

District Officers

District Director

James Childress—ACS, ALB
dd@dist8tm.org

Program Quality Director

Angela Breinin—ACB, ALS
pqd@dist8tm.org

Club Growth Director

Geoff King—ACS, ALS
cgd@dist8tm.org

Immediate Past

District Director

Elaine Curry—DTM, IPDD
ipdd@dist8tm.org

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Giving the Gift of Toastmasters

District Director

James Childress—ACS, ALB



Greetings Fellow Toastmasters!

The holiday season is now upon us. It is the season of joy, of holiday greetings exchanged, of gift-giving, and of families united. One of the best ways and gifts to unite people is to give the gift of Toastmasters. In a world that is so chaotic due to poor communication, it is imperative that we share the Toastmasters message to all we meet on a regular basis. Share your story to non-members of why you became a Toastmaster and what has kept you involved

throughout the months and years. There are so many people out there trying to find their voice and do not know how to do so. They are waiting on your story to give them hope and the courage to take that first step to find their voice. Let's not forget that our purpose is to change lives. Achieving awards is great, but if we are not making a difference in the lives of others with Toastmasters than we may need to do some self-reflecting. We have a dynamic transformative education

program that at its core is predicated on giving. A Toastmasters membership is a gift that keeps on giving. So, this holiday season, share the benefits of Toastmasters and continue the mission to empower individuals to become more effective communicators and leaders. I'll end with this quote by Norman MacEwan, "Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give"



District 8 Mission — We build new clubs and support all clubs
in achieving excellence.

District 8 Vision — Create Culture, Strengthen Community, and Influence Change.



Education and Training

Program Quality Director

Angela Breinin—ACB, ALS



CONGRATULATIONS to all the clubs who turned in their Club Success Plans for the “Plan to Succeed” Incentive! We had 23 clubs win!

Effingham	Horace Mann	MasterToasters	WU Med Masters
St.Clair	Techmasters	Grand Center	Little Hills
Jacobs P3	Cave Springs	League of Our Own	WelDon Toast
High Noon	MilliporeSigma	Fairview Heights	Speak-Up
Marion VA	Capital City	Parrhesia	Collinsville
Free Speakers	F.R.B. Club	Toast of WU	

Don't forget about the remainder of the education incentive programs!
<https://dist8tm.org/pqd-educational-incentives-for-2019-20/>

Hello District 8 Toastmasters!

We are in full swing for the 2019-2020 program year. There is so much upcoming for education and training for the District, so get ready!

Notes about club officer training:

- Toastmasters World Headquarters (WHQ) announced that Second Round club officer training (COT) will now begin on November 1st instead of December 1st (from information in the last Leader Letter email communication). We are planning on scheduling an Early Bird training session for each Division--more information to come soon!
- I am still working on a date and location for our Winter Toastmasters Leadership Institute (TLI). Continue checking the District 8 website for an announcement!
- Adrienne Pluss and I are hosting a Mastermind Training/Train the Trainer session on November 17th @ 1:00 PM at MilliporeSigma, 2909 Laclede Ave., St. Louis, MO. If you are interested in training in a particular subject, whether it be club officer makeup training or TLI, please RSVP! pqd@dist8tm.org More information to be distributed soon via email and the District 8 website!!!



District 8 Pathways Committee News:

Look for the Pathways Committee article on page 13 of the Communic-8!

New Pathways Adoption Rates (as of September 21st):

- Club Members: 70%
- Club Officers: 84%
- New Members: 59.3%

We need to get these adoption rates higher! Every club can help by getting all of their members enrolled in Pathways today!

Please contact me (pqd@dist8tm.org) for any questions related to education and training, or if you are interested in helping out at our upcoming Toastmasters Leadership Institute (TLI) or District 8 Spring Conference.



Growing Your Club

Club Growth Director
Geoff King—ACS, ALS

Hello District 8 Toastmasters!

I hope everyone is having a great year so far and looking forward to growing their clubs the rest of the Toastmasters year. We have a number of membership growth resources available for clubs to use this year and I encourage you to take full advantage of all of them.

Here is an overview:

1. Ultimate Open Houses

This year we are putting a huge focus on supporting the hosting of Open Houses to make sure clubs have resources to engage

their guests and future members. We have both Leadership and Communication brochures available, along with the benefits of joining Toastmasters flyers at *absolutely no cost to your club*.

We are also offering a \$30 food/drink reimbursement incentive along with \$50 of paid social media advertising for your club Open House through the end of November.

Please send us the details of your Open Houses to cgd@dist8tm.org and prm@dist8tm.org and we will be happy to promote your upcoming Open Houses!

2. Brand Awareness Day

We are actively working on putting together presentations and materials for Toastmasters brand awareness. Clubs will be able to use these materials for their Open Houses

and events around the district. If you are looking for any specific marketing material we can provide please let us know.

3. Business Expo Events

District 8 Toastmasters had a booth at the St. Louis Business Expo & Business Growth Conference in St. Charles on Wednesday October 23rd. This event was a success and we had many interested individuals share their contact information and request more information for clubs meeting in their areas.

