



Communic~8

District 8 Newsletter



Volume 22 Issue 1

October 2022

District 8 Mission

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

District Officers

District Director
Karen Leingang
DD@dist8tm.org

Program Quality Director
Sarah Van Meter
PQD@dist8tm.org

Club Growth Director
Art Stanze
CGD@dist8tm.org

Immediate Past District Director
David Kincade
IPDD@dist8tm.org

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Newsletter Editor
Tom Coscia, DTM, PDG
webmaster@dist8tm.org

DISTRICT 8 FALL PICNIC

TOASTMASTERS IN THE PARK



Join us for some fun & games!
We'll provide the burgers, brats, hot dogs, chips, & cookies!
Jefferson Barracks -- Black Hawk Picnic Shelter
345 North Road St. Louis, MO 63125
10-22-22 from 12-3:30pm



RSVP HERE

For complete event details and updates, join our private **District 8 Toastmasters Members ONLY Facebook Group** at <https://www.facebook.com/groups/dist8tm>.

Message from your District Director

Karen Leingang

The Village of District 8



"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." – Mother Teresa

I would like to take this opportunity to share a bit about myself and my vision for District 8 for the Toastmasters Year 2022-2023. I joined Toastmasters in April of 2014, when I decided I needed to improve my speaking skills so I would be prepared to go on job interviews. Like many others who join organizations for a specific reason, my plan was to get what I needed and to move on. As I became involved at the club level as an officer, I became aware of the fact that Toastmaster life was not centered on a single club, but was instead centered on larger organizations that offered many opportunities. When I joined the District Executive Committee as an Area Director I began to see how all the clubs in District 8 were intertwined and how each club has an impact on the overall District. It was at this time that I came to understand that each member can make a difference by becoming actively engaged in District activities and helping others grow. This all leads to my vision for District 8 this year. I want all clubs to feel supported by the District Leadership team.

"Alone, we can do so little; together, we can do so much" – Helen Keller

The village of District 8 is comprised of 5 Divisions, 21 Areas, 89 clubs and approximately 1,000 members. Geographically the district covers the eastern half of Missouri and most of southern Illinois. Our oldest club, McBrian Lincoln-Douglas Club, was established March 1, 1936, and our newest club, Little Black Book Toastmasters, was established January 11, 2022. By just looking at the numbers, District 8 has the potential to be a bunch of separate entities, but in order to be a successful organization we need to think of District 8 as one village. This village needs to care for all of its members whether they be located in Jefferson City, MO, Marion, IL or somewhere in between. The village members also needs to make their concerns and needs known if the District Leaders are not addressing them. This can be done by first reaching out to your Area Director, followed by your Division Director and, if need be, to me at leingang65@aim.com. As a village, we can assist each other overcome hurdles, provide support to each other, and celebrate successes together. As a village, we can achieve success at many levels: club, Area, Division and District.

"If you want to go quickly, go alone. If you want to go far, go together." – African Proverb

When first entering the village of District 8, many of us are looking at what we as individuals can gain and achieve as a member. The opportunities to grow are numerous. We can become better speakers, learn how to lead small groups, become more confident in our abilities in all areas of life, and the list goes on. As an individual member, we can grow our skillsets quickly. If as members we stop striving at this point, we are selling ourselves short. We miss the opportunities of learning how to coach and mentor other members within in our club. When we take these opportunities, we help our fellow members reach their potential and we also help strengthen our clubs. Both of these achievements result in higher quality club meetings that challenge its members and allow more growth. At

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Saturday, December 10, 2022 Over Zoom

The Winter TLI planning has begun and will be held on December 10 from 9 am to 4 pm.

It will be traditional format where you can either take in officer training class, or try an elective that is designed for guests, Toastmasters, Officers, and Veteran Toastmasters to get recharged for the remaining of the year until the April Conference.

Please keep checking the Toastmaster website for information like registration, list of class and elective times, and more!

Message from your District Director (cont.)

this point, it is only natural to step up to the District level and to assist the rest of the Village of District

8 to achieve the same accomplishments. By helping others grow and achieve, you as an individual continue to expand your leadership skills and you expand the potential of the whole village.

