

District Officers

District Director

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dd@dist8tm.org

Program Quality Director

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Club Growth Director

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Immediate Past

District Director

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On Top of the World

Via the District 8 Annual Conference

Friday & Saturday, April 17th and 18th, 2020



Parshu Anantharam, DTM and Pam Marshall, ACB, ALB, co-chairs of this year's conference would like you to mark the start of your New Decade by attending the District 8 Annual Conference, Friday & Saturday, April 17th & 18th, 2020. This year's theme is *On Top of the World*. We will have TWO distinguished guests—Pres Vasilev, 2013 World Champion Speaker and Mohamad Qayoom, DTM, Region 5 International Director. Not only will they both give keynote speeches —Pres Vasilev—*Journey to World Champion of Public*

Speaking on Friday and Mohamad Qayoom, DTM—*Leading with Heart and Courage* on Saturday, but they will also both host educational sessions on Saturday. Don't worry. We have them scheduled so you can attend both sessions. How about that for getting you On Top of the World!!

Friday will kick off the Pathways Helpdesk being open during registration, followed by dinner that will allow you to reconnect with old friends and meet new ones. This will be followed by Pres Vasilev's keynote. Afterwards, you will be entertained with the Humorous Speech Contest. They are the best of the best from the district. Who doesn't want to laugh? End your evening with additional networking with fellow toastmasters and friends in the hospitality room.

Saturday will begin with breakfast and a Roast of Elaine Curry, Immediate Past District Director. You

will then have an opportunity to meet the candidates who will be running for district and division positions. The Pathways Helpdesk will be open at certain times on Saturday as well. James Childress, our current District Director will then lead us in our annual business meeting where we will hear about exciting things going on in our district and elect next year's leaders. The morning will culminate with Mohamad Qayoom's, DTM keynote. Enjoy lunch and awards ceremony recognizing those who have earned milestones this year.

We will then transition into the educational sessions. In addition to the sessions held by Pres Vasilev and Mohamad Qayoom, DTM, you will have an opportunity to choose 1 additional educational session. That's 3 opportunities to upskill yourself!!

(continued on page 10)

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

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



Meet Your Spring Conference Keynote!

2013 World Champion of Public Speaking
Pres Vasilev



Pres Vasilev rose above 30,000 contestants from 122 countries to become the 2013 World Champion of Public Speaking. He is the author of the popular online training program

"How to Master Compelling Storytelling."



For over a decade, Pres has studied, researched, and spoken on self-improvement, speaking and storytelling. Pres has coached hundreds of speakers from around the world to craft compelling stories, deliver powerful presentations and win speech contests.

Friday, April 17th
7PM Motivational Keynote:

Journey to World Champion of Public Speaking

Imagine you are about to embark on a journey that can change your life. In this motivational keynote, you will witness the twists and turns, the defeats and triumphs, the decisions and discoveries that shaped Pres Vasilev's journey to World Champion of Public Speaking.

You will pick up powerful public speaking tools, tactics and techniques, and you will discover the top secrets that helped Pres rise above 30,000 contestants from 122 countries.

Saturday, April 18th
4PM Education Session Keynote:

How to Uncover the Glory of Your Story

In this interactive session, the 2013 World Champion of Public Speaking Pres Vasilev will equip you with the storytelling tools you need to transform your speeches into captivating stories.

Come see Pres deliver live his winning Semifinal speech and engage in a dynamic discussion to unpack the secrets hidden in the story. Ask your questions, share your insights and learn from the questions and insights of others.

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



On Top of the World

Region 5 International Director
Mohamad Qayoom



Greetings District 8 Toastmasters!

Wow, I feel on top of the world because I get to attend your District conference on April 17-18, 2020. I am looking forward to celebrating your successes, learning with you, and most importantly, making new friends in District 8.

Like many of you, I joined Toastmasters to improve my communication and leadership skills, but I had no idea that Toastmasters had the power to transform my life. When I stepped into my first Toastmasters club meeting, I was a shy and introverted Information Technology professional. Toastmasters transformed me into a courageous and confident leader. Today, as a member of the Toastmasters International Board of Directors, I am a “working ambassador” for the organization. I work with the Board to develop, support, and modify the policies and procedures that guide Toastmasters International in fulfilling its mission.



