

District Officers

District Director

James Childress—ACS, ALB
dd@dist8tm.org

Program Quality Director

Angela Breinin—ACB, ALS
pqd@dist8tm.org

Club Growth Director

RJ Stratton—DTM
cgd@dist8tm.org

Immediate Past

District Director

Elaine Curry—DTM, IPDD
ipdd@dist8tm.org

Table of Contents

Contest Season	2
Nominations accepted ...	3
Club Growth Director ...	4
So Here's What You Can Do in the Situation	5
Announcing the District 8 Speakers Bureau	6
Corporate Liaison Committee	7
Can You Delegate?	8
What Abraham Lincoln Can Teach Us	9
2020 Spring Conference...	10
Humorous Speech Showcase Winners	12
Toastamonia!	13
Member Spotlight	14
Leader Recognition.....	14
Awards	15-16

Taking the Leap as a Visionary Leader

District Director

James Childress—ACS, ALB



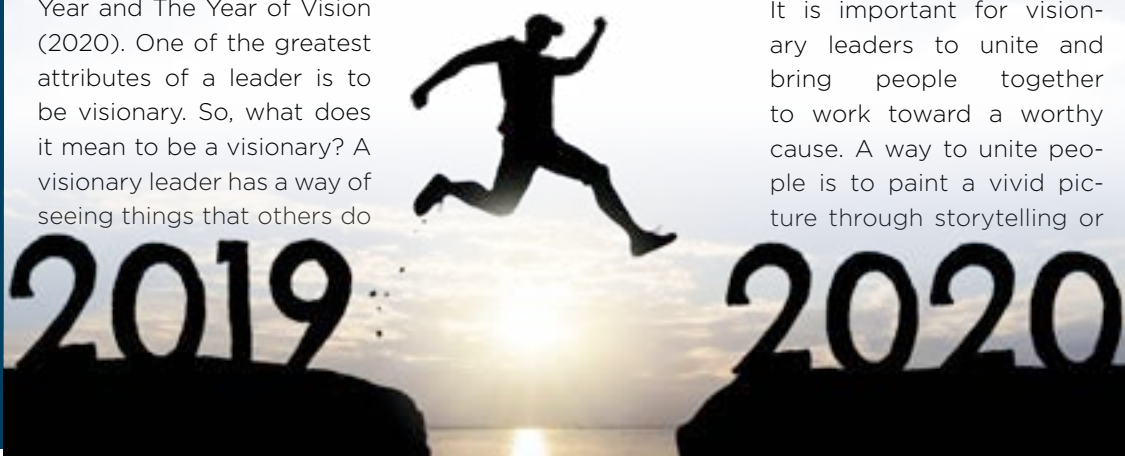
Greetings Fellow Toastmasters!

Happy New Year to you all! I hope you all had a wonderful holiday season. This year is a very special year. It is a Leap Year and The Year of Vision (2020). One of the greatest attributes of a leader is to be visionary. So, what does it mean to be a visionary? A visionary leader has a way of seeing things that others do

not see. To boldly go where no man, woman, or organization has gone before. Visionary leaders can artfully articulate where a group is going but not how to get there. What that does is free up the group from any type of constraints and allow for creativity, innovation, and to develop critical thinking skills which is paramount in this information/knowledge-based world. A visionary leader often finds opportunity and potential during a time of change or when things look bleak. They see what's not there or what's not there yet. A great example is Jack Kahl who trademarked Duck Tape.

Duct tape was invented during World War II and was used in a variety of ways such as securing machinery, bandaging the wounded, and holding together ventilation ducts in its familiar silver color. About 40 years later, Jack saw an opportunity to make the product more appealing to a new market by adding colors, thus making it more fun and fashionable to consumers. Who would have ever thought a bland product like duct tape could be morphed into something totally new?

In an organization, sometimes it can be difficult for others to grasp the vision. It is important for visionary leaders to unite and bring people together to work toward a worthy cause. A way to unite people is to paint a vivid picture through storytelling or



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

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



(continued from page 1)

using symbolism. John F. Kennedy is a prime example of unifying the masses toward a common cause. It was at the height of the Cold War after the failed invasion at the Bay of Pigs that President Kennedy made a bold statement. The Soviet Union was leading the space race against the US and was threatening to widen the gap. President Kennedy vowed that America would be the first country to put a man on the moon by the end of the decade. That bold proclamation captured the hearts, minds, and imagination of America. It galvanized the will of the American people and what followed was one of the greatest feats in World History. Keep in mind, that while President Kennedy wowed the country, he laid out a clear plan

with SMART goals. It's important that visionary leaders do not get so caught up in the emotion that a plan of action is never developed.

For some individuals, being a visionary and pushing the limit seems to come naturally. For others, it can be difficult to take that first leap toward change. A common reason for that difficulty is our mindset. We all have paradigms that can sometimes hold us back and prevent us from being the very best creative self that we can be. We must understand the power of our thoughts and how it can affect how we approach life. Some self-reflection can help us quickly assess if our thoughts are pushing the boundaries of our paradigms. Once we understand the

power of our thoughts and develop new belief systems, the sky or maybe even the moon is the limit.

