



District 8 Toastmasters Leadership Institute

Virtual: Rest Area

January 27, 2024

9am to 12pm

8:30 – 9:00	ZOOM OPENS			
9:00 – 9:25	Welcome - Tom Coscia, DTM, PDG Keynote “Fuel Up on Feedback” Peter Tartaro			
9:30 – 10:15	Yoodli-hee-hoo: Speech Coach Josh Kelahan	Vice President of Public Relations Cynthia Mill	Secretary Amy Holem	Meet-Up: Expand Your Club’s Reach RJ Stratton, DTM
10:20 – 11:05	Meditation and Breathing for Relaxation Cal Calhoun, DTM	President Umanga DeSilva	Treasurer Mark Strothmann, DTM	Vice President of Education Herman Koester
11:10 – 11:55	Parliamentary Procedures Jan Dean	Vice President of Membership Shannon Geier	Sergeant At Arms Angela Breinin	Base Camp and Pathways Tools/Tips Debbie Young
Remember to complete the event survey (see below)				
THANK YOU FOR ATTENDING THE VIRTUAL TLI! HAPPY NEW YEAR!				

TLI Host



Tom Coscia, DTM, PDG, joined Toastmasters in 1996 and earned his DTM three times. A past District 8 Governor, Tom has completed all 15 advanced manuals and has served as an Area Governor, Division Governor, and District Conference Chair twice.

In addition to staffing many district conferences, Tom has attended four Regional Conferences, four International Conventions, and has served as District Conference Site Chair, District Procedures Chair, District Audit Chair, District Alignment Chair, District Hotline Chair, Long-Range Planning Committee Chair, District Treasurer, Photographer, Lieutenant Governor Education and Training, Parliamentarian, Communic~8 Editor, and is currently the District Webmaster and Logistics Manager.

Tom’s a member of Capital T, an advanced club, the Virtual Parliamentarians club out of District 46 and the American Institute of Parliamentarians. In 2018 Tom was recognized as the District 8 Toastmaster of the Year and in 2021 was one of only two people to ever receive the District 8 Enduring Service Award.

MEET YOUR KEYNOTE SPEAKER

PETER TARTARO



KEYNOTE DESCRIPTION

Your journey as a speaker or leader is a long road trip with plenty of great experiences ahead along with some periods of uncertainty. A rest area is a perfect place to rest, refocus and rejuvenate yourself. On your journey towards a destination of distinction, the right fuel will get you there confidently. Today you will learn the FUEL Framework for giving and seeking high octane feedback.

ABOUT PETER

Peter became a Toastmaster in 2018, shortly after joining a new company, His objective then was to meet new colleagues and to conquer his fears of talking with senior leaders. Currently, he is the President for Securian Toastmasters and a charter member, President, and Vice President of Public Relations of Contest Mastery. He is also a 4-time District 106 International Speech Champion.

When he is not in Toastmasters meetings, he is a Growth Officer at Cetera Financial Group, helping financial advisors focus on what matters most.

He lives in Chaska, MN with his wife Caitlin, and their daughters Nora and Lillian.

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.

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 an 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.

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.

Ray “RJ” Stratton 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 led 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, Pathways Ambassador, Public Relations Manager, Club Growth Director, and District 8 Director 2020-2021. He manages the district’s Speakers Bureau and is a highly sought-after District 8 Leader, Speaker and Trainer.

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.

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.

Base Camp & Pathways Tools and Tips
Presenter: Debbie Young



This session is for Base Camp managers and those that assist in member management. Participants will go through the steps of making sure all your members' awards have been properly submitted in both Base Camp and Club Central. Debbie Young has been a Toastmaster for almost 8 years. She enjoys helping others maximize their Toastmaster experience. Debbie hopes to earn her DTM in the next year. Debbie is currently serving as the President of Webster Groves Club and Vice President of Education of South County Toastmasters.

Sergeant At Arms
Presenter: Angela Breinin



Angie has been a member of District 8 Toastmasters since 2009. She has held all offices at the Club level and several District level positions as well. She works as a Project Manager at Millipore Sigma in St. Louis and is currently serving as their Treasurer. In her spare time, she loves to read, cook, travel, and hang out with her husband, Leo, and their 4-year-old son Emmett (watching Emmett's swim lessons is currently our fun pastime!) She is happy to train incoming club officers at the session today.

Treasurer
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.

Vice President of Membership
Presenter: Shannon Geier



Shannon Geier joined Ascension Toastmasters April 1, 2013, and never looked back. Since then, she has served as SAA, VP of Education, President, and Area 13 Director but believes that every role in a club is a team effort. Shannon has won several Toastmasters awards at the Area and District Level for both Table Topics and Humorous Speeches. Shannon loves to speak and is a natural born competitor, but mostly she loves to watch people grow as they become more confident speakers and leaders.

**Vice President of Education
Presenter: Herman Koester**



Herman Koester, DTM has been a member of Toastmasters since April 1991. He served in all club offices and been a member of four Toastmasters Clubs. He served as the District Treasurer in 2004-2005; Toastmaster Leadership Institute co-chair twice in 2005 and as the chair in 2018. He served on the District Audit Committee and chaired the committee five times; as a Pathways Guide/Ambassador; Contest Zoom Master; 2021-2022 Area 11 Director, and 2022-2023 Division C Director. He has been retired since 2013, married since September 1963, and has three grown children, two of which are married, and he is a grateful grandfather of five grandsons (ages 23 to 12). My goal for this training session is to provide answers to all your questions to help you be successful for the remainder of the year.