I encourage you to attend District 8's annual conference to communicate, collaborate, and connect with each other. Let's continue to empower more individuals to become effective communicators and leaders.

Biography

Mohamad A. Qayoom, DTM, of Kenner, Louisiana, is an information technology network security consultant for Louisiana State University Health Sciences Center - New Orleans. He provides a flexible portfolio of information systems management and services developed through hands-on architectural expertise. Qayoom holds master's degrees in computer science and engineering management from the University of New Orleans.

Continuing his education, Qayoom has become a certified information systems security professional and a project management professional. His extensive nonprofit experience includes serving as a board member for the University

of New Orleans international alumni association and a member on the information technology advisory committee for Herzing University.

A Toastmaster since 2013, Qayoom's home club is Naturally N'awlins Toastmasters in Metairie, Louisiana. He has held several high-profile leadership positions within Toastmasters and attained the Distinguished Toastmaster designation—the highest level of educational achievement in the organization.

“Whether it is a college student preparing for a professional life, a professional striving to succeed in their career, or an inmate trying to turn their life around, Toastmasters can benefit everyone,” he said. As a member of the Toastmasters International Board of Directors, Qayoom is a “working ambassador” for the organization. He works with the Board to develop, support, and modify the policies and procedures that guide Toastmasters International in fulfilling its mission.



New this year: Online Conference Registration Form

Conference Treasurer
Tim Spezia, DTM



There is a new option available this year for registering online for the upcoming District 8 Spring Conference, April 17 and 18. This new approach for District 8 offers new options and a secure approach for making online registrations. You can access the new form by visiting the District 8 web site,

go to the conferences tab and click on the registration link at the bottom of the page. You will be presented a new screen where a conference goer can select a variety of options ranging from the full registration (recommended) to other options. When selecting a desired option known as a ticket you can select one or more tickets, you will then be given the option to name each selection for other individuals in your party. This is complete support for making multiple registrations. Complete mobile support for phones, tablets or laptops is supported.

The registration process is timed and you must complete all registration entries in the available time period. When all selections have been made, you will need to check out by clicking the checkout button. You will then be taken to the PayPal Checkout Payment Center where you will enter

your payment details. This is completely secure and is between your device screen and PayPal. The district is not involved in any way with your credit/debit card details. When successfully paid you will receive an email receipt for the event. Be sure to use a valid working email. You must complete checkout to be properly registered. No additional interaction after checkout is needed for registration. If desired you may send an email to conference@dist8tm.org letting us know you have registered. Also for any questions, please send an email to the conference email above.

Early bird pricing is in effect until March 15, after this date the form will change to next tier pricing. Please take advantage of the early bird pricing and register early. See you at the District 8 Spring Conference!

TOASTMASTERS INTERNATIONAL 2020 CONVENTION

AUGUST 5-8, 2020 / PARIS, FRANCE / PALAIS DES CONGRÈS DE PARIS

OUI PARIS!

There is so much to view in the City of Light.
Join us for the 2020 Toastmasters International Convention!

<https://www.toastmasters.org/events/2020-international-convention>





District 8 Conference
 “On Top of the World”
 April 17 – 18, 2020
 Holiday Inn – Rt 66 – St Louis, Mo