We are very fortunate to be a part of an organization that gives us the tools to become visionary leaders. Tools such as the Club Success Plan, High Performance Leadership Project, The Success/Communication Series, Leadership Excellence Series, and projects in Pathways, can help us to develop or expand our inner visionary leader. Whether your goal is to increase club membership, become a Distinguished Toastmaster (DTM), organize a speech contest, or expand Toastmasters to another area, being a visionary leader is the key to unlock a universe that is full of possibilities.



Contest Season

District Director James Childress—ACS, ALB

Contest season begins this month at the club level. The contests for this year will be the **Humorous Contest** and the **International Contest**. There's a possibility that the District 8 winner of the International Speech Contest will advance to the World Championship of Public Speaking held in **Paris, France in August 2020** <https://www.toastmasters.org/events/2020-international-convention>. Now that that's an incentive to compete, huh? I am hoping that all clubs will have a contest. It is great way to break up the monotony and have some fun. It's also

a great marketing tool for your club. So, invite guests. Sending the contestant directly to the Area Contest is not ideal. It happened to me some years ago. Even though I represented myself well and placed, that extra preparation could have made the difference in advancing to the Division Contest. So, please have a contest at the club level even if you have one contestant.

The Area Directors will hold their contests in February and the Division Directors will hold theirs in March. Please go to <https://dist8tm.org/contests/#dates> to see when your area and division will have a contest.



Organizing a contest can be very stressful for the district leaders. They will need functionaries to help ease the burden. Please contact your Division and Area Directors to volunteer for a functionary role.

Speaking of district leaders. Do you know your district leaders? If not, go to <https://dist8tm.org/team/#leadership> and read their bios. You may find out some things you all have in common.



Nominations for District 8 2020-2021 elected Leaders are now being accepted

Immediate Past District Director

Elaine Curry—DTM, IPDD



Happy New Year!!

We have just slightly more than six months to the end of the 2019-2020 Toastmaster year. The time has passed quickly and we want to be ready to welcome next year's District 8 Leaders to take their place.

As the District Leadership Committee Chair person I am pleased to announce that I am accepting nomination forms for Club Growth, Program Quality and District Directors. These three roles are known as the District Trio. We are also accepting nominations for our Division A, B, C, E, and F Directors. All of these positions are elected roles voted by the District Council which consists of Club Presidents, VP Education and DEC members.

Please begin submitting nominations. The committee will conduct interviews and identify the candidates that they will submit

to the District Director to run for the offices. Remember that you may self-nominate. Take the time to speak with the person who is currently holding the position you are applying for to ensure that you understand what to expect and are prepared to accept the responsibility and can commit to the time required. Descriptions of each role can be found on the Toastmaster International website (www.toastmasters.org/resources/district-leadership-handbook). These positions are critical to the success of our members, our clubs and the District. If you feel ready for your next leadership challenge don't hesitate to come forward. We will also accept nominations for Area Directors. Please note that Area Directors is not an elected role. It is an appointment made by the District Director. Any nominations received for Area Director by the District Leadership Committee will be forwarded to the District Director.

I look forward to receiving your nominations as we prepare to elect our District Leaders for next year. Their terms will begin July 1, 2020.

We would like to have nominations no later than January 31. Elections will take place at the District Annual Council business meeting on April 18, 2020.

I am so proud of all you do to maximize your own personal development and working with your clubs and the District.

*Elaine Curry, DTM,
Immediate Past District
Director (IPDD)*
Email: wecurry2001@aol.com



ARE YOU A
CANDIDATE?



Season's Greetings District 8 Family

Club Growth Director
RJ Stratton—DTM



As the newly appointed Club Growth Director, I wanted to take this opportunity to make my induction to the District. I was excited to get the call to step up and become the Club Growth Director for rest of the 2019-2020 toastmaster year.

My toastmaster's journey started 7 years ago, in January 2013, and funny thing is I didn't plan on staying that long. But when I attended my first club meeting and seen first-hand all that toastmasters offered, I was hooked. I've always been an over achiever and toastmasters was no different. When I commit to something I'm all in ... Two

Triple crowns, couple of speech contest wins, Area 6 Director, Division C - District 8 Division Director of the year, District 8 Public Relations Manager, over 60 speeches later, in 2017 earned my Distinguished Toastmaster (DTM) credentials.

I approach this new leadership role with the same mindset and zest I apply to all areas of my life, personally and professionally. I also, bring decades of leadership experience & knowledge ... 23 years U.S. Navy (retired Chief Petty Officer); President of a 501C (3); 2 decades of running my own C-Corporation; and accredited Investor (Stock Options & Real Estate Investments). Above all, I am a leader who is there for the members and the clubs.

It will take me a bit to get up to speed on the responsibilities of this position. I am not worried though, because I have been blessed to have such an abundance of phenomenal members throughout the district, devoted to making District 8 the best it can be. Together with my District 8 family, we will achieve great things.

