaster reaches their first anniversary, their biggest regret is not having started the Toastmaster program sooner.

Now imagine you could have learned the Toastmaster program as a teenager. Imagine the doors of opportunity that would have opened for you if you were a confident public speaker from that young age forward. That is the opportunity that the Toastmaster's Youth Leadership program offers.

This program helps young people successfully grow to meet the challenges of adulthood. This is accomplished through building their self-confidence by developing their communication and leadership skills. They may become tomorrow's leaders in business, industry and the community.

The program's workshop-style design in eight weekly sessions, enables participants to develop this potential through practical experience, the example of others and guidance from the program's facilitators. There is an emphasis on speaking and leadership skills by focusing on individual needs. Speaking be-



comes an enjoyable learning experience in a supportive environment. After the first week, the students lead all the remaining meetings.

Participants learn to:

- Write and deliver prepared speeches and receive personalized feedback after every speech
- Overcome nervousness when speaking before an audience
- Organize and present ideas logically and convincingly
- Listen carefully to others' ideas
- Offer advice in a positive way to help others improve their speaking and leadership skills while developing critical problem-solving skills
- Reduce the use of filler words
- Participate in – and even lead – group discussion and meetings

The need and interest are there. What we need are Toastmasters willing to initiate and lead Youth Leadership programs. Perhaps the thought of leading a group of 15 teenagers terrifies you. I know the feeling. But it is totally unfounded, just as you have found that the fear of public speaking is unfounded based on your Toastmaster experience.

Where do you start? There is available support from experienced facilitators. We can provide training, agendas, ice breaker activities, forms and possibly

Continued on next page

Youth Leadership: Turning Teens onto Toastmasters (cont.)



co-instructors. Keep in mind that the participants' parents can and usually do provide significant support.

Where do you find groups of interested students? Do you have children, grandchildren, nieces or nephews? If so, they are probably involved in interested groups; libraries, schools, homeschoolers, community groups, religious groups, Scouts, 4-H, robotics teams, debate teams, non-profits targeting disadvantaged young people, etc.

Where do we meet? Meeting locations are limited by your imagination. For example, libraries, schools, colleges, community centers, religious groups, businesses with community meeting rooms such as Schnucks and car dealerships, even private homes. What is the benefit to you? For me, it is incredible to see the progress the students make over the 8-week timeframe. Just the reduction the number of filler words you hear is amazing. The students losing their fear of public speaking is awesome. Many of them make new friends, often from different schools. These are the same feelings you see in your Toast-

masters club. In addition, you can use this experience towards your Distinguished Toastmaster (DTM) award in both the traditional and Pathways programs.

A District 8 \$100 bookstore gift certificate will be awarded after a District 8 Toastmaster starts and successfully completes a Youth Leadership Program OR a District 8 Club co-sponsors a school group who successfully completes a Youth Leadership Program.

Are you ready to turn teens onto Toastmasters? Here are your next steps. Checkout the District 8 website for more information and some student testimonials. Next, contact the District 8 Youth Leadership Chair who can walk you through the process. Schedule a class and look forward to an enriching experience for both you and your students!

Link to District 8 Youth Leadership materials
<https://dist8tm.org/resources/youth-leadership/>

Greg can be emailed at greg6983@hotmail.com



A Good Way to Stop Saying “Um,” “Ah,” and “You Know”

Artie Langston, Division E Director

One of the important meeting roles in my home club, Capital 503, has always been that of “Ah Counter” an important but sometimes thankless job (from those on the receiving end). When we find ourselves rattled while speaking, whether we’re nervous, distracted, or at a loss for what comes next, it’s easy to lean on “filler words”. When we use excessive fillers, audiences are less likely to hang onto our every word because the fillers get in the way of the emotional stories or fascinating research you’re trying to share.

Why do we all do this? We verbalize hesitations because we’ve been conditioned to fill the void even when we don’t have something to say. For example, we use “um” and “ah” to hold onto the “conversational floor” as we are planning what we are going to say next, with “ah” signaling a short delay and “um” signaling a longer delay.

Traditional Toastmasters solutions range from the humorous (a little mechanical nun who clicks her ruler at the offender) to the downright terrifying (large metal washers being dropped loudly into a glass jar when an offense occurs).