We are planning on hosting another booth at this event in April and if you need marketing materials for your booth at other conferences and events please let us know and we will make sure to get marketing materials to you to make them a success!



Leadership Opportunities Beyond the Club Level

Immediate Past District Director

Elaine Curry—DTM, IPDD



Hello District 8 Toastmasters,

I hope you all had a great start to this Toastmaster year. Can you believe it is

already one quarter in? I want to share some information about leader roles available for next year.

You are all most likely aware of the officer roles available at the club level and I hope you all are taking full advantage of them. Should you have questions talk to the club President. That is a great starting place for Toastmasters that want to take on other leadership roles in the District and beyond. Do you know what is available? Let's walk through some of the opportunities.

The next level outside of the club officer role is **Area Director (AD)**. In this role you are responsible for multiple clubs (4-6). You provide guidance to the club's leadership on various issues. For example; How to complete your club's success plan; conducting monthly meetings with the club Presidents and VPEs; monitoring the clubs' performance status on the District 8 dashboard; providing motivation and recognition when appropriate.

Next is **Division Director**. This role is an elected position. You must submit an application to the District Leadership Committee Chair. The committee will screen and interview all candidates. The role of the Division Director is to oversee multiple Area Directors. Division Directors are there to provide guidance and direction to the Area Directors and to keep the Trio (District

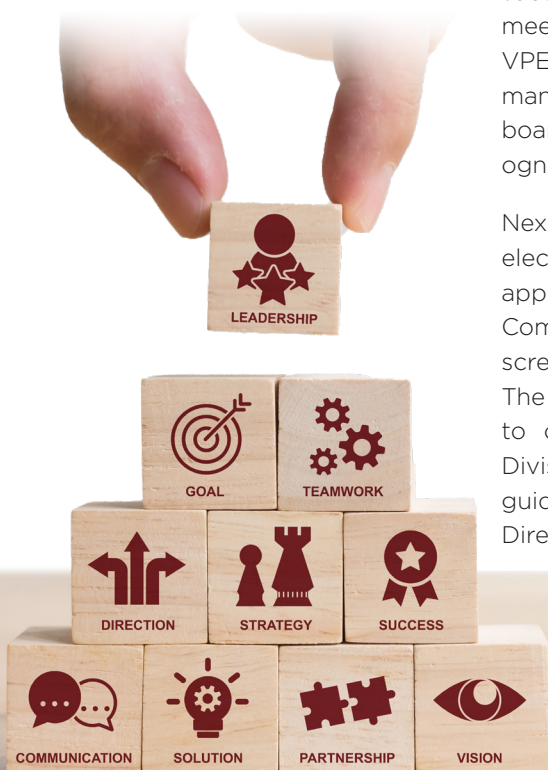
Director, Program Quality Director and Club Growth Director) informed of any issues that may need to be addressed or recognition of an Area Director or any of its clubs.

The three top elected roles are: **District Director, Program Quality and Club Growth Director**. These three roles are responsible for leading the entire District. The responsibilities can be found in the District Leadership Handbook on the TI website. Here is the link that will let you read about all of these leadership roles. <https://www.toastmasters.org/resources/district-leadership-handbook>

The time is now to consider applying for a leadership role outside the club in District 8. These leader roles are very exciting and rewarding. Feel free to discuss the role you are interested in with someone in the position. It is a good time to join a committee that can provide some experience in helping you make your decision. We have a great District and Toastmasters International has many wonderful opportunities for everyone. Please feel free to reach out to me for more information.

*Elaine Curry, DTM,
Immediate Past District Director
(IPDD)*

Email: wecurry2001@aol.com



Shape the Younger Generation

Division B Director

Suresh Gopalakrishnan—ALB, ACG



"If there is one thing that you want to change in your life, what would that be?" Table topics master looked around to pick a scapegoat to ask this question and every single club member was pretending to be busy as no one wants to stand up and answer! This was a situation in one of my Toastmasters club meetings.

Guess what? When I posed the same question to the school students as part of Youth Leadership Program, the response was quite the opposite. Every one of them raised their hand to answer the question!

You might ask, what is Youth Leadership Program?

It is a workshop consisting of eight sessions of two-hour each. It enables young leaders under the age of 18 to develop their communication and leadership skills through practical experience. Each session generally follows a format like that of

a Toastmasters club meeting, with an announced agenda that includes wordmaster, jokemaster, speakers, evaluators, tabletopics speakers and the whole nine yards.

What do students learn in this program?

This program is designed to help the students build self-esteem and inter-personal communication skills as they learn:

- How to prepare and deliver a speech
- Impromptu speaking skills
- Conducting meetings
- Listening effectively
- Evaluate what they have heard

At the end of the 8-week workshop, the goal is for each student to give 4 speeches which includes ice-breaker, convincing the audience on a specific subject, using props or visual aids and finally putting all these different elements together in their final speech.

