



# E~Communic~8

Volume 11, Issue 1

District 8

September 2011

## District 8 is on the web

[www.dist8tm.org](http://www.dist8tm.org)



Our next issue will be coming to your mailbox soon and will be all about the Fall Conference.

Time to saddle up and head out to the Wild, Wild West. Get your cowboy hats and prepare to boot scoot boogie to a great time!! Read more about why you should attend in our next issue.

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## Arnita Jones Places Third in Semifinals at the International Convention

By Kat Mokriakow, Public Relations Officer

Arnita Jones, Club President of the Primary Conversations Club in St Louis, MO placed 3<sup>rd</sup> in the semifinals competition at the Toastmasters International Convention on August 18<sup>th</sup>, 2011. The competition was held in Las Vegas, Nevada, where Arnita competed against 8 other semifinalists from around the world.



Arnita Jones & Tom Coscia

During my interview with Arnita I asked her how many competitions she has been in previously, and to my surprise she stated that this was her very first attempt at



Arnita Jones & Ray Allen

competition. She said, “I was asked by my Mentor Ray Allen if I would like to compete and I said sure why not.” Ray, who has been an inspiration to Arnita every step of the way, encouraged her to continually stretch beyond her comfort level, to always try something new and not to give up. Arnita credits him as the one who gave her the courage to say “Yes I can” and Arnita did. To reach to the level of semifinals, Arnita had to compete in four levels of competition against some very talented Toastmasters. Competition starts at the club where competition is amongst your peers all the way to the district level, when Toastmaster members from four other divisions are people you may not have ever seen before. “I felt very blessed that even at the district level, contestants who I didn’t even know were very nice and congratulated me on a job well done.” From there, the competition gets really tough. “You never know what country your competitors are from or their levels of experience until you’re there” says Arnita speaking of the semifinalists, “When all of the semifinalists were together, they asked how many were repeat contestants and only a few raised their hands. Even though I was surprised, I knew that I couldn’t let my guard down, they were going to be the best and there was no taking it easy”. Semifinal competitions are grouped with nine

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## Distinguished District! A Toastmaster Year in Review

By Tim Spezia, DTM, IPDG

Congratulations to all members of District 8 for being a part of Distinguished District 8!!! This designation recognizes members for a year long effort improving our Leadership and Communication skills. By the numbers, being 'distinguished' means that four measures were met or exceeded:

**Club Growth:** We had a number of new clubs join the district during the 2010-2011 year. We welcome each new club to our district. This measure also reflects retaining existing clubs, we had a very good showing in retaining our existing clubs. Due to the growth in the number of clubs we were able to add another area (Area 11) to Division C.

**Membership Payments:** A measure of member retention showed consistent strength all year with both new and existing members joining clubs. Members attraction to clubs is critical to the ultimate success of the club and our district.

**Competent Communicators (CC):** This is our flagship educational level for new and existing members which showed steady growth all year.

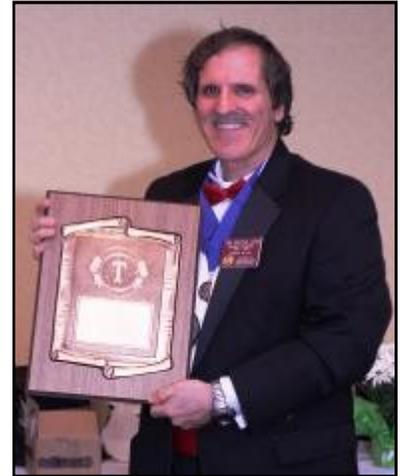
**Advanced Communicators (ACB, ACS and ACG):** This showed spectacular growth by members throughout the district.

These "critical success factors" are based on goals established by Toastmasters International at the beginning of the year. They show just how serious the organization is to provide value to its members. I have said many times before that it is the work and accomplishments of members that will produce these numbers. And produce they did. The work by members in front of these numbers is what produced a

distinguished district.

Some of the highlights for the year:

- \* Summer TLI training presented for club officers who serve as the role models for their club members. Seventeen clubs sent all seven officers for training.
- \* Fall 2010 Humorous Speech and Table Topics Contest at Conference at Harrah's St Louis. Our keynote speaker Sam Silverstein received the Communications and Leadership Award for his contributions to our community as a world class speaker. We also had a great set of workshops to attend at this conference.
- \* Innovative mid-year TLI training continued the service to club officer training. This TLI showed and presented the connection between successful Marketing and TI Educational programs that naturally attract new members to clubs.
- \* District participation in the Working Women's Survival Show, in the St. Patrick's Day Parade of St. Louis and the Kimswick Strawberry Festival all went towards informing the public about our district.
- \* Our Spring Conference was visited by George Yen—2nd VP of Toastmasters International (now 1st VP). This was a very successful conference and the International Speech Contest winner Arnita Jones represented our district at the semifinals Contest 6 in Las Vegas placing third out of a number of contestants. This was a noteworthy accomplishment. We



Tim Spezia IPDG

had many well received comments concerning our district from TI staff members at the conference.

There were clubs hitting 'milestone' anniversaries this year:

- \* Mid Town Clayton—65th
- \* South County TM—35th
- \* Aerospace Orators—50th
- \* Columbia Toastmasters—30th
- \* McBrian Lincoln Douglas—75th
- \* O'Fallon Toastmasters—50th

Two previously struggling clubs achieved Presidents Distinguished status in one year's time (Cable Talk and Mo Toast of the Town). Another club, Plus Factors, achieved Presidents Distinguished for the first time which had come from a low membership condition. These club members did not give up in the face of difficult odds but delivered on their DCP plans and then some. All three are significant accomplishments.

Three clubs also added to their string of 10 years in a row achieving Presidents Distinguished—MasterToasters, Anheuser Busch Toastmasters and Columbia Toastmasters.