Now, I shall commit Toastmasters “Ah Counter” heresy!

To eliminate crutch words, embrace the pause! I believe that we can turn this weakness into a strength by replacing fillers with pauses, and it’s time to stop worrying quite so much about the “audible pause”.

Actually, pauses aren’t easy to embrace, since for many speakers, even the briefest pause can feel like an interminable silence. That’s because we tend to think faster than we speak. According to research from the University of Missouri, we think at 400 words

per minute (and depending on who you ask, the rate may be as high as 1,500 words per minute!).

Because of this, when we’re giving a speech, our perception of time is often distorted, and what feels like an eternity in our mind is actually a few short seconds for the audience. Despite how they may feel at first, well-placed pauses make us sound calm and collected, and they help three ways:

Collect our thoughts:
If we lose your train of thought, a pause gives us time to get back on track.

Calm our nerves:
Taking a pause before starting a speech is especially important for people with a fear of public speaking, as it helps calm nerves.

Build suspense:

Pauses aren’t always a defensive tactic. Strategically placed silence can build suspense, emphasize a point, or give the audience time to absorb a key insight. Like filler words, pauses give us a chance to take a break and figure out what comes next, however, a pause makes us sound confident and in control, whereas overused filler words are distracting and makes us sound as if we don’t know what to say.

Once you recognize your filler words as they try to escape your lips, begin forcing yourself to be silent. As you prepare for your next speech, identify the words you lean on most, and train yourself to avoid them. Then the next time you’re in front of an audience, use silence to gather your thoughts, rather than filling the air with sound. Try it! It really works!



Speak Up! Toastmasters Club #4590 Picnic Meeting

Sandy Kardis, DTM

Recognizing Speak Up! Toastmasters Club Achievements was the theme of the June 24th meeting. The weather was fantastic for an outdoor meeting. Members assisted Mark Bean in setting up his tent. The tent was decorated with Toastmaster balloons. Potluck items brought by members were enjoyed by everyone.

Club President, Steve Creamer, welcomed members and guests. Among the guests was Herman

ents were David Beck, Steve Creamer, Sharon Holt, Sandy Kardis, John Lynch, Shari Maddox and Mark Strothmann. As VP Education, Sandy was responsible for tracking the roles. Since several members filled a role four or more times, they were recognized and given a Toastmasters International pen. Recipients were Steve Creamer, Joan Deuschle, Sharon Holt, Sandy Kardis, John Lynch and Nick Wnuk. Speak Up! Toastmasters holds an induction ceremony for new members. A photo is taken of new mem



Photo by Marilyn Wnuk, guest

Koester, DTM, a member of St. Clair Toastmasters Club #496, who happened to be in the neighborhood. Herman enjoyed visiting our club and talking to many members. Keeping with the meeting theme, Steve thanked all the outgoing club officers.

In her role as Toastmaster, Sandy Kardis, VP Education, introduced the many achievements for the July 1, 2018 - June 30, 2019 Toastmasters year as segues from one major meeting role to another. The first achievement was recognition of educational awards earned by Mark Bean, David Beck, Sandy Kardis, and Mark Strothmann. The next achievement was the Full Circle Award - an award earned by members serving in all club meeting roles. Recipi-

bers and their mentors. The webmaster, Mark Bean, posts the photo on the club's website. As the third achievement, Sandy handed a photo to the most recent members/ mentors and recognized all new members/mentees. Recipients were Paula Matousek/Joan Deuschle, Mary Sharpe and Barb Adams/ Sandy Kardis, and Mark Thompson, III/Mark Strothmann.

Two members were recognized for their outstanding contributions to the club - Tom Bacon as club VP Relations and Mark Bean, Website Administrator. The meeting concluded with a toast to the Speak Up! Toastmasters club - all members were recognized!

June 2019 TLI Pics - Leo Breinin



June 2019 TLI Pics - Cont.



June 2019 TLI Pics - Cont.



