

District 8 Toastmasters Leadership Institute

In-Person: RestStop Program



**December 9, 2023
Washington University, Olin
School of Business,
St. Louis, MO**



Saturday, December 9

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TLI A G E N D A

<u>Time</u>	<u>Workshop/ Event</u>	<u>Instructor</u>
8:30 – 9:00	Registration	
9:00 – 9:45	Welcome and Keynote “Taking Time for Tea” Room 112	Jennifer Krupp/ Pamela Rodney
10:00 -10:50	What's in a Winning Contest Speech? Room 112	Pamela Rodney
	Yoodli-hee-hoo: Introduction to Yoodli, The Online Speech Coach- Room 113	Josh Kelahan
	RestStop: Meditation/Breathing Room 105	Lawson (Cal) Calhoun, DTM
	Stretch for Success Room 110	Lisa Bianco
	President Officer Training Room 103	Burchell McGhee
	Vice President of Membership Officer Training Room 106	Kasey Gibbs
	Sergeant at Arms Officer Training Room 109	Sam Klose, DTM
11:00 - 11:50	Catch, Pause, Respond: CPR for Impromptu Speaking Room 112	Yolanda Wood, DTM
	Treasurer Officer Training Room 109	Rosetta Keeton, DTM
	Stretch for Success Room 113	Lisa Bianco
	Great Contest on Any Platform Room 110	Art Stanze, DTM
	Vice President of Education Room 105	Mark Strothmann
	Start a Club or Sponsor a New Club Room 106	Patti Howard, DTM
	All About Meetup and Using it to Attract New Members Room 103	RJ Stratton, DTM

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<u>Time</u>	<u>Workshop/ Event</u>	<u>Instructor</u>
12:00– 12:50	The Delicate Balancing Act Room 112	Dr. Tara Phelps-Jones
	Make Me Laugh, Go Ahead, I Dare You! Room 113	Henry Greene, DTM
	Fueling your Body for the Journey Room 105	Yolanda Wood, DTM
	Base Camp: Everything You Wanted to Know and Maybe a Few Other Things Room 106	Andrew Welter
	Vice President of Public Relations Training Room 103	Dr. Marguerite Wuebker, DTM
	Secretary Training Room 109	Justine Smith
1:00 – 2:30	Holiday Party	Keifer Foyer/ Room 112



HOLIDAY PARTY

Our holiday party will begin after the TLI. We invite you to wear your festive attire including your candy cane stockings and Ugly sweaters.

For anyone who loves to bake or cook, we also invite you to share your favorite holiday treat. Lunch (assorted sandwiches, salad, and treats) will be provided in the quantity of those that register, so it is imperative that you complete your registration as soon as possible.

We will also get to know each other in good ol' Toastmaster style and for anyone that would like to participate, we will have a Brown Bag Gift exchange. This game is similar to White Elephant.

Finally, we will open the floor up for those that love to sing holiday carols. It will be a very fun time!



A Brown Bag Gift....Game

How to Play

Step 1: Purchase or Regift an item that is valued up to \$10

Step 2: Place it in a small brown lunch bag. (Size: 5 1/8x3 1/8x10 5/8) If you need a bag, we will have them on site.

Step 3: Bring your gift to the TLI Holiday Party and be ready to play.

GAME RULES: We will explain them before the game begins. It is going to be extremely fun!

Meet Your Keynote: Pamela Rodney



Toastmaster Rodney is the current Area 6 Director and Immediate Past President of Scott Speakers Association Club on Scott Air Force Base. Pamela has held four of the seven club officer positions. She has been a member of SSA and District 8 for two years and a Toastmaster for nine years. She relocated from Ramstein Air Force Base with her husband and two daughters.

When not doing Toastmaster stuff, Pamela has her hands full with activities in her homeschooling community which include membership in 3 co-ops, teaching 3 classes, Yearbook Editor, Event Coordinator, and Leader for 5-9 year old girls social events. She also leads the children activities for an annual holiday community event that takes place every weekend before Thanksgiving in Lebanon, IL.

Pamela's degrees include a BA Journalism, MA Mass Communication with a focus on Public Speaking, MA certification in Organizational Leadership, MA certification in Organizational Communications. She has overcome the challenge of having a speech impediment by teaching public speaking.

EDUCATIONAL SESSION DESCRIPTIONS

What's in a Winning Contest Speech?