*(Continued on page 7)*



**Tom Coscia, DTM**

District Governor

District 8

EMAIL: [coscia@peoplepc.com](mailto:coscia@peoplepc.com)

## Thoughts from the 2011 Toastmaster's Convention

Your Top 3 ventured to Las Vegas for the 80<sup>th</sup> annual Toastmaster Convention. It was a popular event. With over 2,000 Toastmasters in attendance, the last time attendance was that high was the last time the convention was held in Las Vegas back in 1992.

This was my third convention and one thing that struck me is that we are truly becoming an international organization. Other than our new President Michael Notaro is from the U.S., your International President Elect John Lau is from Malaysia, your First Vice President George Yen is from Taiwan, your newly elected Second Vice President Mohammed Murad is from Dubai, and your Immediate Past President Pat Johnson is from Canada. This is the first time the organization has had Top 4 representation from the Mideast.

While Americans make up the bulk of the membership, in not too many years that will change. For instance the last year's top 3 districts in the world were from India, Saudi Arabia, and China. Each had over 30 net new clubs last year. They are big growth areas. There are now over 200,000 members in 116 countries. It is exciting to see that the organization has shown dramatic growth.

The refreshed branding was also exciting. The new Toastmaster's tagline "Where Leaders are Made" was embraced worldwide.

As part of our Top Trio training, we networked with Toastmasters from Australia to South Africa, from Saudi Arabia to India, and from China to Peoria, IL. Some had to fly 24 hours to attend. And I was complaining that my flight to Vegas was not a non-stop!

Much of the District that attended the convention was thrilled to be on stage as we were recognized for being Distinguished for the 4<sup>th</sup> year in a row. Thanks to IPDG Tim Spezia and his leadership.

As I always strive for fun, LGM Lora Mather and myself was able to drop in on the 45<sup>th</sup> Anniversary Star Trek convention where we saw Klingons listening to William Shatner explain how Star Trek has filled a void in our lives. That talk was priceless. There were thousands of people and non-people in attendance. LGET Curtis Scroggins and I saw the Cirque Du Soleil show "Ka". The theater production cost over \$220 million dollars to develop. The stage literally goes vertical. Pretty amazing! Vegas is quite the town.

So my first two months has been amazing as your District Governor--and I still have 10 months to go. I have always been a proponent of always trying to experience new things. It is the way we grow and we can have fun at the same time. Albert Einstein defined insanity as: doing the same thing over and over again and expecting different results.

What new challenges and experiences are on your horizon?

Live, Long and Prosper and oh yeah, and Na-Nu, Na-Nu! ☀



Tom Coscia, District Governor



### **Curtis Scroggins**

Lieutenant Governor Education & Training  
District 8

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## A Message From the LGET

Hello, Fellow Toastmasters and welcome to the first Communic~8 issue of the New Toastmasters Year! Even though this is the first issue of the newsletter several of you have been busy at work, helping the district meet its goals for the upcoming Toastmasters year.

As of August 31<sup>st</sup>, members of District 8 have achieved 78 Awards. Amongst these are 5 DTMs! Congratulations to Sandra Kardis, Benedict Kemper, Debra Morrissey, Ralph Morrissey and Jacquie Vick on achieving their DTMs! I expect many more to follow and look forward to this being a banner year in education achievements.

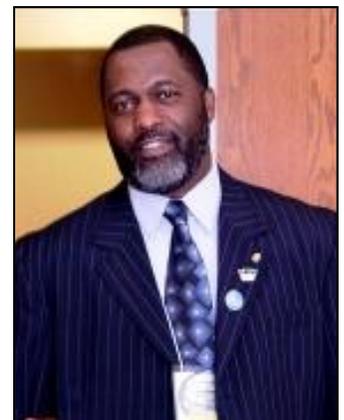
This year also marks the first full contest season featuring the newly branded Toastmasters Logos and documentation. By now, most of your clubs have probably already held their contests, but as you move forward, please remember to use only the newly branded items as you create your contest announcements, programs and other paperwork. Toastmasters have made this simple by providing a majority of the contest forms online for free. Check the TI website at [www.Toastmasters.org](http://www.Toastmasters.org) for details and also contact any of your district leadership with questions. The district Brand Ambassador, IPDG Tim Spezia and District PRO Kat Mokriakow are the leads on helping with the transition, but all leaders can be consulted and can direct you to the right answer.

Arnita Jones, the District 8 International Speech Champion, placed 3<sup>rd</sup> in her semifinal at the international Convention in Las Vegas. There were several members of District 8 there to cheer for her and she did not disappoint! Congratulations, Arnita!

The District will continue to offer both the individual and club incentive awards, with a new twist. Any Club that achieves having all 7 officers trained during both training periods will receive a new banner purchased by the district. Also, we have given a name to each of the district-sponsored awards and those are posted on the district website <http://www.dist8tm.org/docs/TM-IncentiveAwards.pdf>.

My challenge to you for the year is to achieve at least one new Communication and Leadership Award. Last year, we achieved 178 CCs and 102 ACs. Though those achievements were well above our goals of 154 and 44, respectively, they still represent less than 10% of the members in our district. Imagine if each of the over 2000 people in district 8 achieved just 1 education goal? I did a quick scan of the numbers last year and saw no district that achieved more than 700 CCs or more than 350 ACs. We could set a record!

How about it? Are you up to the challenge? I have an ACB and a CL and it is my full intent to be walking across the DTM line in a couple of months. How about you? Will you join me? ☀



**Curtis Scroggins, LGET**



**Lora Mather**

Lieutenant Governor Marketing  
District 8

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## A Message From the LGM



Lora Mather, LGM

As Cathy Newton, author of Living in Full Swing states “Purposeful risk taking means that you understand your investment, you seek the potential benefits and you are willing to stretch yourself to meet the challenge.” This is what Toastmasters is all about. Through our clubs, members learn to invest in themselves, see their potential benefits by observing the successes of other Toastmasters and stretch themselves with each speaking or leadership role.

This year, I purposefully sought “risk” in my life by serving as your Lt. Gov. Marketing. What a challenge! I have the responsibility for all aspects of marketing, club-building, and member and club-retention efforts within the district. I am charged with this year’s overall marketing strategy, developing outreach and retention efforts with existing community and corporate clubs, and penetrating new markets.

