

Banner design by Jen Sachs

KAT's Me ♀ w

Kepler Astrologers Toastmasters Club Newsletter

Edition 1.0 - Jen Sachs, VP Public Relations and Judy Ann Michael, Editor

KAT President's Letter

By Lori Waters, President, Kepler Toastmasters Club

Greetings Kepler Astrologers Toastmaster family!

All of you have helped to build an amazing Toastmasters group that encourages, challenges and supports its members to become skilled communicators and leaders. We have accomplished so much in our mere two years of existence. As the first Toastmasters group ever to focus on the practice of astrology, we have seen enormous interest and participation in our club. We have become stars within the Toastmasters paradigm as we have achieved the President's Distinguished Club award for each of our two years. We have seen enormous growth in our club over the last year and the growth spurt continues as we begin our third year.

Every member of this club, whether you are an original charter member or just joined last week, should take pride in what a beautiful online space we create week after week during our meetings. As a group, we honor everyone's individual astrological insights, no matter what branch of astrology a member practices.

It's not surprising that *nurturing* is a perfect keyword for our group as we were chartered under a Cancer sun and Mercury. Though the time we were entered into the Toastmaster International system can be debated, there is some agreement on 11:30 a.m., July 12, 2022 as our Charter chart (see below). That time and date gives us a Virgo Ascendant, which makes sense for a group that is focused on perfecting the art of communicating astrological knowledge!

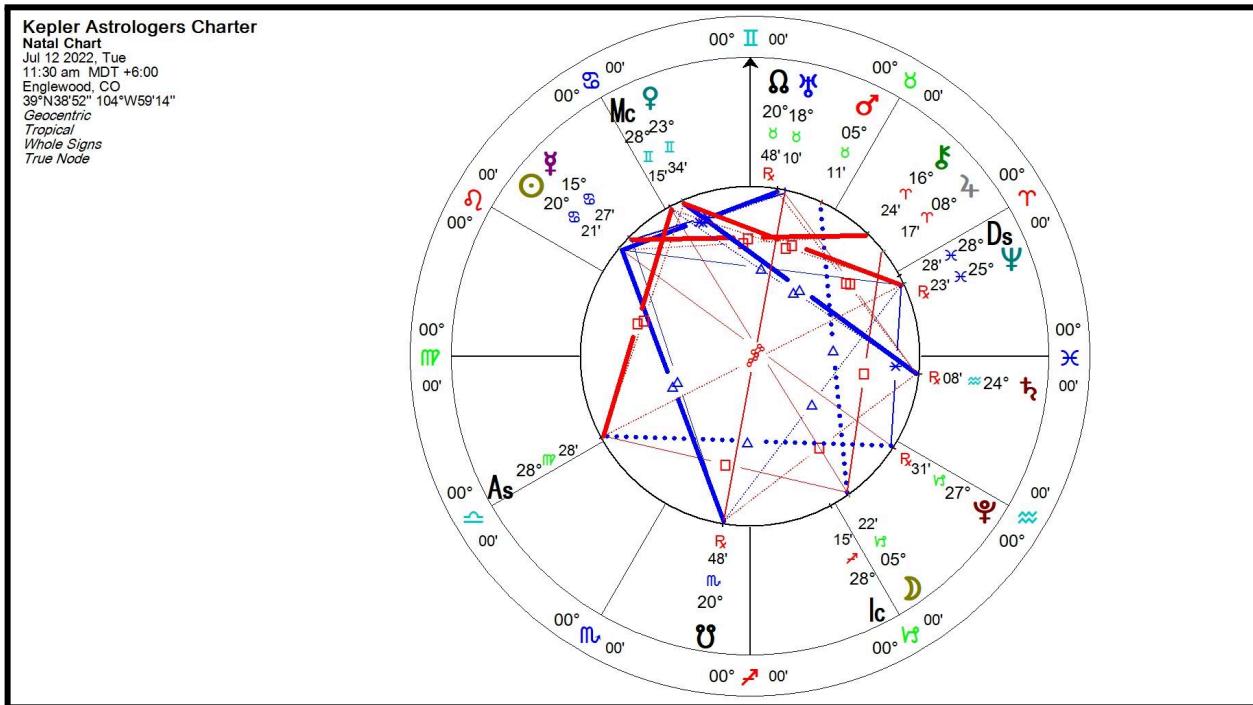
I'm so thrilled that Jen Sachs and Judy Ann Michael have teamed up to bring you this newsletter. Our club is in a third house profection year, so launching a "publication" of some sort seems so apropos. It is our hope that this newsletter will keep our members informed about the club as we know many of