"There is no power for change greater than a community discovering what it cares about."
– Margaret J. Wheatley

The Village of District 8 is a great village to be in. We have many caring members that are willing to volunteer and to help host events and take on tasks to keep the village going. We are passionate about helping others improve as speakers, leaders, and people. Growth opportunities at the District level include chairing or serving on the committee to plan the Toastmasters Leadership Institute (TLI) or the District Annual Conference, facilitating a session or being a room assistant at the TLI or the District Annual Conference, serving as a functionary for Area, Division or District speech contests, becoming a club coach, sponsoring and mentoring a new club, serve on the Education or Marketing Committees, or serve as an Area or Division Director. This is just a list of a few of the rewarding volunteer options that are just waiting to be taken. Maybe you have a great idea that might help the Village of District 8 to grow and become stronger. If this is the case, please reach out to me and share your ideas. I would love to hear from you. Lastly, please send me an invite to your club meetings. I would be honored to attend and to hear how I can help the Village of District 8 grow.



Message from your Program Quality Director

Sarah Van Meter

“Start by doing what’s necessary: Then do what’s possible; and suddenly you are doing the impossible.” Francis of Assisi

I am excited that we just complete the first quarter (July- Sept) of the Toastmaster year: I am glad to share we had:

- **35** clubs had all 7 officers attend both the summer and still reviewing their club success plan and will have all 7 officers trained during winter officer training.
- **83%** of clubs met the minimum or 4 officers or more trained

I think we are off to a great start compared with numbers from other years so there’s been great growth. I picked the above quote because so far this year we been doing the things that are necessary such officer list being submitted on time, dues, officer training, but now is time for us start working on the possible. How is your club going to get 4 new members? How close is your club on receiving some education awards? Is your club thriving or does your club need a club coach? This is the time for your club to take a look in the mirror and see if everything is fine and take photo to confirm as a guest. If unsure how to go about doing a club assessment, take a moment of truth with your club. Otherwise reach out to your district resources such as the D8 website, your area directors, division directors, or event the Trio which is composed District Director Karen Leingang, Club Growth Directors Art Stanze, and myself, your Program Quality Director for assistance and further resources to help whatever your scenario. We also want to know about great ideas and celebrations.

As a closing thought, it is always better to start early than late and recognize we have your back with help or reminders to keep you on the straight and narrow.

“Just remember the only way to achieve the impossible is to believe it is possible. (Charles Kingsleigh)

Important Dates to Remember:

- Round 2 of Club Officer Training Begins Nov 1– Feb 28
- Semi Annual Clubs: Club Officer Elections Nov. 1– Dec 31
- Toastmasters Leadership Institute (TLI) on December 10 from 9 am—4 pm
- Club Speech Contest Season occurs during January
- Area Speech Contest Season in February (check dates on District 8 calendar)





Message from your District Club Growth Director

Art Stanze

Club Visit Reports

First, a Big Shout Out to Terri Orban and Cheryl Hammond. They submitted ALL of their Club Visit Reports before the end of September.

Second, shout outs to Karen Dew, Paul Jimenez, Mary Jean Rowe, and Charice Manor who have started submitting their Club Visit Reports.

Third, we are up to 20% of Club Visit Reports submitted with two months to go.

And fourth, Area Directors, remember first round Club Visit Reports are due by November 30.

Club Coach Program

Are you looking for that next challenge? An opportunity to test and grow your leadership skills? Make progress on your journey to Distinguished Toastmaster? To help others to improve themselves?

If the answer is yes, accept the club coach challenge! Apply to be a club coach by emailing DD@dist8tm.org and remember to cc your Area and Division Directors

Toastmasters International issued new Club Coach Rules effective July 1, 2022.

To be eligible to be a Club Coach you must:

- Be a paid member in good standing
- Not been a member of the eligible club in the past six months
- Be a member of Toastmasters for at least one year
- Have served as a club officer for one annual term or two semiannual terms
- Have completed a minimum of Level 2 in a path, or ACB, or ALB
- Have completed the Club Coach Program Training module

To be eligible for a Club Coach a club must:

- Have at least three, but not more than 12, members
- Have at least one club officer who has completed the Club Coach Program Training module
- Not be suspended or closed
- Not currently have two coaches appointed

Eligible clubs should request a Club Coach by emailing DD@dist8tm.org and cc your Area and Division Director.

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Message from your
Public Relations Manager

Darlene Willman

District 8 has so much to offer and this year we want to tell everyone who we are and how we can help them become better communicators and leaders. As the new Public Relations Manager, I have been assigned the task of these three goals from Toastmasters International:

- Build Membership
- Generate Media Coverage
- Enhance Local Public Perception

In addition, I am working towards several goals for District 8 which include:

- Vice President of Public Relations Training
- Club Recognition and Member Achievements
- Increasing Social Media Presence
- Promoting Special Events and Toastmasters Leadership Institute (TLI)

At September's District Executive Committee meeting, I gave a short presentation on some Public Relations Strategies which can be viewed at <https://dist8tm.org/wp-content/uploads/2022/09/Public-Relations-Strategy-2022-2023.pdf>.