District 8 Members Who Earned Education & Leadership Awards from July 1, 2019 to August 14, 2019

Division A

Capital T Toastmasters

- Coscia, Tom—MS1

Chesterfield Toastmasters

- Desrosiers, Kevin—CC
- Joshi, Sudiksha—IP2
- MacQuarrie, Gillian—IP1

Crossroads

- Ablan, Tamara—ACS
- Adams, James—DL1
- Heaton, Bob—ACG
- Miller, Dwayne—ACG

High-Noon Toastmasters

- Bone, Kayla—LD1
- Kirchdoerfer, Ellen—ACG
- Kirchdoerfer, Ellen—ALS
- Kirchdoerfer, Ellen—DTM
- Wayland, Jered—PM4
- Welter, Andrew—IP2

St. Francis Toastmasters

- Conley, Stephanie—IP1

West County

- Hoelscher, Richard—ALS
- Hoelscher, Richard—DTM
- Rohan, Michael—ALB

Division B

Aerospace Auditors

- Ikeda, Yutaka—EC2
- Jeffries, June—ALS
- Jeffries, June—DTM
- Jeffries, June—DL2

Bulls & Bears

- Breihan, Daniel—EC2

Cave Springs Toastmasters

- Hindt, Wynne—LD1
- Sanders, Mary—SR1
- Siemers, Denise—PM1
- Woods, Deborah—VC5

Creve Coeur Toastmasters

- Ahmed, Shahnaz—IP3
- Chauhan, Raj—PI1
- Kardis, Sandra—PM5
-

Little Hills Toastmasters

- Jacobsen, Jennifer—DL1
- Wang, Hongyang—CC

Noontime

- Mudd, Jeffrey—LD1
- Van Meter, Sarah—IP2
- Van Meter, Sarah—IP3
- Van Meter, Sarah—IP4
- Williams, Lajuanna—CL

PMIMSL Toastmasters

- Farwell, Terry Lyn—EC1

Script Masters

- Hebert, LaDé—CC
- Kam-Blackard, Jackie—IP2
- Parnell, Marvin—LD1
- Schilling, Christine - MS1

Shalom Church Toastmasters

- Smith, Laverne—ACB
- Troy, Donna—LD1

Techmasters

- Sultana, Razia—DL1
- Sultana, Razia—DL2

Division C

Capital City Toastmasters

- Wesley, Vyvyan—IP1

Collinsville, Toastmasters

- Griebe, Lisa—DL1

Effingham Toastmasters

- Rounds, Ralph—IP2

Horace Mann Toastmasters

- Arms, Nicole—SR4
- Beard, Rachal—TC2
- Johnson, Mitch—IP2
- Kloese, Sam—DTM

League of Our Own Toastmasters

- Kloese, Sam—ALS

Marion VA Toastmasters

- Howard, Patti—EC3
- Martinez, Williams Jose—PM2

McBrian Lincoln-Douglas

- Randall, Nathaniel—PM1
- Randall, Nathaniel—PM2
- Shahidullah, Mohammed—ACG
- Shahidullah, Mohammed—ALS
- Shahidullah, Mohammed—DTM
- Shahidullah, Mohammed—IP1

Southern Illinois Toastmasters

- Scarbrough, Timothy —LDREXC

St. Clair

- Koester, Herman—EC3

Toast of Belleville

- Richey, Kimberly—PM1

Top Talk Toastmasters

- Turner, Caren—ACS
- Turner, Caren—ALB

Division E

Capital Toastmasters

- Brugmann, Paul—PM2
- Langston, Artie—PM2
- Langston, Artie—PM3
- Weaver, Denise—PM1

Columbia Toastmasters

- Cauley, Kevin—DL2
- Dennis, Philip—IP1

District 8 Members Who Earned Education & Leadership Awards from July, 1, 2019 to August 14, 2019 (cont.)

Downtown Toastmasters

- Fessler, Tracey—EC1
- Nichols, Denise—IP1
- Stokelj, Romana—PM!

Ozark Orators Club

- De Silva, Umanga—ACB
- De Silva, Umanga—CL

Waynesville-St. Robert Area

- Rowe, Mary Jean—VC4

Division F

Anheuser Busch

- Desrosiers, Kevin—CC

Central West End Toastmasters

- King, Geoff—ACS

Free Speakers Toastmasters

- Hammond, Cheryl—PM1

Grand Center Club

- Marshall, Pam—ACB

MilliporeSigma TM

- Breinin, Angela—LDREXC

Primary Conversations

- Anderson, Robin—SR1
- Dorsey, Donna—PI1
- Harris, Donna—VC1
- Whitener, Terrell—PM1

Speak Up!