What do the coordinator get out of this program?

- Managing wide range of students from 7th to 12th grade
- Satisfaction of shaping next generation of leaders
- Expanding your own leadership skills

How to start a Youth Leadership Program?

A toastmaster's club sponsors the Youth Leadership Program by appointing a Youth Leadership Coordinator who will run the program. The participants will not be charged. The cost of

running the program will be absorbed by the sponsoring toastmasters club.

How and where do we get the participants?

Here are some of the avenues where you can find young people interested in the program:

- Civic groups
- Local religious groups
- Local libraries
- Junior Achievement
- Girl/Boy Scouts
- Schools etc.

In conclusion, Youth Leadership Program is an amazing workshop that helps in shaping the future of our youth leaders!

I had the honor and privilege to help and conduct this program over many years.

I ask you to help our next generation of leaders by giving back to the community of what you have learned as part of Toastmasters program. At the end of this program, I can assure you that it will give you a greater sense of satisfaction, joy and your whole experience will be refreshing and fulfilling!

To learn more about this program, visit our District 8 and/or Toastmasters website: dist8tm.org • toastmasters.org

Email: Greg Philips—
greg6983@hotmail.com
or
Suresh Gopalakrishnan—
Suresh.Gopalakrishnan@mastercard.com



What is Speechcraft?

Speechcraft Committee Chair

Phyllis Thesier—ACS, ALS



Speechcraft is the quickest means by which non-Toastmasters can jump right into the process of improving their speaking skills and an effective means by which a club can build its membership.

It is structured and run like a condensed Toastmaster meeting with short educational segment during the meeting and 15 or so minutes of coaching at the conclusion of each meeting.

Speechcraft's short duration appeals to people with busy lives that want to improve their speaking skills, but don't want to make an on-going commitment.

Speechcraft students learn public speaking and evaluation skills in a safe, supportive environment. They derive many of the benefits that we as Toastmasters are already familiar with, yet, may have taken for granted.

The only difference is with Speechcraft there is a specific time period.

What are those benefits?

- Gain confidence in public speaking
- Develop communication and language skills
- Learn to think quickly and clearly
- Become an effective listener
- Evaluate effectively
- Use body language and visual aids
- Advance social skills
- Improve job or promotion prospects
- Experience benefits of a TM club without having to initially join

Speechcraft can also help participants improve performance in:

- Problem-solving
- Meeting in larger groups
- Motivating people
- Selling ideas or products
- Conducting business meetings
- Impromptu Speaking
- Managing Nervousness
- Introducing a Speaker
- Preparation & Practice
- Speech Structure & Organization
- Beginning & Concluding a Speech
- Body Language
- Vocal Variety
- Knowing an Audience

Friendships and careers can and do blossom from the Speechcraft experience.

Speechcraft is the quickest means by which people can jump right into the process of improving their speaking skills. Participants learn about good public speaking and have the opportunity to practice within the Speechcraft group, mentored by experienced Toastmasters. Friendships and careers can and do blossom from the Speechcraft experience. Here are a few educational topic sessions that are a part of good public speaking, including the following:

- Take the Terror Out of a Talk
- Speech Organization
- Construct a Speech
- How to Relate to Your Audience
- Gestures
- Vocal Variety
- Using Visual Aids
- Effective Speech Evaluation

Learn How to Sponsor Your Club's Speechcraft Course!

pthesier@gmail.com



Reflecting On My First Path

Division E Director

Dr. Artie Langston—ACG, ALB



Recently, I completed my first path in Pathways, Presentation Mastery. Although I had reached Advanced Communicator Gold, and Advanced Leader Bronze under the previous educational program, I felt it was important to engage with Pathways, because as part of a leadership team, how could I possibly assist and mentor newer members or address any issues they might have unless I have really experienced Pathways for myself and taken advantage of all the wonderful resources on the web site.

Just as each new path begins with the Icebreaker, the completion of an entire Path concludes with the project “Reflecting On Your Path”. I’d like to share some things I took away from “Presentation Mastery”, with the assistance of some wonderful evaluations by members of my home club, Capital Toastmasters 503, Jefferson City.

1. Earn the gift of the audience’s time and attention. Make eye

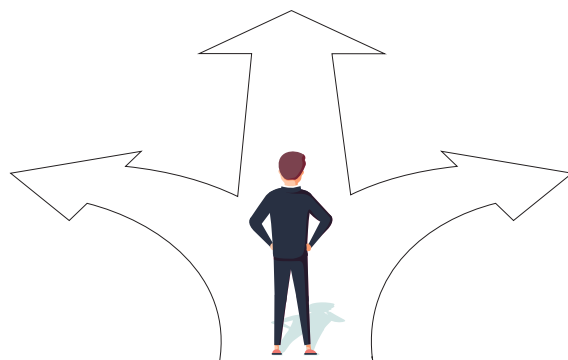
contact. Smile. Captivate by having confidence. (Which comes from rehearsing.) Focus on earning the gift of the audience’s time and attention and they’ll want to earn yours.