During the District Leadership Training in Las Vegas, my investment was explained more fully to me. Yes, this year, I will be devoting much of my time and energy towards club building and membership growth. This was overwhelming, but....

Fortunately, I have a team of D8 leaders to help me. Let me introduce you to the **D8 Marketing Team**. **Kat Mokriakow**, D8 Public Relations Officer, will spearhead our direct marketing campaign. She has a full slate of activities to keep our District 8 Toastmaster name in the news. She put the call out to club VPPRs to join her PR team and become a part of this tremendous experience. **Joann York** and **Cynthia Scroggins** serve as the co-editors for the Communic~8. They will be designing and editing six issues that will bring you the “scoop” on all the D8 activities. **John Barry** leads our Club Extension committee. John, our grandmaster of encouragement, gently persuades non-Toastmasters to make a “purposeful risk” and charter a club in their community or corporation. As Club Coach Chair, **Wayne Allen**, acknowledges that club coaching can be a daunting task and that club coaches need support and encouragement. He has formed the D8 Facilitation and Support Team (FAST) to encourage other members to stretch themselves and serve as a club coach. The FAST team will be available for club coaches when they need advice or their spirits lifted. Our D8 Webmaster, **Dale Lancaster**, has been very busy updating our web site with the new logo and district information.

As you can see, the Marketing Team is making opportunities for everyone to stretch themselves. The refreshing of the Toastmaster’s logo is more than just a change on paper. The D8 Marketing Team brings the brand personality to life by being helpful, empowering and dedicated leaders. If you would like an opportunity to stretch with the Marketing Team, contact me.

It is going to be a great year and best of all, I have a super team ready to meet the challenge. ☀

# Innovative Ideas Experienced at TLI

By Lora Mather and Kat Mokriakow

On June 25<sup>th</sup>, 2011 more than 300 Toastmaster members from all over the district got into the “Rhythm of Leadership” by attending club officer training at the Evangelical Free Church in Manchester, MO.

Club officers at the TLI shared a variety of new experiences. In keeping with the suggestions presented by Bradley Harris, Region 5 Advisor, Toastmasters International, there were seven High Performance Leadership Projects (HPL) offered and completed at this Toastmaster Leadership Institute (TLI).

Finding trainers/facilitators for each class was a pleasure. In creating the atmosphere of what they were trying to accomplish, Lora and Kat personally shared with each trainer their vision for the TLI and asked them if they were willing share in the experience. Each trainer/facilitator was asked to select their own assistant (formally called room monitor) to introduce them and ensure the class started and ended on time. Their assistants were also to help them in any capacity they needed. All trainers gave an enthusiastic yes and many knew immediately who they would ask. All trainers attended the ‘Train the Trainer’ session conducted by Dan Darnall, PDG, either in person or by video. Each agreed it was a great experience and would like to see “Train the Trainer” sessions continue into future TLI’s.

If you are someone who has difficulty finding your way around, there was a sign created just for you at the entrance of the church parking lot. Then when you entered through the front door, a fellow Toastmaster greeted and thanked you for attending the training. Taffy Cobb, President of the Missouri Toast of the Town Club, led this team of the friendliest Toastmasters. They were there to make your first experience of the day a cheerful one.

Weeks before the TLI, Howard Price and Gail Vaucher, members of the SALT club located in Earth City, were hard at work with gathering club officer contact information from all the clubs in District 8 to create a spreadsheet for the incoming Area Governors. This task was designed to assist the Area Governor in transition in locating their new officer teams from each club in their area by July 1<sup>st</sup>. This job was very demanding and required a lot of hours to complete, so the job was to be divided in half and two separate teams had the task of contacting each club and gathering the needed information. Howard and Gail created the sign-in sheets for the classes from the information they gathered.

When you first entered the foyer, team members from the Extracurricular Tables committee were there to give you a program, offer you a cup of coffee and send you on your way in the right direction. Sandy Kardis, Area 19 Governor led this project that involved coordinating all the various stations/tables at the TLI. After each session, members had the opportunity to explore other community clubs from around the district at the Dual Membership Station. If you were interested in the new branding that was being introduced by TI, Tim Spezia, DG-Branding Ambassador, was there to share the why’s of this change.

Most important was the way the evaluations were handled. Evaluation forms were not offered in the classrooms at this TLI, instead there was one central station that handled all forms for every class. The vision for this station was the concept of bringing direct communication to the evaluation process. Members could interact directly with fellow Toastmasters who, not only had a first hand understanding of what the experience of being a club officer was like, but they were there to hear what you had to share and give you answers if you desired it. Written evaluation forms were also offered for attendees who wished to remain anonymous.

Now for the most important HPL project of the day. Food! If you are a breakfast eater, there was plenty of breakfast items to go around and then some. Ralph Morrissey led a team of the finest breakfast planners in District 8. Not only was there a wide variety presented, but there was enough for about 350 people without ever running out. Everything was fresh and delicious and satisfied everyone who partook.

At the opening session, Don Clair of the South County Toastmasters shared with us the “Steps in Leadership.” He explained that a good leader can be exceptional by giving one degree more. At the end of his speech, he played the song, ‘Lean on Me’ and many in the room had a tear in their eye by the time the song ended. Don reminded us that in serving as leaders, we don’t need to do it alone. Many Toastmasters in District 8 are willing to help out. The shared responsibilities at this TLI demonstrated Don’s message. Thank you to the TLI committee chairs for their exceptional leadership.

Lora Mather, Kat Mokriakow and Tim Spezia, IPDG, attended Don’s home club in south county to offer Don their thanks and to present him with a gift of appreciation for sharing his valuable message with us. ☀

# Rebranding of Toastmasters International

Tim Spezia, DTM, IPDG, Brand Ambassador

At the International Convention this past August 17, 2011 Toastmasters International officially announced to the world its new branding effort. It was the first event of the convention and was well attended as all were interested in learning more. At the 'Branding' workshop all Toastmasters International Branding Ambassadors were asked to assist at each table showing the new logo and manuals. Toastmasters' Public Relation Specialists were present at this event and for the entire convention to help in delivering our new brand roll out. You may wonder why this keen interest in branding? The main reason this is the first true brand establishment for Toastmasters in its history.