First Name		MI	Last Name	
Street Address			Apt/Unit #	
City/State/Zip Code				
Telephone Number ()				
TI Designations & current office held if applicable			Club Name & Number	
First Time Attendee?	Yes	No	Email Address	
Full Registration is the Best Value This includes all meals, education sessions, contests, and evening activities on Friday and Saturday		Prices per person:		Total
		Early Bird: now until 3/15/20, includes raffle		\$121
		Mid-Range Mailing: March 16 - April 8, 2020		\$126
		Mid-Range Online: March 16 – April 13, 2020		\$126
		On-Site Pricing: at the event		\$136
Al a Carte Pricing Per Person			Subtotal	
Friday Dinner Buffet: Asiago crusted chicken breast, Baked lasagna, Green beans almandine, Rice pilaf, Salad, Ranch dressing, rolls, coffee, tea, Bread pudding with Caramel rum sauce (includes contest & evening's activities)			Early Bird \$38	
			Mid-Range \$41	
			On-Site \$46	
Friday Humorous Speech Contest-only Seating -- includes contest & World Champion Public Speaker			Early Bird \$15	
			Mid-Range \$15	
			On-Site \$20	
Saturday Breakfast Buffet: Scrambled eggs, Sausage, Hash browns, bread, juice, coffee, tea (does not include any other activities)			Early Bird \$23	
			Mid Range \$28	
			On-Site \$33	
Saturday keynote address & lunch buffet - Roasted pork, Stewed apples, Cornbread dressing, Green peas with mushrooms, Salad, Ranch dressing, coffee, tea, Lemon bars (does not include any other activities)			Early Bird \$29	
			Mid-Range \$34	
			On-Site \$39	
Saturday Educational Sessions -- (educational sessions only)			Early Bird \$25	
			Mid-Range \$25	
			On-Site \$35	
Saturday Banquet Dinner: Filet mignon, Shrimp scampi, Asparagus, Roasted potatoes, Salad, coffee, tea, Strawberry cheesecake (includes contest & evening's activities)			Early Bird \$48	
			Mid-Range \$53	
			On-Site \$58	
Saturday International Speech Contest -- includes contest seating, DTM celebration and New officer installation			Early Bird \$10	
			Mid-Range \$10	
			On-Site \$10	
Check #	Visit www.dist8th.org/conference for Credit Card payments			TOTAL \$
For special diets, please email conference@dist8th.org . Please be specific and the hotel will make every effort to accommodate you.				
Conference Payment				
Make checks payable to “ District 8 Toastmasters ” and send with this form via U.S. mail to: District 8 Toastmasters 5037 Reynosa Dr., St. Louis, Mo 63128. If paying by credit card, visit conference information center at www.dist8tm.org/conference and click on register. You are only eligible for Early Bird prices and raffle if paid by March 15, 2020. Payment covers conference cost only. Hotel reservations and payment must be made separately.				
Hotel Reservations & Payment				
The Holiday Inn St Louis – Rt 66 is at 10709 Watson Road, St Louis, Mo 63127. Call (800) 465-4329 for the District 8 Toastmasters rate of \$96* – available only through March 27, 2020. The hotel has an indoor pool, fitness room & other amenities. * Room with 1 king or 2 queen-size beds. Tax & other hotel fees apply.				

New Conference Information Center!

Everything you need to know about the conference. Visit www.dist8tm.org/conference



Leaders: On your Mark, Get Set, Go!

Immediate Past District Director

Elaine Curry—DTM, IPDD



We are all familiar with the Toastmasters tag line “Where Leaders are Made”. I am a firm believer of that and I am living proof that they live up to their proclamation. I want to challenge each District 8 Toastmaster to rise to the occasion. Every year the

District looks for leaders to step up to the plate and help lead us into the next level of greatness.

What holds you back from running for a District office? Is it because you think you may not have time to fulfill your duties? Maybe you think you are not yet ready for such a big role? Leaders don't work alone. They lead a team. They don't do it all themselves! They lead with the help of the whole District! What's the reason for my plea you might be asking yourself? Each year we conduct elections for the next year's leaders and each year our pool of candidates is insufficient to fill the roles. There is still time. Won't you consider running for a District Officer? We need Trio leaders and Division Directors. These are elected positions. In addition, the new District Director

will be looking for Area Directors and District Staff which he/she will appoint.

Won't you put aside your fears and concerns? I believe in you and that you can stand up to the challenge. Join the team that is going to take us to greatness. We are a District of excellence. You belong here and we want to take this journey of excellence together.

I look forward to receiving your nomination at IPDD@dist8tm.org. The nomination form can be located on the District 8 website dist8tm.org. You can find District Officer descriptions on the TI website in the District Leadership Handbook.

See you at the conference.
Now let's do this.
Elaine Curry, DTM, IPDD

SPONSORS WELCOME

Sponsorship Opportunities

Showcase your business or organization
Advertise your products or services
Recognize club or member achievement
Promote your Toastmasters Club

Ads are Tax Deductible

Pricing & Sizes range from
\$25 (3.5" x 2" business card) to
\$150 (8.5" x 11" full page)

District 8 spans from eastern Missouri to southern Illinois and
has around 2,000 members in 95 clubs. Increase visibility to your brand, products and services.