2. Find a speech idea you’re passionate about, but also make sure you’re credible. Even if you have an idea you love talking about, it’s important that you are credible. Just caring is not enough. You must be able to establish your authority as a person people should listen to. The key is good research, from credible sources, or your own unique experiences. You must be credible; otherwise why should they give you their attention?
3. Before you choose a topic, always answer two key questions: Why it matters to you, and why it matters to the world. Even if your subject is quite personal, your audience must be able to see themselves in your talk, otherwise your words will be just be information without impact.
4. Always rehearse the experience you will have. That’s just what our Toastmasters meetings are for! You simply cannot rehearse too often and for too many people.
5. Craft your speech as a conversation. If your talk sounds like a script, or a book, your audience could just read it. Your presentation must be a conversation with your point of view and style. Infuse your personality. Infuse your voice. Commit to

being you. Don’t try to “speak like a “speaker.” Speak like you.

6. Harness the power of movement. Words matter, but so does movement. Video yourself, or rehearse in front of people who will be honest about what you’re doing right or doing wrong. This is what makes the speech evaluations at meetings so valuable.
7. Never apologize! If your slides don’t come up right away, don’t apologize. They’ll wait. If your mic doesn’t come up immediately, don’t apologize. They’ll wait. If you need to pause for a moment because you’ve lost track of what you want to say next, don’t apologize. Just pause. If you stay cool, they won’t know you lost track. They’ll even think your pause is planned.

These are just a few of the valuable things I gained from my first Pathways experience. I’m so very glad I chose to embrace it wholeheartedly, even though I had completed the old Toastmasters program, and have even done some professional speaking. It’s been extremely valuable, and I can’t wait to start my next path!



It Started With Ten

District 8 Historian
Elizabeth Link—DTM



District 8 will reach a milestone in 2020. It will be eighty years since Toastmasters clubs in Illinois and eastern Missouri reached the magic number of ten. At that time, ten clubs were necessary for Toastmasters International to approve the formation of a geographical District. When ten clubs in eastern Missouri and Illinois met that goal in 1940, they were approved to incorporate as District 8. Robert W. Williamson of Springfield, IL served as the first Governor.

The date 1940 may ring a bell for the more historically minded of us—it was one year before the country entered World War II after December 7, 1941. District 8's earliest years, like our country and the rest of the world at that time, were very much impacted by World War II. Clinton Sandusky served as District Governor 1943-1944, before he was drafted into the

military, and his term was completed by Bertram Mann.

In 1944 District 8 had 260 members, and the mileage allowance was 2 cents/mile. The geography of the area was and still is a challenge that Toastmasters must contend with, but now District 8 leaders have a 14 cent/mileage allowance. By 1947, the war was over and District 8 had clubs grouped into 8 areas, with Chicago and St. Louis as the population centers. By 1949 the area close to Chicago was spun off into District 30, and that change was approved in St. Louis at the 18th Toastmasters International Convention. At that time, Toastmasters International had 750 Toastmaster clubs in 41 states, as well as Canada and Scotland. The convention must have been a success, as Dr. Smedley commented that it was "one of the most useful and helpful Conventions we have ever held." District 8 continued to grow and change in the following years. District 54 was created in central Illinois in 1956, and enlarged in 1964, 1971, and 1976, all changes that moved the District 8 boundary farther south.

In 1963 District 8 and its 53 clubs hosted the Toastmasters International Convention in St. Louis, and there were 3,600 Toastmasters Clubs world-wide. That year, District 8 had 53 clubs, with 1,137 members. A decade later, in 1973, District 8 was at a low of 43 clubs. That

year turned out to be one of great change. Toastmasters International bylaws changed to allow women to become members.

Today, if we look at our club members, present and immediate past club and district leadership, we can see that granting women full Toastmaster membership has made an indelible impact on Toastmasters International. In District 8, fourteen women have served as Governors, held leadership roles at club, area and district levels.

District 8 now has over 100 clubs, and more than 2,000 members. We've come a long way from those first ten clubs spread over eastern Missouri and Illinois in 1940. Our District has spun off two other districts, gained women as members and leaders, and is using computer technology and social media to further the Toastmaster mission. Three International Conventions have met in St. Louis, in 1949, in 1963, and in 1996.

As we cope with current challenges, we must remember that change is a constant. To quote Dr. Smedley, "Change is an element of life, and so long as a language is living and in use, change is inevitable". He was talking about changes in usage of the English language, and this observation is also true of organizations. If an organization is to stay 'living and in use' it must change and adapt much as Toastmasters has since its founding.

Information source was *Metamorphosis: 75 Years History of District 8*, by Farzana Chohan, edited by Eileen Murphy, Historian Gary White. c2017. Errors, omissions, or typos are all mine—Elizabeth M. Link, District 8 Historian.