For many years Toastmasters International had its name in front of companies and communities around the world. Toastmasters had developed quite a following but as Pat Johnson said at the convention, "Toastmasters suffers from an inconsistent understanding of what we

do and how members benefit." Many people believe Toastmasters main focus is public speaking however as an organization Toastmasters' programs deliver much more than that. Communications and personal leadership are emphasized throughout Toastmasters programs. In case you are wondering what this means to be communications and leadership track, actually very little change in the manual content or tracks. However, the manuals do look completely different.

As an organization Toastmasters International has established an ongoing tagline. It has previously been a tradition for the new incoming Toastmasters President to select a theme that will be used throughout their year term. It would then change for each new incoming President. This took place on a yearly basis. It was also customary for each Toastmasters' District to develop their own themes as well. You can see that for a worldwide organization with

many different themes changing frequently it became difficult for the public to develop an internal awareness of our organization. The new tagline is—Toastmasters: Where Leaders Are Made. Leadership development is emphasized since it has a direct value to members. How does communications fit in with this direction? Leaders cannot do much of anything if they are not successful communicators. Leadership and Communication practice go hand in hand towards helping our members develop these skills for themselves.

With the new rebranding there are bound to be questions like its future effect on clubs and members. Toastmasters defined a role titled 'Brand Ambassador' to help in the transition and acceptance of the new branding. As your district Brand Ambassador, I am available to speak at your club meeting or answer questions concerning the "Branding", please contact me directly. ☀

*(IPDG Reflections ... Continued from page 2)*

Even our District celebrated its 70th year in operation. For an intellectual concept that is Toastmasters surviving the upheavals and challenges of modern society over three generations says we have a winning formula that works for its members.

On July 17, 2011 I received a phone call from TI President Pat Johnson who officially recognized the district as Distinguished. I mentioned that it is our members who made this call possible.

Finally, our district was Distinguished for the 4th year in a row. The district received a ribbon and patch signifying "distinguished" and attaining the Excellence in Leadership award. Of the District accolades received this year, this stands as one of the greatest honors that I am truly proud of. It is not the ribbon award but what it represents recognizing the consistent contributions of all District 8 Toastmasters toward distinguished. The members of District 8 have all worked together consistently to make a fourth year possible. Consistency by members shows that our district formula for success is sustainable and works for its members.

**Congratulations to the members of District 8 Toastmasters for a great Toastmasters year! ☀**





# The Power Of Toast!

By Cynthia Scroggins and Matthew Sekelsky



We are excited to introduce our newest section, "The Power of Toast!" an innovative section that highlights District 8 members.

The 'Power of Toast' is a section in the Communic~8 that places emphasis on the happenings of those in our clubs, District 8, and Toastmasters International. We believe this is a simple, yet powerful, way to encourage and recognize the accomplishments of our members. We think you'll enjoy reading what the fellow members of District 8 Toastmasters have accomplished.

## Matthew Sekelsky, 'The Power of Toast'



Matthew Sekelsky

Two years ago this month, I sat at home and counted the minutes until my first Toastmasters meeting. My stomach was in knots as I tried to convince myself I didn't need to go. There had to be an easier, less nerve-racking way to become a more confident public speaker, right?

Just two months earlier, I received a small promotion at work. My counterpart left the company for another job and I became the go-to systems engineer for some of our company's top accounts. I felt like I had the knowledge to get the job done, but I wasn't always the most outgoing communicator. As a lead systems engineer, you have to be ready to answer the hard questions in meetings, communicate effectively with customers and, from time to time, give presentations. It's amazing what a far-reaching effect those occasional presentations made on my day-to-day life.

Any time a presentation was scheduled at work, it became an all-consuming thought for the weeks leading up to it. Just when I'd start to kick back at home and take my mind off the job, a sudden, overwhelming feeling of nervousness would wash over me and last up until the day of the big event. I knew I couldn't continue feeling this way. I knew practice was the only way to conquer my fear. That's what drove me to go to that first meeting.

### The First Meeting

When I walked in to my first Toastmasters meeting, it was exactly like I had read. Everyone was nice. Everyone was supportive of one another and member were quick to include me in the meeting even though I was just a guest. I was asked a Table Topics question, which I floundered through for about 23 seconds. Although I felt like I had

failed from the gate, the Capital 503 Toastmasters were encouraging and invited me back for another meeting. Each week for the next several months, I continued to drag myself to those meetings. I participated in all of the leadership roles, gave several Table Topics responses and even a few speeches. Somewhere along the road, I could feel my confidence building. The more I went, the better I felt about public speaking—and the better things got at work.

### Promotion

After about six months of attending meetings, I started putting my new skills to use at work with more frequent presentations. The improvement was noticed and I was asked to become the team lead of my department. I remained in this role for another six months until I was asked to be the manager of my team of 10 employees. My employers recognized my participation in Toastmasters, and they wanted me to use my abilities to help lead our team.

Because I knew from my Toastmasters experience just how valuable the club could be, I approached the owners of the company I work for, Huber & Associates, about starting a corporate Toastmasters club for our employees.

Huber & Associates is a technology company that sells enterprise and small-business server and storage solutions to customers in the Midwest, developed a custom kiosk solution for use in prisons and has public safety applications that are installed across America. If you want technology, we've got it. But there is one problem—when a company becomes engrained in technologies such as email, texting, instant messaging and social networking, then oral communication begins to suffer. Although we didn't have a crisis on our hands, I think the Huber & Associates owners realized there was value in pulling employees away from their computer screens and placing them in a setting where they could practice communicating without the crutch of technology.