In addition to the current incentives, I am already looking into ways to improve membership growth and retention at the club level; such as, the Corporate Liason Committee to help with all the struggles that go on with corporate clubs. This is the first of many approaches to making some positive changes in growth and retention.

I am always looking for District 8 members to join my Club Growth Director team, serving on one of the various committees, club's membership retention, membership growth, mentors, sponsors and club coaches or one of the marketing initiatives to ignite growth and promote District 8 Toastmasters throughout Eastern Missouri & Southern Illinois. If you're interested in something like that...let me know. REMEMBER THERE IS NO "I" IN TEAM

Be sure to Say Hi if you see me at one of the District 8 Events or I might just visit your club.

RJ Stratton, DTM
District 8, Club Growth Director



So Here's What You Can Do in the Situation

Area 19 Director

Rosemary Wilson—ACG, ALB

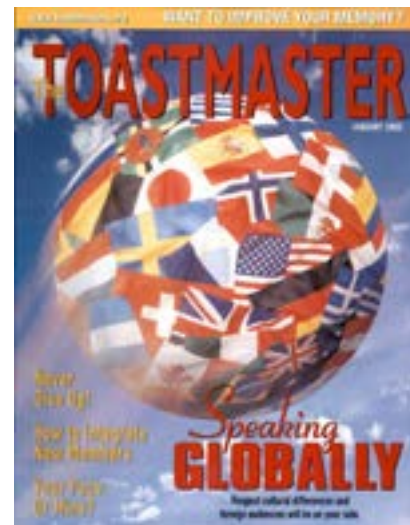


Well, then, what do you do as a Toastmaster who chooses the role of mentor to an English Language Learner? (aka ELL) You can use 12 strategies to speak better English based on the Toastmasters Promise and linguistic principles which have been assembled as a High 2019-2020 Performance Leadership Project in District 8.

A free copy of these strategies and use instruction is available by contacting:

DTM candidate Rosemary Wilson:
314-997-3474

wilsonrosemary@me.com



The new club member has an obvious accent when talking. This new club member often arranges words in a sentence when talking that are unlike English grammar as you know it. This new club member may not tell you but this new club member probably joined Toastmasters to learn to speak English better as well overcome the fear of public speaking. Here's a member in your club who needs a mentor!

Toastmasters club mentors, however, are not trained in linguistics to deal with such a learning need. Even though English is the official language of Toastmasters, International membership in the organization is not a course in English as a Second Language experience where you learn to speak, read, AND write English better. At this time, there are no Toastmasters manuals that can be ordered to guide the mentor in helping this protege member to speak better English.



Announcing the District 8 Speakers Bureau

Speakers Bureau Chair
John Barry— DTM



Talent, skill, and expertise — District 8's Speakers Bureau has the speaker you need—whether it is a keynote speaker, break-out session leader, storyteller, school assembly presenter, or something in-between. www.speakersbureauaustlouis.org

Are you interested in joining the Speakers Bureau? A speaker must have demonstrated the capability to engage an audience through speeches and topics with a credible professional presence. As a D8 Toastmaster the minimum qualifying requirement is accomplishment of the CC award or completion of Levels 1 and 2 in any Pathways project. Topics should be of universal interest, ie leadership, communication skills, business topics and social media just to name a few.

Potential engagements include a variety of venues, including keynote address, conference breakouts, seminars, workshops, commencement address, after dinner/lunch speeches, community group meetings, school assembly and storytelling.

All candidates for the Speakers Bureau should e-mail John Barry to let us know

of your interest. You will be asked to complete an application with a list of speech titles and presentation topics to be considered. If approved, speakers will be requested to provide a head and shoulders photo and a short bio. Let us know if you are interested or if you know of any potential speaking opportunities within the District.

Also, for those Toastmasters looking to stretch your speaking skills, TEDx Gateway Arch is currently accepting applications to audition on February 22 to speak at their next Women's Conference in the Fall. Go to www.tedxgatewayarch.org for details on how to submit an application to audition.

John Barry
Chair, Speakers Bureau
mrjohnbarry@msn.com



Corporate Liaison Committee

Corporate Liaison Chair

Phil Munro—ALB, CC



Hello District 8.

My name is Phil Munro and today I want to tell you about the Corporate Liaison Committee. But first I want to introduce myself. I am currently a member of two clubs, Jacobs P3 (a corporate club) and Collinsville Toastmasters (a community club) and I am serving as the Area 8 Director for the 2019/20 Toastmasters year.

The committee members also include Suresh Gopalakrishnan (Division B

Director), Karen Leingang (Area 12 Director) and Bill Danchus.

The District 8 Corporate Liaison Committee was created at the request of our District Director James Childress to respond to the challenges that corporate clubs in District 8 are facing. The district has 104 clubs in total and about 40% of these are corporate clubs. On the surface this seems like a healthy amount of corporate clubs but the reality is that District 8 has seen a steady decline in corporate clubs and the current clubs are facing a number of challenges.