Greetings, Fellow District 8 Toastmasters,

As this issue of the Communic-8 is highlighting some of the inmate experiences in District 8, we wanted to provide you with some testimonials of actual inmates and how their experience in Toastmasters has affected them in District 8. I am a Volunteer In Corrections (VIC) at the Jefferson City Correctional Center (JCCC) in Jefferson City and District 8 has a rich and storied history of inmate Clubs and Toastmasters. The Alpha Club in JCCC was the first Inmate Chartered Toastmaster Club in the world, while the Talu Inmate Club in Moberly had the distinct honor at one time of being named the #1 Club in the world for their size. We also in District 8 have a connection with the founding of Toastmasters as Ralph Smedley was originally from District 8.

All of this combines for a rich heritage that we can be proud of in District 8 and the history that it contains. We hope that these testimonials of the experience that some of our inmate members have documented here will give you further insight into how the donations to the scholarship fund helps these members progress.

Testimonials

Volunteer In Corrections (VIC)

Curtis Scroggins—DTM, Past District Governor

A Successful Way to Give an Off-the-Cuff Speech

Oftentimes we, as Toastmasters find ourselves in the position of having to give a speech at the last minute. For some, this is a terrifying ordeal, but it does not have to be.

No matter what Manual or Pathway we are to speak from, there are basic objectives for this speech. Our lives are open books that contain adventures that can fit those objectives. We lived those adventures so we should be able to speak about those adventures in a logical and organized manner, thus be able to give a spur-of-the-moment off-the-cuff speech.

Put this into practice next time you need to give a speech with little or no time to prepare. Not only will you meet your objectives, but you will hone your speaking skills.

Jim Love, ATM-G, ALB
Alpha Toastmasters #3273397

Hello, My Fellow Toastmasters around the World

My name is Deandra Mekel Buchanan Sr. a former Death Row inmate, who is now serving a life without parole sentence.

Many of you may be wondering why a prisoner faced with dying in prison would invest his time in a Toastmasters Club. Allow me to explain to you why. Before joining Toastmasters my self-esteem, vocabulary communication and leadership skills were

lying dormant. Having the opportunity to gain the education that the Toastmasters Organization offers, has allowed me to become an effective communicator and a competent leader. If you would like to witness how Toastmasters has really helped me, turn your T.V. to Netflix and lookup "I am a Killer" Chapter 7, and you can have a chance to evaluate your fellow Toastmaster Deandra Meke Buchanan Sr. I look forward to receiving your feedback. keep Toastmastering!

Dear Fellow Toastmasters,

"If you tell me, I will listen. If you show me, I will see. If you let me experience, I will learn." Lao Tzu coined that phrase, yet after spending five consecutive years as an Alpha Toastmaster, I have learned much through this experience. Hello, my name is Mike Lester. During my years as a Toastmaster I have held the positions of V.P. of Public Relations twice and President once. Leadership roles, like public speaking, are quite challenging however as a result these experiences has propelled me to teach classes through Restorative Justice that identifies for felons the impacts of crime, to deter them from it. At work, due to the attributes I excelled and was promoted to an inmate supervisory position called "leadman" in the furniture factory. In addition, I learned to balance and temper these leadership qualities with humility as I understood leadership is veritably a service.

Through the plethora of speeches, Table Topics and modules, I



continued to develop my oratory skills as I became more comfortable. My goal was only to become a Competent Communicator initially. Such diversity in the members and the education program enticed me to delve further. As a result, I pushed to set new goals as I accomplished old ones. Today I'm an Advanced Communicator Silver as I attempt to shoot for my DTM this fiscal year. It's challenging, yet I welcome it as I continue to be a growing man-progressing, not a grown man – stagnant and no longer growing.

Education is of quintessential importance and the Pell Grant for secondary education is no longer available to prisoners. Therefore, I learn where it's available and TI avails us of a public speaking education with crystalized credentials on their international database. For such thoughtfulness to TI I'm eternally thankful...also to all of those who have aided in my journey to become a better Toastmaster like Curtis Scroggins, Cynthia, Seth, Kat. M, Lori posthumous V.I.C Ron, Demetric McCauley and Kevin Dyal as well as others who have inspired, challenged, and propelled me along the way.

Thanks, Toastmasters, for letting me experience, for great is the magnitude of what I have learned.

Keep Toastmastering,
Mike Lester
ALB, ALS

Remembering the Sacrifices of Stone Wall

By: Patricia Trimble

This year marks fifty years since the Stone Wall Riots in New York City. I

was but a confused child of eleven, living in the midwest and most assuredly shielded from any news of the riots.

Fast forward five years and I find myself quite the precocious child of sixteen, temporarily living in Sacramento California. I seemed drawn by some unseen force to the nearby levy which helped contain the Sacramento Valley River. On most days around lunch time you could see any number of men walking or standing on the levy, periodically one or more would descend into the wooded areas and, hidden by the trees they would become much better acquainted.

Even at the tender age of sixteen, somehow, I knew instinctively that one had to hide, that to be openly gay bought with its unwanted prejudices by employers and even the police. Open signs of affection between two gay people in public often brought with it scorn, violence and almost certainly police harassment and arrest.