*(Continued on page 9)*

*(The Power of Toast! ... Continued from page 8)*

### The Proposal

At Huber & Associates, anything that we purchase has to be cost justified. When I asked to start a Toastmasters club, Elizabeth Huber, CEO, asked me to write up a cost justification. As I began crunching the numbers, I was amazed at how great they looked. For a typical four-day training class, our company expects to pay about \$3,000, plus the cost of expenses, which is the going rate in the technology field. I proposed to have our Toastmasters meeting over lunch (so the company wouldn't lose out on employee work hours) and asked that the company pay for club members' lunches. For 20 members to participate in 36 meetings per year, the total cost was a mere \$5,000. When I took this back to Elizabeth Huber, it was a no-brainer for her. Within minutes, she made her decision. Then it was up to me to get the club started.

### Finding Members

With 20 spots to fill to start the club pooled from a company of 65, I anticipated building membership would be a challenge. To recruit new members, some members from the Capital 503 Toastmasters assisted me in holding a mock meeting where we allowed Huber employees to observe and ask questions about the process. After the mock meeting was finished, I sent an email asking for volunteers. I was overwhelmed when slowly but surely 20 employees showed interest in being members of the club. Some came to improve their skills. Some came because they love public speaking. Some came for the free lunch. But we had our club and we were ready to get started.

### The First Meeting

As we began having meetings, I was worried that we might lose members to the demands of working in technology. Employees can get pulled away frequently for internal meetings, customer meetings and emergencies. Despite this, we developed a solid core of employees who make the majority of the meetings. Even better, these members represent all of the different teams in our company. Not only is the club an excellent way for us to communicate from team to team, but it's also a great way to learn more about our fellow employees.

One of the most surprising developments in our meetings was how eager the younger, less experienced Toastmasters were to fulfill roles and give speeches. More experienced members still participated, but younger members gave the majority of the speeches. This sets up a great environment where our

experienced employees can help mentor the younger employees as they gain skills in communication and leadership.

### The Benefits

Since starting the meetings, I've received unanimous feedback that the club is a huge benefit to our company by:

- \* Giving the members the opportunity to learn more about one another than they would otherwise at work;
- \* Giving younger members the chance to work on leadership and communication skills;
- \* Allowing members to have fun, which offers a chance to laugh during the most stressful days of work;
- \* Bringing recognition to our company (many customers are impressed to know that we offer this type of professional development);
- \* Functioning as a selling point for all new hires;
- \* Allowing members to realize talents they didn't know they had in public speaking.

### The Payoff

The first time I talked about public speaking to one of my teammates, he responded with "No way! I hate giving speeches. I would never do that." I kept at him though and the more he learned about what we did at Toastmasters, the more receptive he became to the idea. Now, this particular teammate is one of the strongest and most dedicated members of our club. He is even a club officer, whom we jokingly refer to as "Mr. Toastmaster" (a nod to how owner Jim Huber calls employees Mr. Programmer, Mr. Microsoft or Mr. Sales Rep, depending on their area of expertise). It is such a satisfying feeling to pass on the gift of Toastmasters to someone else and see them succeed and enjoy the experience.

I once received a great piece of advice from my Toastmasters mentor. He said, "Matt, the nervousness of public speaking doesn't go completely away; you just learn to manage it." After two years with Toastmasters, I can say the butterflies haven't gone away—but I have learned to let them fly in formation. ☀



Huber Toastmasters

# DISTRICT 8 2011 Fall Conference



## Wild Wild West

November 18-19, 2011

Croix Sather - Saturday Keynote  
"100 Marathons, 100 Keynotes & 100 Dates"

### Friday Fun Night

Wear your favorite  
Cowboy Hat & Jeans  
and  
Square Dance  
the Night  
Away



### Saturday Sessions

- Dream Big - Act Big
- New TI Brand
- Social Networking
- Club Coaching
- New Free Toast Host
- District Trio & District Roles



### Capitol Plaza Hotel

415 West McCarty  
Jefferson City, MO 65101

For more conference updates and a registration form check [dist8tm.org](http://dist8tm.org)



## District 8 Toastmasters Spring Conference

# \*Wild Wild West\*

November 18 - 19, 2011

Personal and Club Information					
Full Name:					
		Last Name		First name	
Address:					
Street Address				Apt/Unit #	
City			State	Zip Code	
Home Phone:		( )	Alternate Phone:		( )
Email Address:					
Educational Designation:			Club Name & Number		
First Time Attendee?		<input type="checkbox"/> Yes <input type="checkbox"/> No	Current Office Held:		
2 <sup>nd</sup> Attendee Name (Household Member or Non-Toastmaster Guest)					
				Last Name	First Name
Educational Designation:			Club Name & Number		
First Time Attendee?		<input type="checkbox"/> Yes <input type="checkbox"/> No	Current Office Held		
Registration Options					
Full Registration - Includes all four meals, educational sessions and contests					
Attendee 1		<input type="checkbox"/> \$90 – Until 11/09		<input type="checkbox"/> \$100 – After 11/09	
Attendee 2		<input type="checkbox"/> \$85 – Until 11/09		<input type="checkbox"/> \$ 95 – After 11/09	
A La Carte					
Meals: Rates in parenthesis are for payments post marked after 11/09.					
Attendee 1	<input type="checkbox"/> \$27 Fri Buffet (\$30)	<input type="checkbox"/> \$15 Sat Breakfast (\$18)	<input type="checkbox"/> \$20 Sat Lunch Buffet (\$23)	<input type="checkbox"/> \$28 Sat Dinner (\$31)	
Attendee 2	<input type="checkbox"/> \$27 Fri Buffet (\$30)	<input type="checkbox"/> \$15 Sat Breakfast (\$18)	<input type="checkbox"/> \$20 Sat Lunch Buffet (\$23)	<input type="checkbox"/> \$28 Sat Dinner (\$31)	
Educational Sessions & Contest Only - No Meals					
Attendee 1	<input type="checkbox"/> \$15 – Until 11/09	<input type="checkbox"/> \$20 – After 11/09	<input type="checkbox"/> \$5 Friday Contest	<input type="checkbox"/> \$5 Saturday Contest	
Attendee 2	<input type="checkbox"/> \$15 – Until 11/09	<input type="checkbox"/> \$20 – After 11/09	<input type="checkbox"/> \$5 Friday Contest	<input type="checkbox"/> \$5 Saturday Contest	
Meal Options*					
Saturday Dinner (choose 1 option)					
Attendee 1	<input type="checkbox"/> Chicken Marsala	<input type="checkbox"/> Pot Roast with Au Jus Sauce	<input type="checkbox"/> Vegetarian Option: Pasta Primavera		
Attendee 2	<input type="checkbox"/> Chicken Marsala	<input type="checkbox"/> Pot Roast with Au Jus Sauce	<input type="checkbox"/> Vegetarian Option: Pasta Primavera		
*For special dietary needs, please email <a href="mailto:conference@dist8tm.org">conference@dist8tm.org</a>					
Payment Information					
Total for both Attendees		\$		Make checks payable to 'District 8 Toastmasters'	
Mail to: Kenneth Freeman		5008 Clark Lane, Apt #101, Columbia, MO 65202		Questions: Email: <a href="mailto:conference@dist8tm.org">conference@dist8tm.org</a>	
Room Rate: \$79 - Until 11/17		*To guarantee discount rates, please postmark your registration form no later than 11/09/2011			
Call (573) 635-1234 or (800) 338-8088 and ask for District 8 Toastmasters' rates.			Capitol Plaza Hotel & Convention Center 415 W McCarty, Jefferson City, MO 65109		
<b>Credit Card Option:</b> email <a href="mailto:conference@dist8tm.org">conference@dist8tm.org</a> . Please provide your name, phone number and best time to call. Need the following at time of call: Name, mailing address, card #'s, exp., email address for receipt and name on credit card.					
All credit card info will be shredded after conference is complete. Please do not put any credit card information in email.					