Show your commitment to communication and leadership development .

Support our non-profit organization.

Contact: conference@dist8tm.org for Sponsorship



District 8 Proxy Certificate **District Council Meeting**

For Presidents and Vice Presidents Education

At the district council business meeting, each club president and vice president education in attendance is entitled to one vote. However, if both officers cannot attend, they may designate, in writing, any other active member of their club to act as proxy for their club. (use form below). No other proxy is valid at this meeting - per Article X, Paragraph (d) of the District Administrative Bylaws.

In the event one of these officers does not attend the meeting and has not designated, in writing, an active member of the club to act as his or her proxy, the officer or proxy holder in attendance is deemed to hold the proxy of the other, and may therefore cast two votes at the meeting. This assures that every club is represented by two votes. Proxy holders or club presidents/VPEs are limited to a maximum of two votes each.

In addition, each district officer, including Area Directors, in attendance is entitled to one vote. Only district executive committee members carrying either credential or proxy certificates from their club are allowed three votes. All other members are limited to a maximum of two votes each.

If the Club President and/or VPE Cannot Attend

Indicate your duly authorized proxy below (must be an active member of your club):

Name of Proxy Carrier (print): _____

Club Name: _____ Club #: _____

Print Name and Officer Role (President or VPE): _____

Signature: _____ Date: _____

(6:30 am Saturday: Credentials desk opens)

Holiday Inn St. Louis SW - Route 66
10709 Watson Road
St. Louis, MO 63127
April 18, 2020 9:00 am



Overcoming Adversity

District Director

James Childress—ACS, ALB



Greetings Fellow Toastmasters!

We are in the stretch run of the program year. There are only 4.5 months to go to achieve our goals. Throughout the year, many of us have encountered adversity along the path to self-improvement. Whether it is burn out, health issues, work requirements, family obligations,

or other life-changing events, sometimes it is easy to let adversity get the best of us and win.

Here are some ways to overcome adversity:

Find your sense of humor—Laughter is indeed the best medicine. It helps your body cope with stress, relieves tension, and helps your brain become more positive.

Be mentally prepared—Think through the worst-case scenarios and consider how you will react.

Reflect on what you've experienced—

Think about what adversity you've experienced and how you got through it.

Be at peace with the situation—

Accept what happened and move on. Do not spend time blaming others.

Adversity is a chance for opportunity—

Seek ways to reinvent yourself and change the situation.

Refuse to give up—

Develop a mindset where you view adversity as something to overcome and solve.

Have a purpose—

What is your why? Your passion? Your true meaning?