Presenter: Pamela Rodney

It has been 22 years since District 8 has had a finalist representing at the TI World Championship. Our very own finalist has never competed in Toastmasters. Not too bad for a first timer. In this breakout, Pamela will share with you her techniques for writing her speech and other techniques to help you deliver a memorable presentation.

Stretch for Success

Presenter: Lisa Bianco

Certified Yoga Instructor and President of Cave Springs Toastmasters Lisa Bianco will lead you in this simple yoga class. This class will be done in your chair (no mat or experience required!) More people than ever say they are so stressed that they cannot reach their goals. Yoga helps you destress your mind and body and invigorate your soul to get you back on your path to success. We will be learning to slow it down to reach your goals faster...especially all your Toastmasters speaking goals!

Rest Stop – Meditation/Breathing

Presenter – Lawson (CAL) Calhoun, DTM

This class will teach you exercises to help you if you find yourself getting stressed. You will learn techniques on Deep Breathing, Mental Relaxation, Muscle Tension, and Guided Imagery. Another strategy you will learn is the Cognitive Triangle illustrating how thoughts, emotions, and behaviors affect one another – based on Cognitive Behavior Therapy (CBT). Each of these can be used at your discretion as you feel stressed and/or to avoid stress.

EDUCATIONAL SESSION DESCRIPTIONS

All About Meetup and Using it to Attract New Members Presenter: Ray “RJ” Stratton, DTM

Did you know that District 8 sponsors (i.e. pays for!) groups on Meetup.com, a website that lets people search for local clubs and events that match their interests? This is a fantastic tool to help clubs connect with people in their communities and add new members. In this course, you will have the answers to the following questions: What is Meetup.com? Why use Meetup to promote your club? Which clubs can use it? How do I sign up my club? Get the answers to these questions and so much more in this session.

The Delicate Balancing Act Presenter: Dr. Tara Phelps-Jones

Do you feel overwhelmed or stretched too thin? Are you juggling career, family and life in general? If so, this interactive workshop is tailor made just for you. This presentation will identify causes of imbalance and assist you in developing effective work-life balance strategies and techniques.

Great Contests on Any Platform Presenter: Art Stanze

This session will help contest host put on a great set of speech contests; on-line, hybrid, or in-person. How do you put on a speech contest that runs smooth and that contestants, officials, and audience enjoy? Are online contests more or less work for the Contest Chair, Contest Master, and Chief Judge?? Attend this elective and learn. Your presenter has served as Contest Chair, Contest Master, Chief Judge, Voting Judge, Ballot Counter, and Sergeant-at-Arms at club, area, division, and district levels. He has competed in Table Topics at the area level. He has competed in Evaluation at division level. He helped plan and served as Contest Master for District 8's first online contest.

Meet Your Presenters

Yoodli-hee-hoo: Introduction to Yoodli, The Online Speech Coach Presenter: Josh Kelahan

Toastmasters International has a new partner—Yoodli. It is an AI-powered speech coach with a mission to help people communicate with greater confidence. In this class, you will learn to navigate a few of the exercises offered to help you prepare for your next Toastmasters speech or practice for an upcoming speech contest.

CPR: Catch, Pause, and Respond – Impromptu Speaking Skill Presenter: Yolanda Wood, DTM

Speaking-on-the-fly aka impromptu speaking will always be around. That is why we prepare to be ready when that seemingly random question is asked we need to respond quickly in daily conversation. This class will also prepare us to compete in this year's Table Topics speech contest in the Spring. Yolanda uses an interactive approach and shares how we can use this tool to our advantage.

Fueling Your Body for the Journey Presenter: Yolanda Wood, DTM

Did you know that certain foods have signatures? Yes, these foods are known as super foods. There are foods that resemble certain body parts and they provide dense nutrients and the fuel/energy we need daily. As we approach mid-Toastmasters year, we are carrying full loads, full plates and wearing many hats. We must take care of ourselves from inside. This session will help you learn how easily you can incorporate these superfoods into your day and how to snack with nutrition in mind.

EDUCATIONAL SESSION DESCRIPTIONS

Make Me Laugh, Go Ahead, I Dare You! **Presenter: Henry Greene, DTM**

Adding humor to your speech creates a happy feeling and captures the listeners attention and makes the speech memorable. Gaining the ability to create humor is an important skill not only for a speech but it can open many conversational doors. Whether it is poking fun at yourself, exaggerating or making a witty remark, humor creates fun. This session discuss some types humor and where to incorporate them into your speech to make them funny!