you are extremely busy and can only attend our live meetings on occasion. For our occasional members, know that you are a vital part of this group and we look forward to seeing you at a meeting when your schedules allow.

Much love from your club president.

Lori Waters, President, Kepler Astrologers Toastmasters

KAT Birth Chart: July 12, 2022



Welcome to the KAT's Meow

By Jen Sach, VP of Public Relations

Greetings fellow Toastmasters and welcome to the first edition of the KAT's Meow!!

With a member spotlight and various articles, this newsletter is a purr-fect way to know more about our club and our members outside of a meeting environment. Looking to understand the professional side of things? Take in each section to gain insight on the various teams and functions needed to run a business.

Alongside the cat and mouse alignments recently, I've spent the last couple of months learning about the KAT PR position and how to create engaging content while building a foundation for the newsletter. Currently there is not much to report regarding stats. Moving forward, expect regular postings to gain paw-sitive interest for our group. If you haven't done so already, please follow us on Instagram @ <https://www.instagram.com/keplerastrologers/>. We currently have over 300 followers and would love to have you join us!

Also as a reminder, please periodically check our Club Calendar on our website. It shows club happenings, including who is speaking and where they are featured. *Feline* fine for a speech you're scheduled to give? Please strut down to the catwalk to the club calendar because and add a link. It is a great way to get out your information AND a brilliant way to get a fellow KAT member to evaluate your speech - and make it part of your Pathway.

A special dose of gratitude and recognition to Judy Ann Michael. She brought up the idea of a newsletter and has offered her time as well as her knowledge to this entire project. Thank you Judy!!

As always, thanks to each of you. It is the continued efforts from each of us that gives our magnificence paws-able.

Warm Regards, Jen Sachs, VP-Public Relations

KAT insights: The Value of Being an Evaluator

By Judy Ann Michael, KAT Newsletter Editor

Here at KAT, many of us are professional astrologers, with the goal of working together to improve our speaking abilities and connect better with our audiences. When we speak in front of a group, our speech practice - and the feedback we receive from our evaluators - is crucial to our professional development.

But in our daily lives, we serve an audience of one: our astrology client. As counselors, we must perceive what information supports our client, often in a short period of time. Those sessions usually involve discussing life's most important challenges, including finances, relationships, health, and careers. Learning how to effectively offer valuable advice is at the core of what we do as professionals. The skills we must master include:

- **Active listening** - Listening to not only what the client says, but responding appropriately with supportive language and insights.
- **Positive language** - Framing challenging chart aspects in a positive, proactive way that leaves the client empowered.
- **Advancing the craft** - Knowing how to both interpret and convey astrological information in tangible ways that the client can apply to their lives.
- **Identifying opportunities** - Conveying how clients can take advantage of supportive energies and timing that will enrich their lives.
- **Having frank discussions** - While we love sharing positive aspects, every chart has difficult aspects to navigate, urging us to master, not avoid, the art of speaking to clients.

We all strive to become an accomplished astrologer, counselor, speaker, and conversationalist. Learning to evaluate your fellow KAT members is an extension of these skills, challenging you to master the art of capturing insights and conveying practical, insightful advice.

When the seats are turned, every astrologer enjoys receiving an astrological reading, even if it is a challenging discussion. We know that receiving feedback from a trained professional is invaluable.

That's why becoming an evaluator and developing your evaluation skills is critical to our professional development. As an evaluator, you look for ways to support the speaker, and provide insightful, perceptive feedback. As trained practitioners, we know the value of an empowered conversation, and we can now apply those skills in a new way.