One day while at the levy, I met someone who would open my eyes to yet another side of gay life. A side that was much more open. You were free to express yourself openly, if the police were not watching. But for that openness, San Francisco was the place to be. I was introduced to gay bars, the gay disco's and the bath houses. But even in the freedom of San Francisco, you had to be ever watchful of signs that the police might come and raid the establishment.

Our community has certainly come a long way in the past fifty years. Don't ask / Don't tell, openly gay and transgender people to serve in our armed forces, same sex marriage, openly gay and Transgender men and women

serving in elected positions of power and now, one openly gay man running for President! But it all started with a handful (no pun intended) of our LGBTQ brothers and sisters saying: "No More!"

We must be ever vigilant. Never permitting us to become complacent. Complacency oftentimes permits those with hate in their hearts to step forward. The best example of our complacency came recently as our community watched in shock and horror as our current President, with the swipe of his pen, banned transgender soldiers from serving our Country and removed many of the Obama era protections that allowed many of us to openly work and live without fear of discrimination based on sexuality or gender preference.

Now is a time to celebrate and honor those who stood up and sacrificed so much at Stone Wall, but it is also a time for a new generation to stand up and be counted! To demand the restoration of all the protections recently removed and the addition of even greater protections which cannot be denied by whoever sits in the Oval Office. Do not sit on the sidelines assuming past errors in judgement will magically correct themselves. Do not further embolden those who would scratch from history our very existence. Stand UP! Make your voice heard! Let those who would seek election to State and National Offices know we will not stand for attacks against our very liberties, that our votes count, and those who fail to deliver on their promises will be held accountable.



District 8 Toastmasters Member Spotlight

Toastmaster Deborah McAlexander



Deborah McAlexander
Division E



Capital Toastmasters 503, would like to recognize our member Toastmaster Deborah McAlexander in this month's Member Spotlight.

She is the first visually impaired U.S. rider to receive confirmation from the International Blind Sports Federation to compete in Dressage Horseback Riding at the Paralympics Games in Tokyo, Japan in 2020.

On July 2, Deborah traveled 9,550 miles all alone to Gloucester, England for evaluation at Winfield Hospital for her medical condition.

These are amazing accomplishments for someone who is totally blind in one eye and sees the world as looking through a straw with her other eye!

Deborah says: "My passion for horses and training for competition has taught me this lesson: victory is measured not so much by the color of the ribbon, the medal, one's wealth, or the position one reaches in life, as by the obstacles overcome while trying to achieve victory. Blindness does not define who I am. Blindness does reveal who I am."

Visit her website www.visionbeyondayesight.org to learn more about Deborah's story and to hear her excellent speech about her life's experiences and her decision to train for the 2020 Paralympics.

Dr. Artie Langston
President, Capital 503 Toastmasters
Jefferson City, MO
Director, Division E



Help Wanted ASAP!

Toastmasters who are native English language speakers who are mentors to English Language Learner club member proteges.

Project is application of 12 strategies to help proteges speak English better.

Project is a High Performance Leadership Project for a DTM candidate.

Contact Rosemary Wilson, ACG, ALB
E mail: wilsonrosemary@me.com
Phone: 314-997-3474



District 8 Toastmasters Member Spotlight

Toastmaster Linda Franchini



Toastmaster Linda Franchini was recently crowned Mrs. All American Lady 2020 at the pageant recently held in Ocean City, Maryland. She credits her Toastmasters experience with being of great benefit during the interview portion of the competition. Linda is a member of Capital Toastmasters 503, Jefferson City, MO. where she currently holds the office of Treasurer. She will make visits as a goodwill ambassador during the year, and we're proud to have her representing Toastmasters as well.



Linda Franchini

Division E



Midtown Clayton Club 283

75th Anniversary



On October 1, 1944 Midtown Toastmasters Club was chartered by Toastmasters International and assigned club #283. The club met for lunch at the now shuttered Melbourne Hotel Dining Room at Grand and Lindell. The first members were men (business and professionals) who worked in midtown St. Louis (area

near the Fox Theatre). Over the years the club became a breakfast-time club, moved to 12 different locations ever further west towards the city limits and into St. Louis County, and now meets first and third Fridays at 7:15 am in the Center of Clayton where no food is served. The club's name was changed in 1992 to Midtown Clayton



Club to reflect its geographic location. The club is the second oldest in District 8 Toastmasters and one of its largest community clubs. A grand anniversary celebration event was held October 4, 2019 at Sybergs Dorsett with buffet dinner, world premiere of the club's documentary (available online at vimeo.com/marksundt), keynote address and Table Topics. Attendees included some club alumni from the 1970's! The club has Open House every meeting and you are welcome to visit.

Pathways Committee

District 8 has added a Pathways Committee tasked with increasing Pathways adoption and offering additional resources. The committee has added a dedicated Pathways page on the District 8 website, and will continue to add new content to it. A dedicated Pathways support email for both members and clubs has also been added: pathways@dist8tm.org. Members can reach out for general

Pathways and Base Camp questions. Clubs can use the help desk to arrange individual club Pathways training and Base Camp manager assistance.