Base Camp: Everything You Wanted to Know and Maybe a Few Other Things **Presenter: Andrew Welter**

In this session, Andrew will present Base Camp in a way that will assist club officers to go beyond the basics. He will cover many of those pesky details in Base Camp that trip us up and takes up extra time. He will review quick ways to access your path, show you not commonly known resources available in Pathways, and where to find and use Tutorials in Pathways. Time permitting, he will cover some additional Base Camp Manager resources.

Start a Club or Sponsor a New Club **Presenter: Patti Howard, DTM**

This session is for all members interested in giving back and serving a new club or serving the district with starting a new club. As a Club Mentor, you advise and coach the new club helping them to build a strong foundation for their success. As a Club Sponsor, you would work with the existing club champions in organizing the new club. In addition to helping our district grow clubs, completing either of these roles will give you credit towards achieving your Distinguished Toastmaster award. If you have thought about how you can contribute your leadership skills, come listen and get all your questions answered.

Meet Your Presenters

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PRESIDENT OFFICER TRAINING

Burchell McGhee has been a member of Shalom Toastmasters since June 2022. She is a lifelong learner and joined the club for both personal and professional development... continued learning. Her goal is to become a more confident communicator and effective leader. She'll get to apply and absorb some new knowledge in her role as President this term. She's working on the completion of Strategic Relationships as her Pathways.

Currently, Burchell works as a Residential Appraiser Supervisor for the St. Louis County Government Assessor's office. She's an avid reader and loves music. She's also a broadcast and live audio description volunteer for the Mindseye Organization. In the past year, she has also launched her own business: The Voice of Burchell for all of your vocal service needs.



SECRETARY TRAINING

Justine Maedeker Smith, currently serving in the President role, has been a member of O'Fallon Toastmasters, Club #994, intermittently since 2007. She has held multiple club offices including; VPE, VPM, President, and Secretary. Secretary is her favorite club role. She is happy to be presenting the Secretary role at the Winter TLI.

Meet Your Presenters



Vice President of Education (VPE) Training Presenter: Mark Strothmann, DTM

Mark has been a Toastmaster since 2007. He is member of Speak-Up in Kirkwood where he is the VPPR; he was the VPE from 2021-23. He is also a member of Capital T Toastmasters where he is President this year. He has been a Presbyterian minister since 1980, but has been enjoying retirement since 2019. He received his DTM in April 2018. He lives in Chesterfield with his wife, Shari Maddox.



Sergeant at Arms Training Presenter: Sam Kloese, DTM

Sam Kloese has been a Toastmaster since 2010. He earned his Distinguished Toastmaster (DTM) through the old educational program and is working on getting his second DTM through Pathways. Sam has held every club officer position in his Toastmasters career. He is currently serving as the Area 9 Director and as Club Treasurer for Speak Easy Toastmasters club.

Treasurer Training Presenter: Rosetta Keeton

Rosetta has been a member of Toastmasters since 1982 and she is a member of Grand Center Club. Rosetta is currently serving as the Club Treasurer.

Meet Your Presenters



Vice President of Membership (VPM) Training Presenter: Kasey Gibbs

Kasey Gibbs joined her first Toastmasters Club in 1995. The Dallas Singles Toastmasters. She has moved many times during her career and Toastmasters has helped her get to know people in every new community.

She has been in clubs in many of the places she has lived. Maine, Massachusetts, New Hampshire and she now belongs to Creve Coeur Toastmasters. Kasey has competed in Area and District speech contests. She has held different roles within the clubs, including Membership, Public Relations, VP Education, and President.

Kasey loves to create, design and make things. She believes everyone can be creative and Toastmasters is a great place to be creative.



Vice President of Membership (VPM) Training Presenter: Marguerite Wuebker, DTM

Dr. Marguerite Wuebker, DTM , has been a Toastmaster on and off for approximately 20 years in Arizona, Texas, and Missouri. She is currently President of Speak Up Toastmasters. Dr. Wuebker is an Internist and Cardiologist specializing in Geriatric Medicine. She was a physician broadcaster for KFYO. She is married to Dr. Ralph Wuebker, who is also a Toastmaster. They have 3 children and 3 happy grandchildren.

Meet Our Guest Presenter



Dr. Tara Phelps-Jones is a results-oriented, consensus-builder, highly motivated professional with over 28 years of experience with the Federal Government.

A lifelong learner, Dr. Phelps-Jones's academic record is impeccable. Upon graduating from Barber-Scotia College in Concord, North Carolina, she completed her Master's Degree at Morgan State University in Baltimore, Maryland. She completed her Doctorate of Education (Ed. D.) in Organizational Leadership at Indiana Wesleyan University in Marion, Indiana.