James asked me to chair the Corporate Liaison Committee and I hope to use the experience I have from being a member of both a corporate and a community club to help address the success of our corporate club community. To do this I will need your help.

From my conversations with other district 8 leaders and visiting corporate clubs in Area 8 I believe that each club has a unique set of challenges. The committee's ultimate goal is to provide

resources to our corporate clubs that will help guide them through their challenges to remain strong and vibrant.

A corporate summit was held December 11th at the Clayton Center. This is intended to be an annual event where corporate clubs can convene, hear on topics specific to corporate clubs and share best practices.

Bill Danchus is aiming to visit a number of our corporate clubs to get their input. Please welcome him to your club and let him know about your challenges and where you can be supported.

Please reach out to me or the other committee members directly if you have any thoughts on the challenges that corporate clubs face and how they can be solved.

Phil Munro
314-269-7600
Area 8 Director

District 8 Toastmasters 2019-2020

www.dist8tm.org

We build new (sustainable) clubs and support all clubs in achieving excellence.



Can You Delegate?

Area 1 Director

Kathy Brennan—DTM



Have you recently taken over a leadership role and found it difficult to ask team members to complete tasks? You don't want to seem too bossy and you worry you are burdening busy people with extra work. You end up doing everything yourself because you feel personally responsible, or because it feels easier that way.

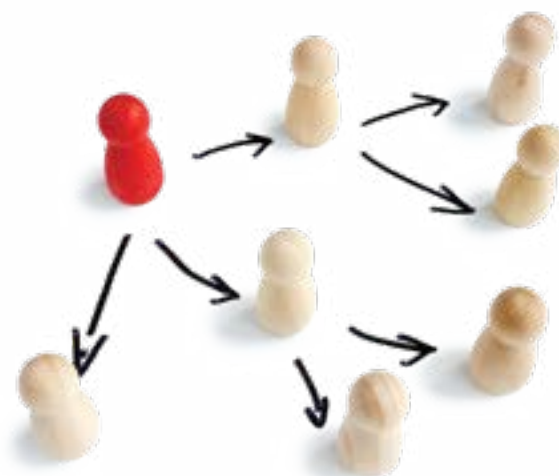
The truth is, delegating tasks to others is one of the best things you can do as a leader. It's actually selfish not to share the workload. When members feel they are making a solid contribution to a club, they are more likely to stay actively engaged.

Can you delegate? Here are five questions to ask yourself:

1. **Do you know what members' talents and passions are?** Everyone is good at something. Find out what that something is and use it. If a member suggests an improvement, ask that person to lead the effort. Why? Because if it was their

idea, they are already invested in the outcome. It is for he who cares to do the job. If you are struggling to organize information about your club, ask a member who likes to work with spreadsheets to assist you. He or she will love you for it!

2. **Do you assign individuals to action items?** During an executive committee meeting, officers agree it would be a great idea to reach out to the local community college to publicize Toastmasters. Although all agree, it never happens. Everyone hopes that someone will do it, yet "someone" usually ends up being "no one". It is up to the President of the club to ask a specific officer, usually the VPM or VPPR to complete this task. Casting a broad net for volunteers seldom works. It's more effective to reel in an individual by demonstrating your faith in them.
3. **Are your expectations clear?** Many of us have worked for someone who rambles on and on, explaining more than necessary. We don't want to be rude, yet we feel like shouting "Just tell me what you want!" People don't mind expectations as long as they are clear and doable. Nor is it bossy to give a due date. Having a due date reduces stress and helps us to manage our time.
4. **Do you provide equal opportunities for growth?** Do you have a member who has been covering



the same task for years? If you worry the person will be offended by passing the job to someone else, explain it will be for their fellow member's benefit to learn the job.

5. **Can you accept and appreciate the effort even if it wasn't done the way you would have done it?** I learned this the hard way after my daughter said she didn't want to load the dishwasher because I always re-loaded it. If you assign a task and it was done sufficiently well, find something to praise about it and let the rest go. It builds the person's confidence as well as enthusiasm for doing more.

Yes, you *can* delegate! As Ronald Reagan said, "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." Successful delegation gives your members the opportunity to shine which in turn makes your entire club successful.

Kathy Brennan, DTM
Area 1 Director, Division C



What Abraham Lincoln Can Teach Us About Storytelling In Our Speeches

Division E Director

Dr. Artie Langston—ACG, ALB



Time magazine lists Abraham Lincoln's Gettysburg Address as one of the 10 greatest speeches of all time. One thing that made it so great, was that Lincoln's oration followed one of the most effective story structures you can use, the structure that storytelling expert Shawn Callahan calls "the clarity story" in his book "Putting Stories to Work". This is a book I feel every Toastmaster should read, and can benefit from.

This type of story is so valuable because for people to be engaged, they need to understand why they should take action. As Callahan says, "The clarity story provides reasons in the most powerful and digestible format possible."