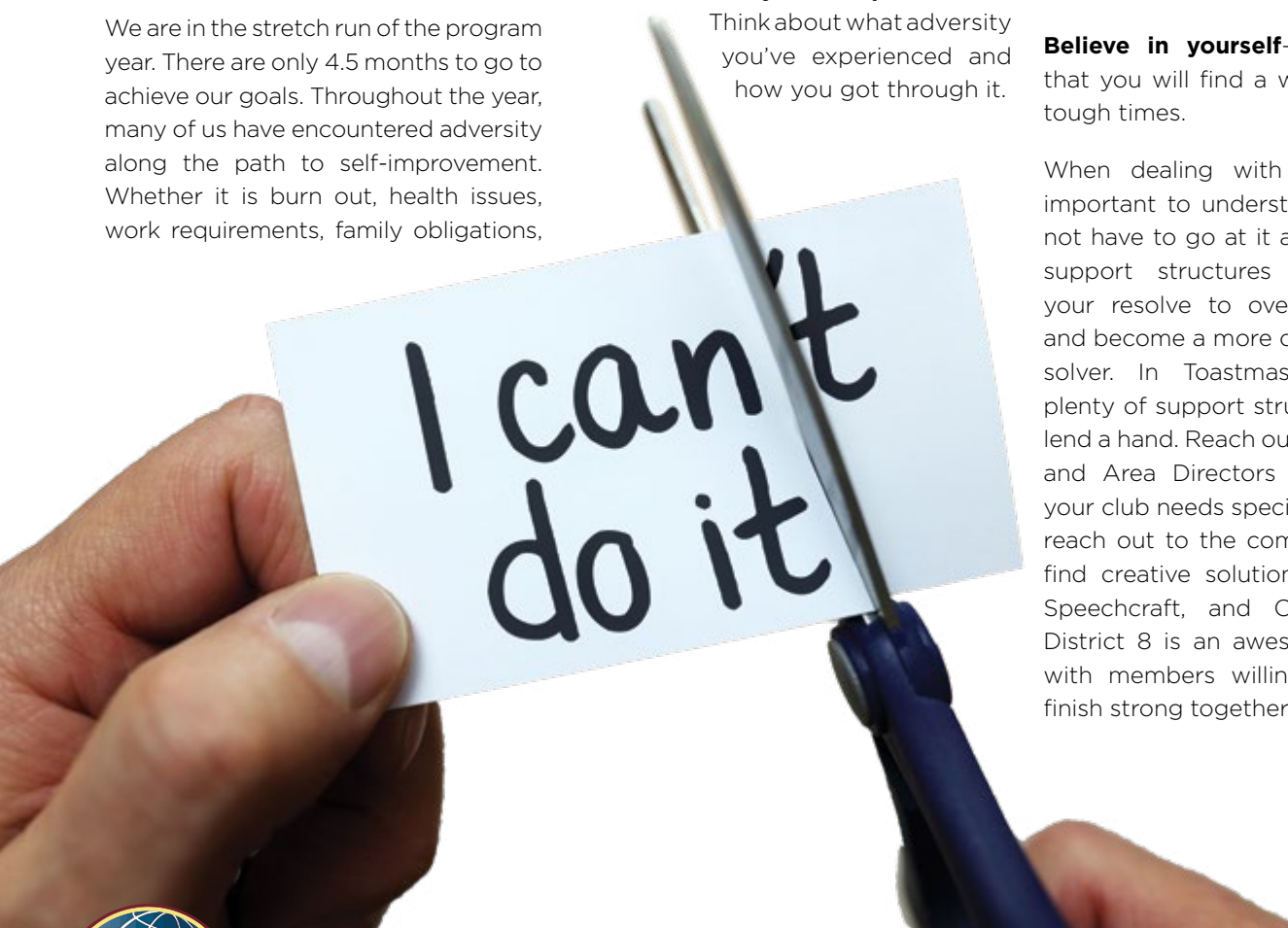
Think positive—

Look at the bright side. Find a way to transform a negative into a positive.

Believe in yourself—

Always believe that you will find a way to overcome tough times.

When dealing with adversity, it is important to understand that you do not have to go at it alone. Leveraging support structures will strengthen your resolve to overcome adversity and become a more creative problem-solver. In Toastmasters, there are plenty of support structures willing to lend a hand. Reach out to your Division and Area Directors for guidance. If your club needs specialized help, please reach out to the committee chairs to find creative solutions for Pathways, Speechcraft, and Corporate Clubs. District 8 is an awesome community with members willing to help. Let's finish strong together!



We Are Growing!

Club Growth Director
RJ Stratton—DTM



Hello District 8 Family, Let me start out by saying, WE ARE GROWING, be sure to say 'Hi' to our 3 new clubs. Centene Speaks #7715274; Moneta Toastmasters #7724716 and just added Wentzville Pros #7692545 and we will be adding, at least 3 more in the next couple of months.

Not forgetting one of the biggest issues that clubs have is retention... I have been traveling round to many District 8 clubs, with focus on clubs that need help and I am amazed at all the District 8 members stepping up to help. We have been and are, also working on some fresh ideas for assisting clubs in all areas from the building membership to members adjusting to Pathways Program... from new to existing members, with still more to come. I am happy to announce, thanks to William Danchus, District 8 Corporate Liason Committee member

and member of the St Charles County Toastmasters, Club #1151058, we've put together some district maps, that show the physical location of the clubs by Division & Area, and that will be showcased at the district conference for all to see.

I can feel the momentum building in the district.

AND since membership is essential to a toastmaster club:

Talk Up Toastmasters, February 1 till March 31, 2020, invite guests to a special meeting where prospective members can learn about Toastmasters' many benefits and If your club adds five new, dual or reinstated members with a join date between February 1 and March 31, and you'll receive a special "Talk up Toastmasters" ribbon to display on your club's banner (transfer and charter members does not count). Qualifying clubs can also earn a special discount code for 10-percent off their next club order.