My personal goal will be to create ways to connect to each other to stay informed with what is happening at District 8 and to encourage people to join Toastmasters. At the heart of public relations are communications both internal and external.

To help accomplish many of these goals, I am looking for people that are interested in joining the **District 8 Community Engagement Team**. This team will help maintain and grow many of the social media channels and be sent to give speeches at groups, conferences, organizations, and inside corporations. Together, we will become the **Voices of District 8**. To sign up, go to: <https://forms.gle/1fRDFajsu7uxNpYK8>.

We have some big plans for the remainder of 2022 and will work towards meeting many of these goals.

Until next time,

Darlene Willman, DTM
Public Relations Manager
Toastmasters – District 8
636-751-0000



Message from your Division A Director

Lisa Campbell

Hello Fellow Toastmasters!

My name is Lisa Campbell, and I am honored to serve as the Division A Director this year. I joined Toastmasters in January 2016, and I am a proud member of RGA Toastmasters. When I joined Toastmasters, I was terrified of public speaking and had limited leadership experience. While public speaking is not on my list of favorite things to do, being a part of Toastmasters has given me confidence in my ability to give public speeches. I have also gained skills that have made me a better leader.

During one of my first Toastmasters meetings, the Toastmaster said that we must move out of our comfort zone in order to grow; we must make ourselves uncomfortable in order to grow our comfort zone. This message has remained with me ever since. When I don't think I can do something, I think of this message and push myself forward.

I am excited for this year and look forward to meeting and working with everyone across Division A and District 8.



Message from your Division B Director

Jackie Kam-Blackard

Welcome to the 2022-2023 Toastmaster year! I am privileged to be a part of the team of dedicated individuals who are working to help you enhance your skills. I remember when I started attending Toastmaster meetings, sitting in the back hoping no one would call on me or see me. As I started to participate, I would request to be the Table Topics Master because it was easier to ask questions than to answer them. Now, I lead a team of amazing Area Directors.

I just wish I had become a Toastmaster earlier, but then I wasn't ready to step outside my comfort zone. I congratulate each one of you for stepping outside your comfort zone. You are a part of a supportive community of high steppers, whether you are taking a big baby step or a high jump. You are among friends who pull each other up. This journey wouldn't have been possible without you. You encouraged me to stretch, provided feedback on how I could improve and convinced me I could do it. But really, it was your smile that did it because I realized that you were rooting for me. So, when you see me smile at you, know that I am rooting for you because I know you can do it too!



Message from your
Division C Director

Herman Koester

Why am I still here? After all my original reason for joining was to learn how to communicate in an articulate and concise manner. The idea of participating long enough to complete my DTM was never part of my thinking. Serving in any District capacity was also something I had no intention of doing. After a four year gap in membership when I rejoined Toastmasters the idea of participating in District activities and working towards my DTM were now something that I wanted to do. I achieved my DTM in 2007 and have served in many District capacities. My life outside of Toastmasters: On September 1 my wife and I celebrated our 59th Wedding Anniversary. We have three grown children and five grandsons ranging in age from 10 to 22. One "interesting note" is when our children were pursuing their undergraduate degrees, during football and basketball season, I had to be very careful who I cheered for: My daughter attended the University of Illinois, my one son attended Indiana University and my youngest son attended University of Missouri. If you remember about anything about me, here are a couple of my favorite sayings that you might want to remember: "Time Wounds All Heels" "Go The Extra Mile – It's Never Crowded" "What You Do is So Loud I Can't Hear What You Say" "A comfort zone is a beautiful place, but nothing ever grows there."



Message from your
Division E Director

Willie Blue

As a Toastmaster for the past 23 years, I have learned a lot and have grown a lot. Since one of my hobbies is woodworking, I use a woodworking analogy. I started out as a simple raw piece of wood rough on all sides and uncut. What Toastmasters has done for me is sanded me down and smoothed out the rough sides. It measured and cut out the bad parts. Though I have been sanded and smooth on all sides, the finish is not on me just yet. The finish is the part when I'm just as good on the outside of Toastmasters as I am on the inside of Toastmasters.

This year I have decided to challenge myself and grow myself outside of Toastmasters. I will remain in Toastmasters, but will take my skills to a new level. I will train to become a professional speaker. It is a challenge I should've taken on a long time ago, but it is never too late to pursue your dreams. I will continue to be in Toastmasters and help new Toastmasters through mentoring and guiding. My challenge to you is to get the most out of Toastmasters as you possibly can. It doesn't mean finishing your first or second level and quitting. I want to influence you to get not just one DTM, but to get as many as you possibly can. And utilize the skills you learn to help others inside and outside of Toastmasters.