Here's how Lincoln used the clarity story structure to build his famous speech:

Part 1 begins with a look back at the past to take the listener back to the way things used to be.

Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Part 2 shifts to something that happened: the events that caused a problem or opportunity.

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

Part 3 is what Callahan calls "so now . . ." which describes the decision or action needed to respond.

But, in a larger sense, we can not dedicate — we can not consecrate — we can not hallow — this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here.

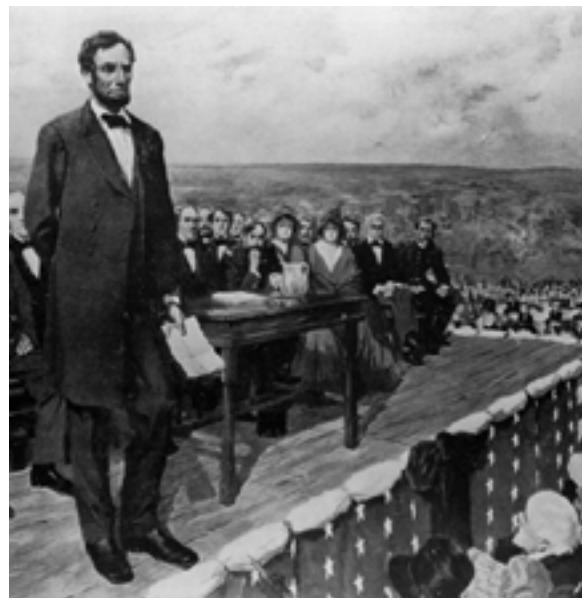
Part 4 looks ahead to the future to envision a desired outcome.

It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for

us to be here dedicated to the great task remaining before us — that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion — that we here highly resolve that these dead shall not have died in vain — that this nation, under God, shall have a new birth of freedom — and that government of the people, by the people, for the people, shall not perish from the earth.

The structure works so well, because it creates a series of events that cause people to want to know what happens next. As Callahan writes, "You need to spark people's interest by starting with the context, then hold their attention because something happens that causes a change, then end with an outcome."

Lincoln relied on this technique in his iconic speech—and you can, too!



Be a Part of the 2020 Spring Conference

Conference Public Relations
Kat Mokriakow—DTM, PDD



As I walked into the room the first thing I noticed was the bright lights. There were so many people, I was thinking, *dear Lord what I had got myself into this time*. I looked around with trepidation not knowing what to expect. Thinking if I left quickly, I can be home in time for dinner. I didn't know many people outside my Toastmasters' club and I had never attended anything like a conference before. I turned to leave, thinking the door is only a short distance away. Just as I was reaching for the handle, someone tapped me on my shoulder. He introduced himself, "Hi my name is John Mohr. Spelled like this (pointing to his badge) not the lawnmower." Instantly I began to relax and I could feel myself smiling. That was funny! After sharing my name, John said, "come sit with me". Throughout the night, John shared what was happening and made me feel as if I belonged. Because of him—just one person—I stayed and was surprised I actually had a good time.

That was thirteen years ago and I am still attending Toastmasters conferences. I have not missed a single one since that time. I walk in with confidence, greeting many friends I have made along the way. Instead of being filled with trepidation, I am filled with excitement of what the weekend will bring. I get involved in some way in the planning to help out—even if it is a minor role. I still meet new people and am glad to count them among my new friends. I always say the more I see you, the better I remember your name. These days I not only feel I belong; I do belong.

Whether it's your first time or you have been to many conferences, there is always something new to learn, new people to meet, and new foods to eat. Here are a few examples of what you can experience to help you build your own story when you attend next April:



Learn new ideas, strategies, and techniques to help your clubs, areas, and divisions succeed

Connect face to face and network with like-minded Toastmasters from across Missouri and Illinois

Spur your personal growth, thinking, creativity, and planning from outstanding workshops

Be Inspired by Distinguished Toastmasters for their goals achievements and new Toastmasters who are just starting their journey

Be Amazed by fabulous contest speakers, motivated presenters, and selfless volunteers

Renew friendships by spending time with each other — an annual gathering of new & old friends



Re-Energize your passion and regain your focus for your own Toastmasters journey

What's New This Year

- **Easy Access Online Credit Card Payment** — in order to streamline the process, we are offering the member the ability to access PayPal directly online to make the payment. Registration will be filled out on the district website and payment made all in one sitting
- **New Pricing Scale** — this year the district is offering new pricing options as follows
 1. Early Pricing **Best Option**
 2. Regular Pricing
 3. At the Door Pricing
- **World Champion Public Speaker** — delivering a keynote Friday night; workshop Saturday afternoon (see ad)
- **Timely Information** — our district leaders have agreed to provide conference information as early as possible

Watch for exciting updates on the conference via the district website at www.dist8tm.org.