Don't forget, When a member sponsors five or more new members within one program year, you will receive a unique blue pin for five members, a unique burgundy pin for 10 members, and for sponsoring 15 new members, you will qualify to receive a special discount code for 25% off your next product purchase from the Toastmasters Online Store

The district wants to help your club in membership building efforts...

When you hold an Open House, District 8 incentives are: \$50 for advertising and \$30 for food/drink reimbursement. For your advertising materials, order from Toastmasters... brochures and fliers, just be sure to keep your receipts and a list of guests that attended. Also we'd like to know if any guests became members.

Be sure to check out the District 8 resources for planning your club open house dist8tm.org/plan-an-open-house and all the membership building tools at Toastmasters International.

Another oldie but goodie that seems to have been forgotten: The Pathways Navigator (item 8722 The Navigator.pdf). The Navigator is filled with essential information about Toastmasters, club meetings and getting started in the Pathways PROGRAM. Use it to help all your members... Whether new or a seasoned Toastmaster, The Navigator can answer your questions and guide you along the way. Don't have one... get one... online www.toastmasters.org/the-navigator or email me for the pdf version that you can print for members. Would love to hear from you!

Questions, concerns, or even If you'd like me to visit your club... shoot me an email at: CGD@Dist8TM.org

RJ Stratton, DTM Club Growth Director, District 8 Toastmasters



What is This Sign Saying to You?

Public Relations Manager, District 8

Annetta Works-Salley—VPPR



What is this sign saying to you? One day I was driving on the main strip of my city and saw this sign. I was so happy to see what I already knew was happening in my town...a TOASTMASTERS club event! It's one thing for a Toastmaster to understand, but when a club's Vice President of Public Relations (VPPR) takes the time to use their influence to *Let The World Know*, new and, potential members become aware and know how to connect. The O'Fallon Toastmasters Club #994, Fall Open House yielded four Speechcraft participants, one new member, and one dual club member, and two NEW GUESTS for each of the eight (8) weeks.

How well does your club's signage tell people where to find you? What



improvements or enhancements could increase its effectiveness? Pavement signs can be placed outside your meeting room or in a busier area (outside the building near the street curb) to direct people to your club meeting/event. They are especially useful for club meeting locations that are set back from the road and not highly visible to those passing by. Something as easy as a change in placement, wording, lighting can make a difference. The POWER of FREE PRESS! #Signage



Figure 1—Club Meeting Plaque-384

[*\(continued from page 1\)*](#)

If you thought you were excited by the previous activities, you will be lifted Out of this World by the end of the evening. You will see STARS with the dignitary

line up and entrance, followed by dinner. The Best of our Best Divisional International speakers will compete for the District's Top Spot. Additional awards will be given, including newly earned Distinguished Toastmasters

(DTM). End the night with fellow toastmasters and friends talking about how you were Skyrocketed On Top of the World!! You don't want to miss this exciting and uplifting conference.



Earned Education and Leadership

November–December 2019

Division A

Chesterfield Toastmasters

- Georges, Billy E.—PM1

High-Noon Toastmasters Club

- Bone, Kayla Renee—LD2
- Huey, Aaron S.—ACS
- Kirchdoerfer, Ellen K.—EC5
- Welter, Andrew Dempster—LD1, LD2

Loquacious Leaders

- Desrosiers, Kevin M.—ALB
- Hoeckelman, Tiffany—MS1

Maritz Toastmasters

- Seidel, Donna K.—ALS

Poplar Bluff Toastmasters

- Kimbrow, Larry—IP2, IP3

Saint Francis Toastmasters

- Keller, Beth—VC2

South County Toastmaster

- Butler, Krista—IP1, IP2
- Denton, Kathryn M.—PI1
- Stewart, Brent P.—EC1

West County

- Bell, Susan—IP1

Division B

Cave Springs Toastmasters

- Hindt, Wynne—LD2
- Johnson, Krissy M.—PM3
- Long, Janet—DL5

Little Hills Toastmasters

- Spezia, Timothy L.—ACG, DTM

Money Talks Club

- Durfee, Georgia Rae—EC2

Noontime Toastmasters

- Englander, Jay R.—CL

PMIMSL Toastmasters

- Farwell, Terry Lyn—EC2

Script Masters Club

- Clay, Krystal Elaine—MS2

WelDon Toast Club

- Hogan, Amanda Leigh—IP1

Division C

Collinsville Toastmasters

- Anderson, Art—EC3

Fairview Heights Toastmasters Club

- Slovak, Suzanne A.—EC1

Gem City Toastmasters

- Boll, Julie Anne—DL1
- McDonnell, Aiden—PI1
- Nelson, Sherry Fay—CC
- Reed, Ray A.—VC1
- Williams, Margaret G.—MS1