## District 8 members earn Education & Leadership Awards from June 10—June 30, 2011



### Division A

#### Crossroads

- ⇒ Hammond, R. Barry—ACG
- ⇒ Patrico, Louis J—ALB

#### High-Noon Toastmasters Club

- ⇒ Prosser-Burlison, Michal Sue—ACG
- ⇒ Burlison, Bill D.—ACG

#### Southern Illinois Toastmasters Club

- ⇒ Frey, Deborah A.—CL
- ⇒ Slover, Mike D—CC
- ⇒ Dugger, Bill N—CC

#### Speak Easy Toastmasters

- ⇒ Darnall, Daniel A.—ALB
- ⇒ Schreiber, Mark—ACS

#### Twin Rivers WORD Masters

- ⇒ Roth, Eileen Rivera—CL
- ⇒ Roth, Eileen Rivera—CC
- ⇒ Roth, Dennis Andrew—CC
- ⇒ Roth, Eileen Rivera—ALB

### Division B

#### Aerospace Orators Club

- ⇒ Randle, Dossie—CC

#### Cable Talk Toastmasters Club

- ⇒ Warren, Cynthia D.—LDREXC

#### Cave Springs Toastmasters

- ⇒ Gartner, Tony—CC

#### Covidien Communicators

- ⇒ Buehler, Craig—CL
- ⇒ Buehler, Craig—ACB
- ⇒ Linne, Janis—CC

#### McCarthy Communication Builders

- ⇒ Dunning, Margie—CL
- ⇒ Dunning, Margie—CC
- ⇒ Brandt, Christine A.—CC

#### Plus Factor Club

- ⇒ Murphy, John T.—CL
- ⇒ Chrenka, Dan—CL

#### River City Toastmasters Club

- ⇒ Levins, William P.—LDREXC
- ⇒ Levins, William P.—PALB

#### ⇒ Molina, Stephen P.—CL

- ⇒ Molina, Stephen P.—ACB
- ⇒ Yancy, Leona—CC

#### SALT

- ⇒ Weber, Diane—CC

#### Script Masters Club

- ⇒ Kogel, Galina—CC
- ⇒ Mokriakow, Kathryn G.—CC

### Division C

#### Collinsville Club

- ⇒ Warner, Michael S.—ACG
- ⇒ Warner, Michael S.—ALB
- ⇒ Warner, Michael S.—CL

#### League of Our Own Toastmasters

- ⇒ Hemingway, Larry—ACB

### Division E

#### Callaway Community

- ⇒ Kemper, Benedict L.—ALS

#### Columbia Toastmasters Club

- ⇒ Mathieu, Stevie Elaine—CC

#### Courage to Grow Toastmasters Club

- ⇒ McCarty, Ramona—CL
- ⇒ Wells, Larra—CC
- ⇒ Cordray, Vickie A.—CC

#### Downtown Toastmasters

- ⇒ Freeman, Kenneth Don—ACG
- ⇒ Fuemmeler, Nicki N.—CL

#### Mid-Mo Advanced Club

- ⇒ Burkhardt, Karen Lee—ACS
- ⇒ Kreigh, Ralph E.—CC

#### Talu Toastmasters Club

- ⇒ Creed, Delbert—CL
- ⇒ Robinson, Maurice—ACS
- ⇒ Stamm, Robert L.—CC

### Division F

#### Free Speakers

- ⇒ Bi, BO—CC

#### Missouri Toast of the Town Club

- ⇒ Cobb, Talfanita M.—LDREXC

#### Primary Conversations

- ⇒ Allen, Raymond F.—ACB

#### Rent-A-Toast Club

- ⇒ Yannakakis, Andrew J—CC
- ⇒ Larner, Mary C—CC

#### SLU Masters Club

- ⇒ Clark, Jane Dawson—CC

#### Square Talkers Toastmasters Club

- ⇒ Siess, Julie Marie—ACB
- ⇒ Fichtelman, Allison—CL
- ⇒ Chartrand, Ryan—CC
- ⇒ Cahoon, William H.—CC
- ⇒ Cook, Paul Robert—ACG
- ⇒ Arango-Arterburn, Adriana—CL