District 8 Toastmasters CONFERENCE

April 17 – 18, 2020 * St. Louis, MO

District 8 Toastmasters Conference
Holiday Inn St Louis — SW Route 66
10709 Watson Road
Saint Louis, MO 63127
Reserve Room at 1-800-465-4329
Ask for conference rate of \$96/ night
Cut-off date: March 27, 2020

Keynote Speakers



Pres Vasilev
2013 World Champion Public Speaking
Toastmasters International



Mohamad A Quayom, DTM
Region 5
International Director
Toastmasters International

On Top of the World



Educations Sessions

Spark up your communication and leadership skills



Contests

Humorous and International Speech



Networking

Fire up your connections and confidence!

Questions? Want to help out?

Contact Conference Chairs
Parshu Anantharam
or Pam Marshall
conference@dist8tm.org

**Gain Free Access to Pres Vasilev's
"Speaking Secrets" at www.PresSays.com/3



Competitive Speakers STL Humorous Speech Showcase

Competitive Speakers Club President
Greg Phillips—DTM



Do you miss District 8's Fall contests? Do you love funny stories? We at Competitive Speakers STL do. Ralph Waldo Emerson once wrote "An ounce of action is worth a ton of theory." Our club took action and sponsored a Humorous Speech showcase on October 29, 2019. We invited Toastmasters throughout District 8 to compete with humorous speeches in front of an audience yearning for big laughs. This was a great warm up for Toastmasters International's humorous speech contest coming up this spring.

The showcase featured five speakers competing for the funniest and well delivered humorous story. We heard five great speeches. The evening was full of laughter. We appreciate all those that came out and filled every chair in the meeting room at the Bridgeton Trails Branch of the St. Louis County Library.

In keeping with the Halloween theme and the lighthearted mood of the showcase, several audience members



From left to right — DC Cooper, Emily Lin

wore costumes! A good time was had by all. Thanks to Contest Master Kevin Desrosiers for hosting and Chief Judge Paul Cook.

The funniest speakers were:

First: John Barry, Competitive Speakers STL

Second: Emily Lin, Webster Groves

Third: DC Cooper, Competitive Speakers STL

Competitive Speakers STL is dedicated to helping established speakers to improve their speaking skills and to mentor other Toastmasters in their speaking journey with a special emphasis on developing contest winning speakers. Check out our Facebook



page for our future showcases!

We meet the 1st and 3rd Tuesday at 6:30PM at the Sports Café at 3579 Pennridge Dr. Bridgeton, MO 63044. Contact John Barry at mrjohnbarry@msn.com or 314-659-9119 for more information.



Toastimonials

How Toastmasters Has Impacted Lives

Fellow Toastmasters, this is the beginning of a new calendar year. It is a time that most of us reflect on what happened during the previous year and ask thought-provoking questions to help us better navigate the journey on the road to self-improvement and personal growth. We consistently seek out our purpose and place in the universe. It can sometimes feel like we are in this by ourselves on this journey. In this section, a couple of Toastmasters gave Toastimonials on how this great organization impacted their lives. Hopefully, after reading this, you will be more attuned with your purpose.

Leslie Heilig—DTM



My first introduction to Toastmasters was in the early 1990s when my mother (a Toastmaster) invited me and my husband to an

area contest. As soon as we walked in my husband and I were asked to serve as timers. By then all I knew was there was a lot of hard work involved.

Fast forward to early 1993, I started to notice the meetings of the Gladiators club in Virginia. They were a noon-time club who met on the other side of the wall from my workstation. There was too much laughter and fun going on for me not to investigate.

I received a personal invitation from someone I admired to visit the club. I saw that the members were people I believed I would enjoy spending time with. Once I got started, I was hooked. I even joined a second club the following year. I found myself always looking forward to meetings and dedicating time to serving in offices and completing my assignments.

I stay because the people and projects help me continue to learn and grow in a loving environment. Toastmasters also fills a void which was created when I retired from my federal career in transportation. Being active in my club and at the higher levels helps me live the four parts of my personal mission: joy, adventure, challenge and order. The opportunities to bring out my best self

and be appreciated for my efforts add rich meaning to my life.

My club is my Thursday night family, and I miss them if I am away from the action. I have been with O'Fallon Toastmasters for about 20 years and have always felt that the investment of myself has rewarded me far beyond what I expected. Toastmasters took me in and accepted me as I was and helped nurture me into the person I am today.

I enjoy passing along the love and helping to make a place for anyone who wants to be a part of us. The skills and personal power I have honed over the years have helped make me confident that whenever I take my last breath in this world, it will have been a life well lived.

Chidu Subbiah



My name is Chidu Subbiah and I joined Toastmasters way back in early 1998. The recruiter at my consulting firm

thought I was too shy and my interviewing skills would improve by joining Toastmasters. I was a dual member in a couple of clubs, the Creve Couer

Toastmasters being one of them. I ended up getting two excellent mentors Chuck Carpenter and Angell Chisholm. They took a personal interest and mentored me through my first CTM manual. District 8 used to give a Star CTM award in those days and I was a recipient of the award in 1999. More than the mentorship, Toastmasters introduced me to this country like no other organization could have done. I saw the United States from the personal stories that members told through their speeches and I made

a ton of friends. I have truly seen the culture of paying it forward across all the clubs. I have been a member of a Corporate Club at all the places I have worked and Toastmasters introduced me to employees all across the corporation.