- Sharpe, Mary—IP1

Tarsus Toastmasters

- Causey, Doni—PI3

Toast of WU

- Leingang, Karen—ALS
- Leingang, Karen—DTM

Voices in Unity

- Chapman, Jerry—LD3

WashU Med Masters

- Hendrix, Rachel—CC

WUSTL Speaks

- Yoakum, Martin—IP1

Editor's Note

Did you earn an award and it does not show? Your privacy settings at TI are set to hide your name.

Educational Descriptions

Abbr.	Path Name
DL#	Dynamic Leadership
EC#	Effective Coaching
EH#	Engaging Humor
IP#	Innovative Planning
LD#	Leadership Development
MS#	Motivational Strategies
PI#	Persuasive Influence
PM#	Presentation Mastery
SR#	Strategic Relationships
TC#	Team Collaboration
VC#	Visionary Communication
MNTR	Mentor Program

Competitive Speakers Club of Bridgeton Invites you to participate in a Fall . . .

HUMOROUS SPEECH SHOWCASE October 29



Doors Open at 6:00 PM

Judge and volunteer briefings 6:15 PM

Contest starts 6:30 PM

Did You Hear the One About . . .

Come join the Competitive Speakers Club for a Humorous Speech Showcase and see if you have what it takes to tickle everyone's funny bone.

This showcase is being put together to help **ALL** clubs in the District 8 area prepare for the contest in the spring of 2020. This contest will not progress to the district level but is only provided as a way to help you develop your humorous speech skills.

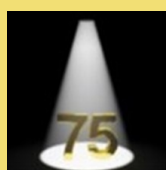
Contestants must register by September 16, 2019. There is a limit of 8 contestants, first-come basis.

Email John Barry at mrjohnbarry@msn.com
or call 314-659-9119 for more information and to register.

Bridgeton Trails Branch Library

3455 McKelvey Rd, Bridgeton, MO 63044





YOU are cordially invited to:

Midtown Clayton Toastmasters Club 283's 75th Club Anniversary

Happy Hour (Cash Bar), Dinner Party & Program
Saturday, October 5, 2019 6:00 - 10:00 p.m.

Sybergs on Dorsett, 2430 Old Dorsett Rd, 63043 (at I-270)
 Banquet Parking NW area of parking lot—NOTE LOCATION CHANGE

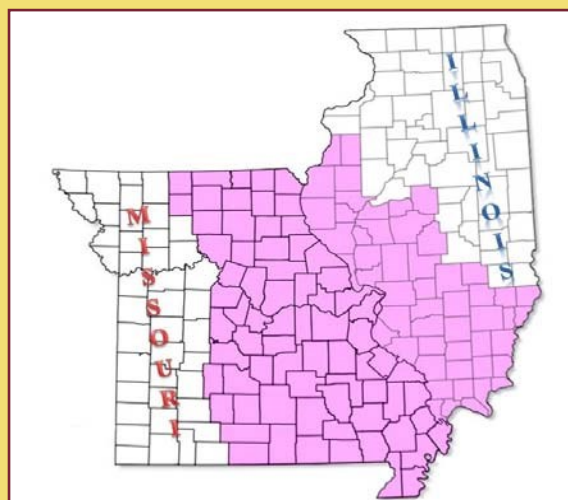
Buffet \$29 / person (Vegan & Gluten Free on Request)

- RSVP Necessary by Sept. 1, 2019 (Space limited to first 80 paid RSVP's)

- Make checks payable to: "TI Club 283"

Mail to: Rosemary Wilson, SAA, 1163 Crockett Dr. St. Louis, MO 63132

Questions? Call 314-997-3474, Rosemary



District 8 Mission

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

www.Dist8tm.org

From Your Interim Editor



Tom Coscia, DTM, PDG

I am pleased to announce that Dennis Fiorini
 will be taking over as editor. Have something
 you would like to submit in the next issue?

Please email him at djf0414@gmail.com