#### Voices In Unity Club

- ⇒ Miller, Rebekah Verlinden—CC





## District 8 members earn Education & Leadership Awards from July 1—September 1, 2011



### Division A

- Chesterfield Toastmasters Club  
⇒ Puerto, Evelyn C—CC  
Jeffco Challengers Club  
⇒ Breckner, Carole Sue—CL  
High-Noon Toastmasters Club  
⇒ Wayland, Jered Michael—ACB  
⇒ Wayland, Jered Michael—CL  
Maritz Club  
⇒ Kotur, Michael T—ACS  
Mastertoasters Club  
⇒ Schwarz, Jim—ACS  
South County Toastmasters Club  
⇒ Kutell, Adam Henry—ACB  
⇒ Sowers, Judy—CL  
Southern Illinois Toastmasters Club  
⇒ Klein, Bradley Dean—CC  
Speak Easy Toastmasters  
⇒ Seitz, Emily Ann—CC  
⇒ Seitz, Emily Ann—CL  
Twin Rivers WORD Masters  
⇒ Roth, Dennis Andrew—ACB  
⇒ Roth, Dennis Andrew—CL  
⇒ Hirsch, Janet Ann—CC  
⇒ Roth, Dennis Andrew—ALB  
⇒ Troutt, Mark A.—CC  
West County Club  
⇒ Hawkins, Richard—LDREXC  
⇒ Hawkins, Richard—ALS

### Division B

- Ascension Health Toastmasters  
⇒ Gilmore, Stephen J.—CC  
Cable Talk Toastmasters Club  
⇒ Chohan, Farzana—ACB  
Creve Coeur Toastmasters Club  
⇒ Kardis, Sandra M.—ALS  
⇒ McNeil, Stuart R.—ACB  
⇒ Rodgers, Melissa A.—CC  
⇒ Carpenter, Charles N.—CC  
⇒ Kardis, Sandra M.—DTM  
Grace Church Toastmasters  
⇒ Morrissey, Debra M.—CL  
⇒ Morrissey, Debra M.—ALB

- Earth City Toastmasters  
⇒ Mueller, Rick—CL  
Money Talks Club  
⇒ Brooks, Curtis E.—CC  
SALT  
⇒ Tucker, Nicole R—ALB  
⇒ Price, Howard Lee—LDREXC  
⇒ Dallas, Laura—CL  
⇒ Heaton, Bob—ALB  
⇒ Tucker, Nicole R—CL  
⇒ Price, Howard Lee—CL  
⇒ Vaucher, Gail—CL  
⇒ Brazier, Timothy—ALB  
Script Masters Club  
⇒ Mauldin, Kris L.—CL  
St Charles County Toastmasters Club  
⇒ Williams, Mark S.—CC  
⇒ Pochedly, Lydia G.—CL  
Wry Toastmasters Club  
⇒ Morrissey, Ralph P.—ALS  
⇒ Morrissey, Ralph P.—DTM  
⇒ Morrissey, Ralph P.—LDREXC

### Division C

- Capital City Toastmasters  
⇒ Steil, John—CL  
Collinsville Club  
⇒ Kinamore, Peggy—CC  
⇒ Harris, Chris—ALB  
McBrian Lincoln-Douglas Club  
⇒ Unchageri, Chandan—ACS  
⇒ Lopez, Mario A.—ACB  
Scott Toastmasters Club  
⇒ Guzman, Francisco—CC  
Smedley Hometown Memorial Club  
⇒ York, Joann—LDREXC  
⇒ York, Joann—ALS  
Springfield Parkway Pointe Toastmasters  
⇒ Spencer, Donna K.—CL  
St Clair Club  
⇒ Watson, Charles—CC  
⇒ Lanning, Randall—CL

### Division E

- Callaway Community

- ⇒ Campbell, Jimmie—ACB  
⇒ Clark, Paul—ACB  
⇒ Kemper, Benedict L.—DTM  
Capital Toastmasters Club  
⇒ Smith, Ronald—ACS  
Talu Toastmasters Club  
⇒ Storm, John R.—CC  
⇒ Barber, Lonzo—ACS  
⇒ Stamm, Robert L.—CL  
⇒ Robinson, Maurice—CL  
Waynesville-St Robert Area  
Toastmasters  
⇒ Pennington, Anna May—CC

### Division F

- Anheuser-Busch Club  
⇒ Devereaux, Sean—CL  
⇒ Pinner, Katherine Maria—CL  
BJC Toastmasters  
⇒ Purnell, James—CL  
F.R.B. Club  
⇒ Harris-England, Holly K.—CC  
⇒ Morrissey, Debra M.—ALS  
⇒ Morrissey, Debra M.—DTM  
Free Speakers  
⇒ Clark, Jane Dawson—ALS  
Grand Center Club  
⇒ Gardner, JoAnn B—CC  
⇒ Dennis, Regina—ACG  
Missouri Toast of the Town Club  
⇒ Cobb, Talfanita M.—ALB  
⇒ Clark, Kevielen R.—CL  
Primary Conversations  
⇒ Allen, Raymond F.—CL  
⇒ Vick, Jacquie—ACG  
⇒ Vick, Jacquie—DTM  
⇒ Bufford, Lonza L.—CC  
Voices In Unity Club  
⇒ Cunningham, George F.—CL  
Wells Fargo Advisors Toastmasters  
⇒ Davenport, Bryan William—ALB  
⇒ Mahan, Mark D.—ALB



(Continued from page 1)

competitors of nine separate contests for a total of 81 contestants in competition on the same day.

With her speech 'Everything Happens for a Reason', Arnita took to competition with little fear, "I had the opportunity to speak with former World Champions of Public Speaking before the semifinals began. The advice they gave helped me tremendously when it was my turn". 'Just do your best' came from Johnny Campbell, Accredited Speaker 2007 and LaShunda Rundles, World Champion 2008 said, 'even if this is not your time to win, your time will come'. "I understood then that even if I don't win, I have to keep trying until I do". This was timely advice for Arnita, for just two weeks before the semifinals, she was ready to quit, "I wanted to just walk



**Arnita Jones & Jeremy Epperson**

away and forget the whole thing. Then I put my thoughts in order and told myself that I was going to face this and take it all the way to winning". After saying this, Arnita shared with me that she was glad she didn't quit, "During the semifinals, all nine competitors were so encouraging to one another" shares Arnita, "after each of us gave our speech; we said congratulations and were very supportive. We told each other great job and shook hands, for we were all there together in the same boat".