I have been a member of Money Talk\$ Toastmasters for the past seven years. I finally decided it was time to pay it forward a few years back and have had the chance to mentor a lot of new members at my home club. You can

(continued on page 16)



District 8 Toastmasters Member Spotlight

Toastmaster Aimee L. Pullen



Aimee Pullen joined Toastmasters through the Top Talk Toastmasters Club in the spring of 2015.

During her tenure with the Top Talk Toastmasters Club, Aimee has served as a member, reaching the Competent

Communicator level, and filling several meeting roles.

Currently, Aimee is working on the Dynamic Pathway of the Toastmasters Pathways Learning Experience. The Dynamic Pathway, designed to build skills as a strategic leader, provides seamless training to propel Aimee in her professional aspirations. Aimee completed her undergraduate studies at Illinois State University in Normal, Illinois where she obtained a Bachelor of Science degree in Special Education. She attended Southern Illinois University in Edwardsville where she was awarded a Master of Science degree in Education Administration. In the spring of 2010, Aimee received

her Education Specialist in Education Administration from Lindenwood University, St Charles, Missouri.

The projects in the Dynamic Leadership Pathway build on Aimee's educational foundation focusing on leadership skills essential for her career and long term goals. She is currently a Special Education Administrator for Special School District in St. Louis County.

Aimee proclaims that Toastmasters has unequivocally raised the standard of her ability to understand leadership and communication styles, as well as perform with ever increasing confidence in public speaking.

District Leader Recognition

District Director

James Childress—ACS, ALB

Fellow Toastmasters, it takes a lot of effort to operate this district. There are 105 clubs with approximately 2,000 members in our district. It can be a daunting task to keep up with what's going on. Fortunately, we have district leaders such as Division Directors and Area Directors to lighten the load. I want to recognize two of our finest leaders for the 1st quarter of this program year from July – September.

The **Division Director of the Quarter is Suresh Gopalakrishnan; Division B Director.** Suresh is a natural born leader who is doing great things in our district. He recently completed facilitating a Youth Leadership Program.

Suresh also became a part of the Corporate Liaison Committee and is helping to develop a strategy to retain and grow corporate clubs. Early next year, Suresh will facilitate another Youth Leadership Program. This hard charger is committed to changing the lives of others.

The **Area Director of the Quarter is Andrew Welter; Area 5 Director.** Andrew's energy and enthusiasm has set his area on fire. So far 75% of his clubs have completed 1st round club officer training and administration goals. One of his clubs has already completed 7 of the 10 goals toward the Distinguished Club Program. Always



Suresh Gopalakrishnan



Andrew Welter

looking for ways to improve the district, Andrew volunteered to be a co-chair of the Pathways Committee. He along with co-chair Debbie Young created a resource page <https://dist8tm.org/resources/pathways/> with dedicated support. Andrew has been an asset to our team, and we are looking for more great things from him.

The next time you see these awesome leaders, please congratulate them. Great job gentlemen!!



Earned Education and Leadership

November–December 2019

Division A

Capital T Toastmasters

- Coscia, Tom—MS2

Chesterfield Toastmasters

- Wilkins, Nicole E—PM1

Crossroads

- Muelleman, Norman F.—DL2
- Hammond, R. Barry—IP2

High-Noon Toastmasters Club

- Wayland, Jered Michael—ACG, LDREXC, ALS, DTM

St. Francis Toastmasters

- Blattel, Andrew—IP1
- Conley, Stephanie K.—IP2
- LeGrand, Christy S.—IP5
- Propst, Laura Nichole—IP2

South County Toastmaster

- Bowland, Christopher Y.—IP4
- Clark, Matt—DL1

Speak Easy Toastmasters

- Sturdivant, Michelle T.—IP3

West County

- Pluss, Adrienne R.—LD1

Division B

Little Hills Toastmasters

- Jacobsen, Jennifer K.—DL3
- Roy, Sandeep—IP1

Techmasters

- Yog, Vidushi—DL1

Weldon Toast Club

- Anantharam, Parasuram—SR4
- Darnall, Daniel A.—LD1
- Glover Stone, Zebrena M.—TC1
- Kammari, Suneela—IP1

Division C

Capital City Toastmasters

- Farishon, Chris—LD2

Collinsville Toastmasters

- Cline, Al J—LD1

Effingham Toastmasters

- Soltwedel, Beverly A.—ACG, LDREXC

Gem City Toastmasters

- Gander, Alice B—EC1
- McKey, John Jay—EC1
- Nelson, Sherry Fay—CL
- Tanna, Dan—EC1
- Vaughn, Amy—LD1