Horace Mann Toastmasters

- Closter, Don—IP3

Marion VA Toastmasters

- Cunningham, Tobi L.—CL

League of Our Own Toastmasters

- Brennan, Katherine P.—PM3
- Washington, Atlene—CL

Marion VA Toastmasters

- Howard, Patti—EC4
- Martinez, Williams Jose—PM3
- Neal, Michael T.—PM1

O'Fallon Toastmasters

- Syler, Isaac A.—ALB

Smedley Hometown Memorial

Toastmasters Club

- Mather, Lora D.—DTM

St. Clair

- Grudzinski, Chris Michael—ALB

Division E

Columbia Toastmasters

- Wentz, Brad T—IP2

Division F

Columbia Toastmasters

- Wentz, Brad T—IP2

F.R.B. Club

- Milnes, Bill—CC

Jacobs P3

- Stambaugh, Margaret A.—MS1

Midtown Clayton Toastmasters Club

- Wilson, Rosemary—LDREXC

Primary Conversations

- Little, Alleiah—LD1

Tarsus Toastmasters

- Banaszak, Mark—ACB

Toast of WU

- Boaten, Veleria A.—SR2
- Gunn, Elizabeth—IP1
- Kleekamp, Maureen A.—PM2

Webster Groves Toastmasters Club

- Ciotti, Melanie R.—PI2, PI3
- Liao, Tao—VC2
- Murphy, John T.—EC1
- Taylor, Joseph D.—VC1

Wells Fargo Advisors Toastmasters

- Young, Maurice O.—ACB

Educational Descriptions

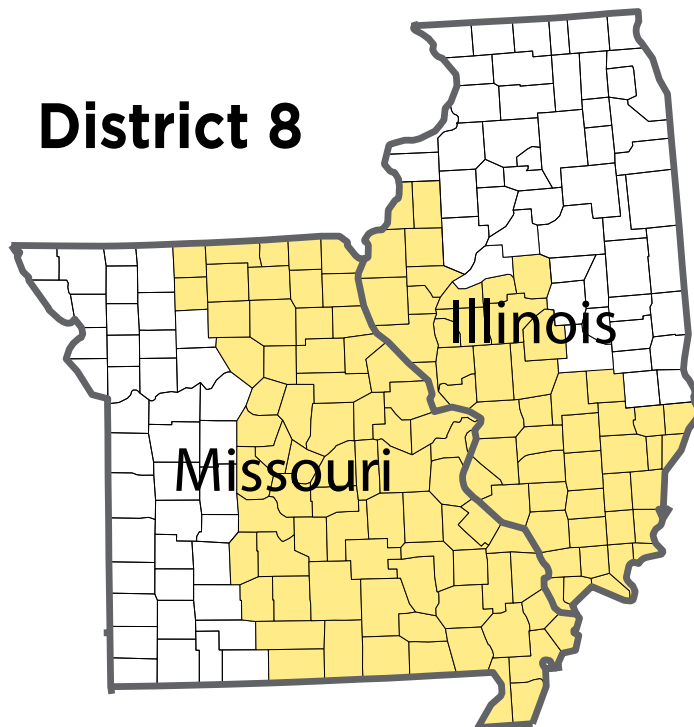
DL	Dynamic Leadership	IP	Innovative Planning	MS	Motivational Strategies	PM	Presentation Mastery	TC	Team Collaboration
EC	Effective Coaching	LD	Leadership Development	PI	Persuasive Influence	SR	Strategic Relationships	VC	Visionary Communication
EH	Engaging Humor								





Toastmasters International • District 8

857 Foxgrove Drive
Fairview Heights, IL 62208.



Newsletter Editor
Dennis J. Fiorini, MS3

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.*