When asked what advice would she offer someone interested in competition in the future she said, "Select a topic that resonates with you and that impact will allow you to connect with your audience. Also, you can never have enough practice; even when you think you have it down, practice one more time". Practice is exactly what Arnita did, for after winning at the District 8 level of competition, she gave her winning speech before 11 other clubs from around the district. To put that into perspective, if each club had approximately 10 people in each club, the estimate is about 100 evaluations. With that dazzling number, my next question was— if there was one piece of advice that stood out amongst all the rest as something you can really use. She said, "At the Aerospace Orators Toastmasters club at Boeing, long time Toastmaster John Mohr, took me aside and let me know my speech 'under wowed' him. He said

that I may not understand at the moment, but to take a look at the video of my speech and then I will understand". With my look of confusion, Arnita went on to explain that John was speaking of gestures and facial expressions. "When in competition, you need to be animated to really stand out, I watched my video and I understood".

"I want to thank everyone in the district who gave me support and encouragement every step of the way. Even the members who may feel their contributions were small; they were very large to me". With her mother Lucille, who's life story was the inspiration for Arnita's speech, by her side after the semifinals, Arnita vowed this was her last time competing. "I got what I came for and now I'm finished". "She is just saying that now" says Lucille, "She will feel differently tomorrow". How can mothers be so right for, "The day after the semifinals were over, I thought to myself, I can do this again! On Sunday I began writing my speech for next year" shared Arnita.

Now what's next for the local celebrity? "I have specific goals in place. I am going to win the World Champion of Public Speaking in 2012, I am going to have my Distinguished Toastmaster designation in 2013 and I am going to be an Accredited Speaker by 2015". With the support of District 8 and her fellow employees at H&R Block, Arnita is well under way in achieving exactly what she is setting out to do.

Arnita shared that she has been a Toastmaster for only three years. "If I can compete after being a Toastmaster for so little time, then anyone can compete, but be forewarned, the fever of competition is upon me". Toastmasters gave her the confidence to step out and believe in herself that 'yes she can do it', Arnita definitely made it happen.



**District 8 Supporters at Convention with Arnita**

Congratulations to Arnita for representing District 8 at the semifinals of the World Championship of Public Speaking in Las Vegas. ☀

### The Mission of the District

The mission of the district is to enhance the quality and performance and extend the network of the member club of Toastmasters International within the boundaries of the district, thereby offering greater numbers of people the opportunity to benefit from the Toastmasters educational program by:

- ⇒ Focusing on the critical success factors as specified by the district educational and membership goals.
- ⇒ Ensuring that each club effectively fulfills its responsibilities to its individual members.
- ⇒ Providing effective training and leadership-development opportunities for club and district officers.

**Spotlight Feature:** *The most important person in Toastmasters International is the individual member. Within District 8 we have our share of members who are “distinguished” toastmasters—leaders and communicators who are positive examples of the benefits of membership in our organization. We look to recognize these individuals in this feature of the newsletter.*

If you have comments, praise or suggestions for improvements regarding the Communic~8, please contact me Joann York at [j\\_york71@hotmail.com](mailto:j_york71@hotmail.com) or our new co-editor Cynthia Scroggins at [scrogginsc@lincolnu.edu](mailto:scrogginsc@lincolnu.edu). We look forward to your feedback and your ideas. ☀

## Upcoming Events:

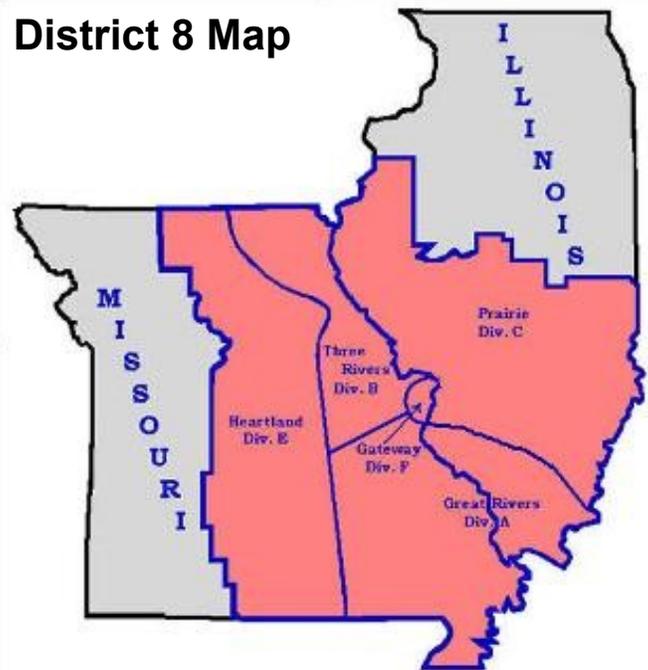
### October

- 1st: Division A Contest—11:00 am  
Twin Rivers Worship Center  
10575 Tesson Ferry Rd  
St Louis, MO 63123
- 8th: Division C Contest—10:00 am  
Laurel United Methodist Church  
631 South Grand Ave. W.  
Springfield, IL 62704
- 15th: DEC Meeting—1:30 pm  
Samuel C Sachs Branch, St. Louis County Library  
16400 Burkhardt Place  
Chesterfield, MO 63017
- 22nd: Division F Contest—9:30 am  
St. Louis County HQ Library  
1640 S. Lindbergh Blvd.  
St. Louis, MO 63131
- 22nd: Division E Contest—10 am  
Missouri River Regional Library  
214 Adams Street  
Jefferson City, MO 65102
- 22nd: Division B Contest—1 pm  
St. Louis County HQ Library  
1640 S. Lindbergh Blvd.  
St. Louis, MO 63131

### November

- 9th: “Early Bird” Discount deadline for Registration
- 14-18th: Toastmaster Week

### District 8 Map



### TOASTMASTERS INTERNATIONAL

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