Horace Mann Toastmasters

- Gobble, Sarah M.—IP3

Marion VA Toastmasters

- Cunningham, Tobi L.—CC

Noontime Toastmasters

- Brown, Shannon—PI5
- DeMeyer, Joan O.—IP1
- Englander, Jay R.—ACB
- Li, Wensheng—CC

St. Clair

- Curry, Elaine—IP4
- Grudzinski, Chris Michael—IP1
- Hudson, Stephani A.—IP1
- Koester, Herman—EC4

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								



Earned Education and Leadership

November–December 2019

Division E

Capital Toastmasters

- Langston, Artie—EH2
- Weaver, Denise—PM2

Columbia Toastmasters

- Jarboe, Seth M.—TC2
- Pollard, Benjamin—IP1

Downtown Toastmasters

- Cooper, Clinton Keith—IP1
- Stokelj, Romana—PM2

Ozark Orators Club

- De Silva, Umanga Iroshini—ACS

Talu Toastmasters

- Conley, Melvin—ACB
- Cummings, Rederick—ACG

Waynesville—St. Robert Area

- Rowe, Mary Jean—VC4

Division F

Anheuser-Busch Toastmasters

- Easterling, Stacey M.—LD1, LD2
- Marian, Michael G.—VC1

Free Speakers Toastmasters

- Wisneski, Douglas Scott—IP2

Jacobs P3

- Bronstein, Evan Ari—IP1
- Ryan, Denise S.—LD1

Midtown Clayton Toastmasters Club

- Gibbs, Jerry F.—CC

MilliporeSigma Toastmasters

- Colmenero, Erika—MS2, MS3
- Russell, Karen—VC2

Open Line Toastmasters

- Rosenthal-Gusman, Deborah R.—CC

Primary Conversations

- Hasty, Jacob Leon—LD1
- Lee, Marlon—LD1

SPEAK UP! Club

- Kardis, Sandra M.—PWMENTORPGM
- Sharpe, Mary Elizabeth—IP2
- Wnuk, Nick J.—ACB

Tarsus Toastmasters

- Hoekzema, Violet A.—CC

Toastamonials *(continued from page 13)*

always have a mentor in Toastmasters. I found Leslie Garvin here at Money Talk\$ who is always taken the time to give me feedback and help me with my professional speeches. I have been working on my PhD for the past several years and I have had to give several presentations including at Conferences, Defending my Dissertation etc and Leslie was the one who is taken the time to listen to my speeches and give me feedback to improve on those speeches. Some of these speeches were close to an hour

long but she has set aside time to help me out. Similarly I have been an Area Director for the past six months and my PhD graduation was getting delayed by a few months and it was affecting my work as an Area Director. Suresh, my division director has stepped in and helped me out while I graduated. You find such people all across the organization in Toastmasters.

I have had a successful career here in the United States and have worked

across all many big Corporations. The one constant across all the organizations has been Toastmasters and the friendships I have made along the way. I definitely believe the hundreds of speeches along the way have made me a better person. One such speech most recently was by Cindy Hatfield, a member of my home club who absolutely convinced me and all members of our club to reduce, reuse and recycle immediately.



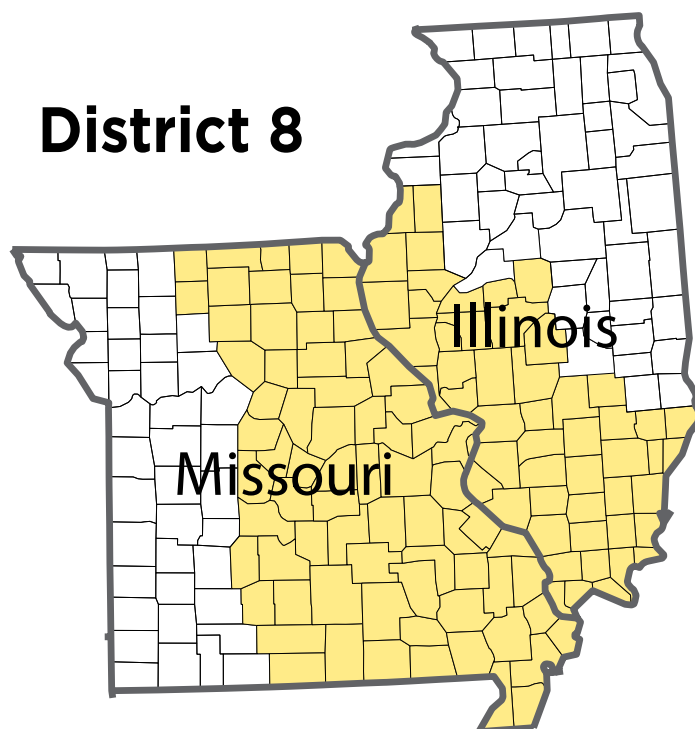
Coming Events

SAVE THE DATE

District 8 Spring Conference 2020 On Top of the World April 17 – 18

Holiday Inn St Louis—STL SW Route 66
10709 Watson Road, St Louis, MO 63127
Look on pages 9–10 for more details!

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.