Additionally, Dr. Tara is a Adjunct Instructor in the Masters in Public Administration program as well as a Dissertation Mentor at Columbia International University in Columbia, SC.

Dr. Tara leads the Midwestern District Council Missionary and Christian Women's Auxiliary, 12th Episcopal District of the Pentecostal Assemblies of the World, consisting of 57 churches.

Dr. Phelps-Jones is a sought after lecturer and workshop presenter. Dr. Phelps-Jones is known for her unique ability to intertwine scholarship and practical life experiences.

Dr. Tara is married to Mr. Samuel Jones and is the mother of three daughters and one granddaughter.

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Meet Your Presenters



Yolanda Wood, DTM is a mentor and coach for her clubs. She has held every officer role at the club level and is close to completing her next Distinguished Toastmaster achievement. When she is not leading at one of her clubs, or with her Rotary Chapter, or working in the community garden, she operating in her passion, Fitness. She created Workout With Yo!, and it's mission is to "help you become fit for daily living". Fitness has been a long term necessity. Keeping up with my family meant staying fit. After successfully, navigating her journey, she has gathered numerous tools that will help others with the most important, working out with a trainer.

Her trainer kept her focused and moving forward and now she is doing the same for others. Her accomplishments include; earning two black belts in martial arts, becoming a American Canoe Associated Level 2 River Kayak Instructor and an American Certified Exercise Personal Trainer.

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Meet Your Presenters



Lisa Bianco has been a Toastmaster since 2017. She served as VP of Membership, SAA, and President. She joined Toastmasters to get over my fear of Public Speaking. She has now spoken at several conferences and continues to speak at the library and different events in the her local area. She has practiced yoga for 20+ years and became certified in June 2022. Yoga has helped her manage her anxiety. As a productivity coach, she helps her clients ease their anxiety and boost their confidence by bringing yoga into my coaching practice.



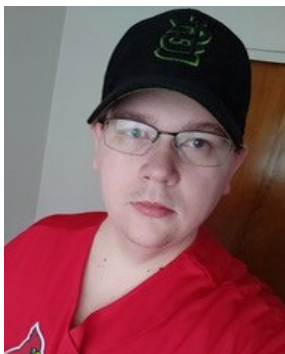
Lawson "Cal" Calhoun, DTM joined Toastmasters in October 2007 as a member of Free Speakers Toastmasters Club. He is presently serving as Club Treasurer and he is serving the district as a Education Committee Member. Other offices he has held are Club President, Division Director, Club Sergeant at Arms, Club Secretary, Club VP Education, Area Governor, and Club VP Public Relations.

Meet Your Presenters



Ray "RJ" Stratton is a retired, highly decorated US Navy Chief (1976-2000) with service of 23 years. He is married to Linda, has two daughters, three grandchildren, and his Blue Heeler, "Lil Boo." He joined Toastmasters and District 8 in 2013. Has served in one or more clubs in all officer roles except the secretary role. He has lead as Area 6 Director, Division C. Director achieving Division Director of the Year 2017. That same year, he earned his Distinguished Toastmaster. He has also served as the Social Media Coordinator and co-launched the district's Meet Up account, Public Relations Manager, Club Growth Director, and District 8 Director 2020-2021. As the Pathways Guide & Ambassador, he lead the District through transition from Traditional Educational Program to the new Pathways Educational Program. He serves as Mentor & Coach for clubs and members. He manages the district's Speakers Bureau and is a highly sought after District 8 Leader, Speaker and Trainer.

His Claim to Fame....He was onboard the aircraft, USS Enterprise (CVN-65) during the filming of the movie Top Gun with Tom Cruise.



Josh Kelahan joined Toastmasters in 2020 and has held multiple officer positions with Toast of WU. He has served as an Area Director and has been District 8 photographer for multiple years. Josh works as a Systems engineer at Washington University.

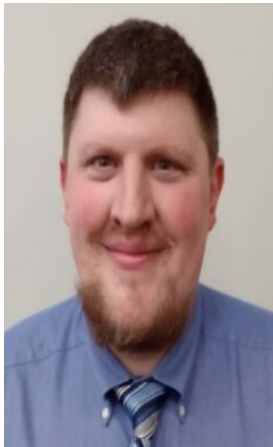
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Meet Your Presenters



Art Stanze, DTM has been a Toastmaster since 2010. He is a member of Toast of WU and Crossroads Clubs. He has served as club president, Area Director, Division Director and Club Growth Director. Art has also achieved Division Director of the Year. In addition to all the leadership roles, Art has served as Contest Chair, Contest Master, Chief Judge, Judge, Ballot Counter, and Sergeant-at-Arms at District, Division, Area, and Club levels. He was part of the committee that produced District 8's first on-line contest – the 2020 Division A Speech Contests.