**Vice President of Public Relations
Presenter: Cynthia Mill**



Making connections and engaging with others is the cornerstone of Public Relations. Cynthia Mill, current VPPR of Southern Illinois Toastmasters, has been showing up to help others hone their public speaking, human relations, and leadership skills for close to forty years. In 1986 she took her first Dale Carnegie® course and became a certified facilitator in 2008. Joining Toastmasters two years later was a natural fit with the 'Win Friends and Influence People' philosophy she had been immersed in. Cynthia uses the experience she gains through her Club Officer and Club Meeting roles to help her run a business with her partner Bob Chambers and serve in community organizations. The connections gained through Southern Illinois Toastmasters and the growth provided by District 8 and Toastmaster International inspires her to continue taking on the Public Relations challenge!

**Secretary
Presenter: Amy Holem**



Amy has been a Toastmasters since 2022. She is a member of Scott Speakers Association formerly Scott AFB. She has held the position of secretary and is working through her Pathway. Amy is an entrepreneur of her company, Aimee's Audio Subliminal Acoustic Fingerprinting (SAF), LLC. She created the SAF technique and credits Toastmasters for improving her use of proper English and grammar in a public setting, improving her performance with interviews for broadcasting, and helping her grow as an individual.

President
Presenter: Dr, Umanga DeSilva, DTM



Umanga De Silva obtained her Ph.D. in chemistry from University of Missouri Science & Technology. Umanga joined Toastmasters in 2012 while working at the University of Moratuwa, Sri Lanka. After coming to the United States of America she joined the Missouri S&T Toastmasters club, Rolla, and currently, she is an active member of Ozark Orators, Fairview Heights, Crossroads, and Topics USA. She has served in all the club officer positions, Area 14 Director, club mentor, and club coach. Umanga completed her DTM in June 2021. Toastmasters provided Umanga with confidence in personal and professional speaking as well as a lot of opportunities for growth in professional life. Also, Toastmasters has guided her to build leadership skills in her life. In her spare time, she enjoys traveling, cooking, and being a volunteer at various events in the community.

Parliamentary Procedures
Presenter: Jan Dean



Jan Dean is currently serving as the District 8 Parliamentary. She has been a member of Toastmasters for almost 2 years and is the Sergeant at Arms for her club UniGroup Toastmasters. She has been utilizing Parliamentary Procedure over the past 20 years while involved in several different organizations.

This class is an introduction to Parliamentary Procedure and how it can be used in a Toastmaster's meeting. Roberts Rules of Order is the foundation of this procedure. We will go through a basic introduction to learn how we use these rules. Participants will receive cheat sheet to know what to say and a chart of motions to be prepared for any meeting. Finally, there will be an interactive role play meeting to practice using the parliamentary procedures.

Toastmaster Leadership Institute Assistant
Art Stanze



Art Stanze is a long-term Toastmaster and has membership in several clubs. He served in many offices including district level. He has a passion for the Speech Contest and 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.

THANK YOU TO OUR GUEST SPEAKER, HOST AND
ALL OUR FACILITATORS FOR YOUR SERVICE TO
MAKE THIS VIRTUAL TOASTMASTER LEADERSHIP
INSTITUTE A TRUE RESPITE!



LET US KNOW YOUR FEEDBACK BY CLICKING [HERE](#) OR SCANNING THE QR CODE.

Speech Contest Season

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 19	11 & 17	5:30 PM	6:00 PM
February 21	13 & 18	5:30 PM	6:00 PM
February 24	5	9:30 AM	10:00 AM
February 24	7 & 20	8:30 AM	9:00 AM

Division Contest Schedule

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	12:30 PM	1:00 PM

District Conference

I hope that you are as excited as the District Leadership is as we approach our **IN-PERSON** district conference. The conference will be held on **April 26 – 27, 2024** at **Hollywood Casino in Maryland Heights.**

Discounted hotel rooms are available: \$109 per night; Must reserve by April 5, 2024.
Registration: Use the booking link here [Toastmasters International District 8 Booking Link](#) or you can call 855-785-4263 to make your reservation. Code: **TMIN24D**

FULL REGISTRATION – January 15th through April 15th = \$160
Includes 4 meals, contests, educational sessions and meet-n-greet.

REGISTRATION – No Meals - Educational sessions, contests and meet-n-greet.
Friday Only – \$10.00
Saturday Only – \$20.00
Friday and Saturday - \$25.00

A La Carte Registration (includes events)
Friday Dinner - \$53.00
Saturday Breakfast - \$31.00
Saturday Lunch - \$36.00
Saturday Dinner - \$60.00

Register for the Conference begins January 15th, the link will be available via the district page under contests - www.dist8tm.org/conferences

Want to get a discounted conference cost or attend the conference for **FREE**?

If your answer is yes, then you must participate in the D8 Conference Virtual Fundraiser (Double Good) from **February 16 – 20, 2024.**

Raise \$200 in popcorn = FREE Registration
Raise \$400 in popcorn = 2 FREE Registrations

Each fundraising participants will receive full information on setting up the fundraiser in Facebook or other social media, with messages to use to get friends and family to support.

Note: When the fundraiser ends you will receive a discount Code for registration,

If you are interested in getting the fundraiser information, please select yes after clicking the following link.

<https://forms.gle/a7kmNpHWiC2wKQGHA>

DID I MENTION? The full cost of the conference has been reduced because we have a company that will match the fundraising dollar to dollar up to \$8000.00 Maximum.



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