Members are encouraged to enroll in Pathways before the traditional Toastmaster education program is phased out on June 30th, 2020. Many don't realize that you can actively work on both programs simultaneously. Clubs that have higher Pathways

enrollment are in a position to help new Toastmasters dive into Pathways more quickly and meet education awards toward the Distinguished Club program.

If you are interested in being a part of or assisting the Pathways Committee, please email Andrew Welter or Debbie Young — pathways@dist8tm.org



Earned Education and Leadership

July–October 2019

Division A

Capital T Toastmasters

- Coscia, Tom—MS1

Chesterfield Toastmasters

- Billadeau, Andrea Lynn—IP1
- Desrosiers, Kevin M.—ALB, CC, VC2
- Joshi, Sudiksha—IP2, IP3
- MacQuarrie, Gillian R.—IP1
- Zhu, Jin—ACB

Crossroads

- Ablan, Tamara—ACS
- Adams, James Bradley—DL1, DL2
- Heaton, Bob—ACG
- Miller, Dwayne A.—ACG
- Muelleman, Norman F.—DL1
- Rosenbeck, Katie C.—VC1
- Yellampalli, Satya—IP1

High-Noon Toastmasters Club

- Bone, Kayla Renee—LD1
- Huey, Aaron S.—MS2
- James, Donald Lee—EC1
- Kirchdoerfer, Ellen K.—ACG, ALS, DTM, EC4
- Odden, Ellen Marie—MS2
- Wayland, Jered Michael—PM4
- Welter, Andrew Dempster—IP1, IP3, MS5

Loquacious Leaders

- Blanton, Ronald Lee—LD1

Maritz Toastmasters

- Hyde, Debbie J.—EC1

RGA Toastmasters

- Lamb, Amy Lynn—MS3
- Pronovost, Erik—PM1, PM2

St. Francis Toastmasters

- Conley, Stephanie K.—IP1

South County Toastmaster

- Puskarich, Richard J.—CC
- Young, Debbie—DL2

West County

- Hoelscher, Richard—ALS, EC1, DTM
- Rohan, Michael E.—ALB

Division B

Aerospace Auditors

- Ikeda, Yutaka—EC2
- Jeffries, June M.—DTM, DL2, ALS
- Kwolek, Nicholas Charles—EC1

Bulls & Bears Club

- Breihan, Daniel William—EC2

Cave Springs Toastmasters

- Bianco, Lisa A.—PM1
- Hindt, Wynne —LD1
- Long, Janet—DL4
- Sanders, Mary B.—SR1
- Siemers, Denise R.—PM1
- Willman, Darlene—IP1
- Woods, Deborah H.—EH1, VC5

Creve Coeur Toastmasters

- Ahmed, Shahnaz B.—IP3
- Chauhan, Raj—PL1
- Kardis, Sandra M.—PM5

Little Hills Toastmasters

- Jacobsen, Jennifer K.—DL1, DL2
- Mokriakow, Kathryn G.—DL4
- Spezia, Timothy L.—ACS
- Wang, Hongyang—CC

Mastertoasters Club

- Allen, Wayne—EC4
- Beck, Lauren E.—IP1
- Wei, Yansheng—EC2

McCarthy Communication Builders

- Lohman, Thomas P.—ACB

Noontime

- Kelley, Melissa—ACS
- Mudd, Jeffrey Gerard—LD1
- Van Meter, Sarah—IP2, IP3, IP4
- Williams, Lajuanna D.—CL

Plus Factor Club

- Chrenka, Dan—IP1, IP2

PMIMSL Toastmasters

- Farwell, Terry Lyn—EC1

Script Masters

- Clay, Krystal Elaine—MS1
- Erickson, Marianne T.—LD2
- Hebert, LaDé—CC
- Kam-Blackard, Jackie—IP2
- Parnell, Marvin T.—LD1
- Schilling, Christine Ann—MS1

Shalom Church Toastmasters

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

St. Charles County Toastmasters

- Coker, Daniel I.—ACS
- Coker, Robert A.—PI3

Techmasters

- Boyd, Rhonda—IP1
- Costin, Stacey—TC1
- Sultana, Razia—DL1, DL2

Toast On the Rock

- Thomas, Joshua—DL1

WelDon Toast Club

- Anantharam, Parasuram—SR3
- Darnall, Daniel A.—DL5, PW MENTOR PGM

Educational Descriptions

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



Division C

Capitol City Toastmasters

- Wesley, Vyvyan Sharon—IP1

Collinsville Toastmasters

- Greve Penrod, Shandi S.—TC1
- Griebbe, Lisa Ann—DL1, DL2
- Wuellner, Grant Edward—ACS