Message from your Division F Director

Rhonda Green

What does it only take one to do?

In Toastmasters it only takes one member dedicated to revive and to rebuild a challenged club. That one person can bring the excitement, the ideas and the motivation it takes to make a club successful.

Is your club struggling? Why wait for a club coach to help your club. Take the initiative. Have the members take one meeting and conduct a Moments of Truth Workshop (Free download from TI - Resource Library - A Successful Club Series module). Take a real honest look at your club. Come up with multiple ideas to rebuild.

Prioritize the ideas by what you feel will work the best. Have each of the club members lead their idea (Pathways- Public Relation Strategies, Manage Projects Successfully, Build a Social Media Presence, Planning and Implementing, Leading your team, HPL project or others).

Do every project generated by the group. As each member of the club gets excited learning and doing, the attitude of the club will shift. Your guests will perceive an active group and your club will grow.

You can be the one it takes to rebuild your club.

Message from your District Club Growth Director (cont.)

Marketing Committee

Club Retention Chair is setting up the District's Club Coach Program. See above to create the opportunity to work with her as a Club Coach.

Tim Scarbrough is setting up the District's Club Mentor Program. The first step toward working with Tim to get a club off to a great start: email DD@dist8tm.org and copy your Area and Division Director.

John Barry is providing support to members and some very enthusiastic people who want to be members as they work to start new clubs.

Patti Howard has been collecting member leads by participating in local events. She also generated three corporate club leads!



Downtown Toastmasters Awards Picnic

The Downtown Toastmasters club # 1119527 located in Columbia, MO hosted an Award Picnic on Sunday, Oct 2, 2022. They gathered Stephens Park Lake to enjoy each other's company and to recognize the achievements club's 31 members. President Meg Langland recognized the contributions and support to the club by club champions Natalie Meighan and Leigh Kottwitz. Pathway achievements were recognized by the handing out of level certificates by Vice President of Education Leigh Kottwitz. Since its charter in 2009, the club has been a President's Distinguished Club 9 years, Select Distinguished 2 years, and Distinguished 2 years!



District 8 Members Who Earned Education & Leadership Awards from July 1, 2022 to October 5, 2022

Division A

Centene Speaks

- Jennifer Bourquin, DL1
- Stacey Costin, TC3

Climateers Toastmasters

- Anonymous - DL1

Crossroads

- Robert Heaton, EC3, EC4
- Bret R. Nicolas, EC4
- Margret Mathews, PI3
- Art Stanze, PM1
- Anonymous - PM3

Heartland Storytellers

- Anonymous - PM1, PM2

High-Noon Toastmasters Club

- Sophia Scott, EC3
- Andrew Welter, PI1
- Arielle M. Bohnert, PM4

Jeffco Challengers Club

- Josephine Marino-Emde, DL1

Rabo Masters

- Jason Koch, MS1

South County Toastmasters Club

- Arvin Elangovan, LD1
- Adam Fox, PM1
- Anonymous - TC3
- Steven Burchett, VC2, VC3, and VC4

Speak Easy Toastmasters

- Michelle T. Sturdivant, MS2

Division B

Aerospace Orators

- Rhonda F. Green, EC5, VC1, VC2, VC3, VC4
- Yutaka Ikeda, EH2
- Kevin Law, IP3
- Ross C. Jones, PI1

Creve Coeur Toastmasters

- Sandra M. Kardis, EH3
- Anonymous - IP3, IP4
- Stuart M. Manewith, PM2
- Kasey Gibbs, MNTR

Division B (Cont.)

Moneta Voices

- Kristen Zlatic, PM1

Noontime Toastmasters

- Viral Shah, IP2
- Steffnee Austin, IP2
- Jeffrey Mudd, LD4
- Anonymous - PI1
- Anonymous - TC1

Script Masters Club

- Anonymous - SR1

Shalom Church Toastmasters

- Keith Jamerson, EC1, VC5
- Donna R. Troy, PM3
- Christina Rogers, PM3

Division C

Capital City Toastmasters

- Brittany Henton, SR2

Collinsville Toastmasters Club

- Art Anderson, DL1, DL2, DL3, DL4

Fairview Heights Toastmasters Club

- Suzanne Slovak, EC5

Horace Mann Toastmasters

- Patricia Zillen, IP1

Mount Vernon Toastmasters

- Timothy Scarbrough, PI2

O'Fallon Toastmasters

- Leslie Heilig, EC4, MS2
- Justine Smith, PM1
- Anita McKee, PM1
- Warren Lambert, PM4

Scott Toastmasters Club

- Yolanda M. Wood, DL1
- Anonymous - LD4

Southern Illinois Toastmasters Club

- Jonalyn Miller, IP3
- Timothy Scarbrough, MS2

Division C (Cont.)