Andrew Welter has been a Toastmaster for 7 years. In that time, he has a rich history serving his club, High Noon Toastmasters, as President, VPPR, and currently his 4th term as VPE. He also has completed 5 full Paths in Pathways as well as the Pathways Mentor Path, and is close to finishing his 6th Path. He also served in many roles in the district; Area Director, Division Director, Pathways Co-Chair, Education Committee member and later Chair, and currently is serving as the Club Retention Chair for District 8. His work has been recognized as he was honored as the 2021-2022 District Toastmaster of the Year.

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Meet Your Presenters



Henry Greene, DTM joined Toastmasters in 2008. He completed his DTM journey in 2015, under the old educational program. He has served as a club officer in various roles and as an Area Director. Currently, he belongs to 2 clubs and visits another one frequently. He endeavors to complete a DTM in the new curriculum within another year or two. As a professor at Central Connecticut State University, Toastmaster changed his lectures into stories which allowed him to engage his students more and entertain them at times. His passion is storytelling. He enjoys listening to good stories and entertaining with a nice story from time to time.



Patti Howard, DTM is this year's Club Growth Director. She is a member of Mount Vernon Toastmasters. Patti has been a Toastmaster since 2011 and achieved a legacy DTM in 2020. She has served in all the club officer roles except Treasurer and achieved many accomplishments including 2019 Toastmaster of the Year, Club Coach, Club Mentor, Area Director (2x), and several positions in District leadership (Club Extension Chair, Marketing Team, Alignment Committee, Leadership Committee). She has facilitated training at TLI's, Speechcraft Coordinator, and Free Toast Host webmaster.

Speech Contest Season

Clubs should be having their contests in January. Clubs must be in compliance with the 2023-2024 Speech Contest Rulebook. Club should notify their Area Director of the representative for the International and Table Topics that will be competing at the area contest.

Area Contest Schedule

Dates	Area	Briefing Time	Contest Start Time
February 3	6 & 12	9:30 AM	10:00 AM
February 7	15	6:30 PM	7:00 PM
February 10	2 & 9	9:30AM	10:00 AM
February 10	1 & 10	8:30 AM	9:00 AM
February 17	4	9:30 AM	10:00 AM
February 17	14	8:30 AM	9:00 AM
February 17	8 & 3	11:30 AM	12:00 PM
February 18	19	3:30 PM	4:00 PM
February 21	13 & 18	5:30 PM	6:00 PM
February 24	5	9:30 AM	10:00 AM
February 24	7	8:30 AM	9:00 AM

Note: Some areas will be posted at later date on District 8 Calendar
Check out District 8 Calendar soon to register for these events.

District 8 Presents:

ZOOM-MASTERS TRAINING

TOASTMASTERS INTERNATIONAL

Division Speech Contests

Dates	Division	Briefing Time	Contest Start Time
March 9	A	9:30 AM	10:00 AM
March 9	C	9:00 AM	9:30 AM
March 16	B	9:00 AM	9:30 AM
March 16	E	11:30 AM	12:00 PM
March 23	F	8:30 AM	9:00 AM

District Conference

DISTRICT 8 TOASTMASTERS

2024 Spring Conference

ARE WE THERE YET?
APRIL 26-27, 2024



**HOLLYWOOD CASINO AND
 CONFERENCE CENTER
 777 CASINO CENTER DR,
 MARYLAND HEIGHTS, MO
 63043-4821**

**REGISTRATION INFORMATION
 WILL BE AVAILABLE SOON VIA
 DISTRICT WEBSITE**

Special thanks!

TLI Club Host	Jennifer Krupp, President, WUSTL Speaks Club
TLI Host	Washington University
Education Committee	Cal Calhoun, DTM Lisa Collier
Web Master	Tom Coscia, DTM
TLI Hands on Deck	Patricia Zillen, President, Horace Mann Toastmasters Karen Dew-Poe, Division A Director Karen Leingang, Immediate Past District Director
iVisual Photography	Sean Moore

Thanks to each contributor who made possible
District 8 2023 Winter TLI!