Effingham Toastmasters

- Rounds, Ralph W.—IP2
- Woods, Daniel J.—ACG

Fairview Heights Toastmasters

- Jordan, Rebecca J.—LD2
- Miller, Shannon Elizabeth—IP1

Gem City Toastmasters

- Lee, Deborah L.—CL
- Tanna, Dan—CL

Horace Mann Toastmasters

- Arms, Nicole Brady—SR4, SR5
- Beard, Rachal—TC2, TC3
- Johnson, Mitch—IP2
- Kloese, Sam—DTM, IP3

League of Our Own Toastmasters

- Kloese, Sam—ALS

Marion VA Toastmasters

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

McBrien Lincoln-Douglas

- Randall, Nathaniel H.—PM1, PM2, PM3
- Shahidullah, Mohammed—ACG, ALS, IP1, IP2, DTM

Mt Vernon Toastmasters

- Mlot, Linda—VC1

Smedley Hometonw Memorial

- Triplett, Melissa—VC3

Southern Illinois Toastmasters

- Cupp, Karen D.—IP1
- Mill, Cynthia M.—LDREXC
- Scarbrough, Timothy Thomas—ACB, LD2, LD3, LDREXC
- Wiggins, Benjamin Paul—IP1

St. Clair

- Grudzinski, Chris Michael—CL
- Koester, Herman—EC3

Toast of Belleville

- Hegger, Phyllis A.—VC1
- Richey, Kimberly J.—PM1

Top Talk Toastmasters

- Turner, Caren D.—ACS, ALB

Division E

Alpha Toastmasters

- Shell, Stephen—CL
- Love, Jim—ACS

Capital Toastmasters

- Brugmann, Paul A.—PM2
- Langston, Artie—PM2, PM3, PM4, PM5
- Weaver, Denise—PM1

Columbia Toastmasters

- Cauley, Kevin—DL2
- Dennis, Philip Ralph—IP1
- Fessler, Tracey A.—EC1
- Jones, Robert Emmanuel—DL1
- Nichols, Denise M.—IP1
- Stokelj, Romana—PM1
- Wentz, Brad T.—IP1

Downtown Toastmasters

- Howard, Logan Blair—PM3

Ozark Orators Club

- Bowles, Elizabeth A.—ACB
- De Silva, Umanga Iroshini—ACB, ALB, CL

Talu Toastmasters

- Bloom, James—CC, CL
- Davies, Jeffrey—ACS

Waynesville—St. Robert Area

- Rowe, Mary Jean—VC4

Division F

Anheuser-Busch Toastmasters

- Desrosiers, Kevin M.—CC

Central West End Toastmasters

- Hammond, Cheryl C.—PM1
- King, Geoff—ACS
- Pulliam, James—PM2

Free Speakers Toastmasters

- Carpenter, Denise E.—PI1
- Hammond, Cheryl C.—PM2

Grand Center Club

- Marshall, Pam L.—ACB

Jacobs P3

- Munro, Phil S.—LD3

MilliporeSigma Toastmasters

- Breinin, Angela M.—ALS, LDREXC

Primary Conversations

- Anderson, Robin G.—SR1
- Dorsey, Donna Levett—PI1
- Harris, Donna M.—VC1
- Whitener, Terrell L.—PM1

SPEAK UP! Club

- Kardis, Sandra M.—TC3
- Sharpe, Mary Elizabeth—IP1

Taraus Toastmasters

- Causey, Doni—PI3

Toast of WU

- Boaten, Veleria A.—SR1
- Huck, Jennifer L.—ACB, ALS
- Kleekamp, Maureen A.—PM1
- Leingang, Karen A.—ALS, DL3 DTM
- Morgan, Tonya S.—PM1

Voices of Unity

- Chapman, Jerry—LD3

WashU Med Masters

- Hendrix, Rachel D.—CC, EC1

WUSTL Speaks

- Krupp, Jennifer—DL3
- Ogunniran, Peter A.—PI1
- Wang, Xiaodan—MS3
- Yoakum, Martin—IP1



Coming Events

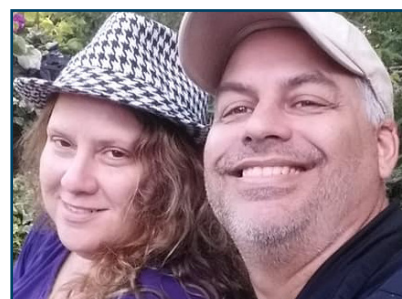
SAVE THE DATE

District 8 Spring Conference 2020 April 17 – 18

Holiday Inn St Louis—STL SW Route 66
10709 Watson Road, St Louis, MO 63127

Look for exciting details in the upcoming months!

District 8



**Newsletter Editor
Dennis J. Fiorini, MS1**

If you have an event or news from your club that you would like to include in a future newsletter, please contact me at:

djf0414@gmail.com

Include *Toastmaster Newsletter*
in the subject line please.

District 8 Mission — We build new clubs and support all clubs
in achieving excellence.

District 8 Vision — Create Culture, Strengthen Community, and Influence Change.