St Clair Toastmasters

- Herman Koester, LD1

Toast of Belleville

- Cindy A. Middendorf, PM1, PM2, VC4, V5

Division E

Alpha Toastmasters

- Anonymous - DL1, DL2, DL3, DL4, DL5, PI1, PI2, PI3, PI4, PI5
- Charles DeCarr, EC1, EC2
- Pierre Davis, IP1, IP2
- Aldano Loschiavo, SR1, SR2

Cave Springs Toastmasters

- Darlene Willman, DTM
- Joshua McGaughey, DL2
- David Woods, PI3
- Continental Communicators
- Jessica Shine, MS1
- Fredena Moore, MS1

Downtown Toastmasters

- Meg Langland, PM1, PM2
- Renee Powers-Scott, PM1
- Leigh Kottwitz, PM1

Little Black Book Toastmasters

- Anonymous - DL1
- Becky Klein, DL1
- Kelli Risse, PM1
- Kat Schudel, PM1

Little Hills Toastmasters

- Timothy L. Spezia, DL2, MNTR

Mastertoasters Club

- Wayne Allen, EH3

Ozark Orators Club

- Waqas Ur Rehman, PM1

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District 8 Members Who Earned Education & Leadership Awards from July 1, 2022 to October 5, 2022 (cont.)

Division E (Cont.)

St Charles County Toastmasters Club

- Anonymous - MS1, MS2

Talu Toastmasters Club

- Anonymous- DL4
- Anonymous- EC1, MS4, MS5
- Anonymous - LD1
- Anonymous- PI4
- Anonymous - PM1, PM2, PM3, PM4
- Anonymous - PM2
- Anonymous- PM3
- Anonymous - VC1
- Anonymous- VC4

Techmasters

- Suresh Gopalakrishnan, DL5
- Anonymous - PM5

Division F

Free Speakers Toastmasters

- Henry Greene, PM2, PM3

MilliporeSigma Toastmasters

- Angela Breinin, MS2

Primary Conversations

- Anonymous- EC5

Smedley Hometown Memorial Toastmasters Club

- Robert Foster, PI3

Square Talkers Toastmasters Club

- Clifton J. Copeland, MS1, MS2, MS3, MS4, MS5
- Soon Kiat Lau, PI1, PI2, PI3, PI4

Toast of WU

- Harriett E. Green, DL1

Division F (Cont.)

ToastUS

- Kathe Lynom, VC3

Webster Groves Toastmasters Club

- Jim Musec, PI1
- Joseph D. Taylor, VC4, PM1
- Dawna Moore, PM3

Wells Fargo Advisors Toastmasters

- John A. Steckert, VC1

WUSTL Speaks

- Peter Ogunniran, SR2

Editor's Note

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

Educational Descriptions

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

Robert's Rules Basics

Saturday, October 29

10am-11:15am

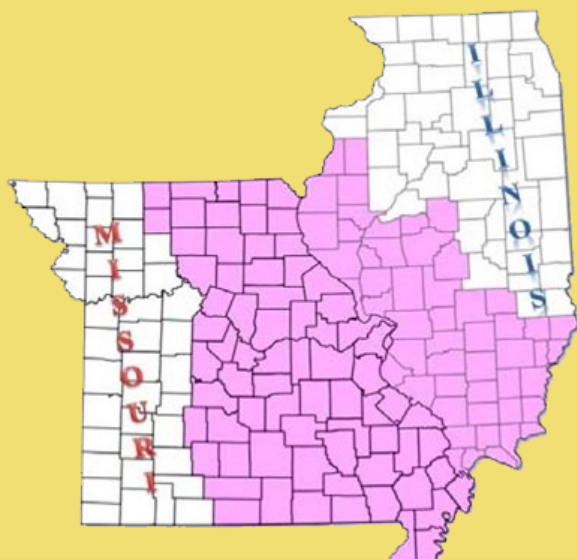
[Register Here](#)



Zoom Based

Join Us for a Basic Parliamentary Procedure Workshop over Zoom

Sign Up Here!



District 8 Mission

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

www.Dist8tm.org

From Your Editor



Tom Coscia, DTM, PDG

Have something you would like to submit?

Please email Tom at webmaster@dist8tm.org