Toastmasters is not only about speaking, but also mastering the craft of constructive critiques that support others. As an elevator, you can hone your skills in a new and rewarding venue - your fellow speakers are waiting for your valuable feedback. Sign up on the next meeting agenda and start sharing your expertise!

Meet a member: Get to know Amelia

We would like you to meet one of our club's members, Amelia, and learn more about her, her astrology practice, and her Toastmasters journey.

You have been a member since KAT's beginning. What encourages you to continue with KAT? What is your favorite part of our group?

As a charter member of our club, I've learned a lot about English and communication over the past few years. People around me have noticed my growth, and feel my values are strongly aligned with the core values of Toastmasters International, particularly Integrity. To me integrity means being diligent in giving your best, first to yourself and then to everyone else. Each member with brilliant professionals is a gift, helping me improve my English as a second language.

My favorite part is that each Astrologer's dedication, support and expertise make every meeting enriching and enjoyable.

There are many different reasons to join our group, from working on a specific presentation skill to wanting to be involved with more astrological based conversations. Why did you join?

Being retired helps me find the time to learn new things. I love Astrology and want to improve my speaking skills and I found the Educational Pathway of Kepler Astrologers Toastmasters was a great opportunity for everyone to be successful. Also, at that time my 11th House was rising in the Solar Return chart.

Being a consistent member with a steady presence, can you tell us something about you the group doesn't know?

I grew up in a working-class Mexican family as the youngest of four siblings. My siblings were amazing cheerleaders in my life, since the ruler of 3rd House is Jupiter in Libra 1st House.

From an early age, I knew I wanted to wear a white doctor's jacket and work in a hospital. This aspiration led me to become a Clinical Nutritionist as my primary vocation. The ruler of the 10th House is the Moon placed in my 7th House and for most of my career I worked one-on-one, consulting patients.

One fun fact about me is that my husband and I are total opposites. We have different backgrounds, languages, religions, and races. Despite our differences he absolutely adores me, since the planet Venus is in the 7th House.

Where do you find inspiration?

Nature is a great source of inspiration for me; simple things like observing and being present bring me balance. I've been practicing a morning gratitude ritual for decades, it helps me start my day positively and influences my inner voice.

What one item could you not live without?

One item I can't live without is my tablet, since it helps me to connect with Kepler Astrologers Toastmasters every Mercury day. LOL

Any piece of advice for someone wanting to join KAT?

In 3 words - give yourself time! One key lesson I've learned is the importance of perseverance and not abandoning a Toastmaster Pathway for shortcuts.

Thank you, Amelia, for your great insights and the opportunity to get to know you better!

Toastmaster tips: What do I do as an evaluator?

Judy Ann Michael, KAT Newsletter Editor

Being an evaluator doesn't have to be scary, especially since Toastmasters has many resources to guide you. At some point on your Pathway, you will be asked to give an evaluation, use an evaluation form, and share your comments with the speaker. The official TM guide states:

"The member will deliver an engaging and constructive evaluation of another member's speech. They will also demonstrate proper meeting etiquette by being fully engaged during all speeches."

The stated purpose of an evaluation is twofold. First, **YOU** (as the evaluator) get to practice applying feedback in a constructive manner. Second, **the SPEAKER** benefits from your feedback and gets to incorporate it into future speeches - a win-win proposition.

There are specific evaluation forms for each pathway, but there's a few general guidelines that will benefit you as an evaluator. In general, think about being a Coach or a counselor. You identify areas

for improvement, define strategies to reach goals, establish a timeline for success, and support their future accomplishments.

Here's a quick checklist from the TM evaluation form of what to observe about the speaker.

- **Clarity** - are they easily understood?
- **Gestures** - are physical gestures effective?
- **Interest** - is the speech content interesting?
- **Vocal Variety** - do they use tone, speed & volume?
- **Audience Awareness** - do they understand audience needs?
- **Technical** - are they a "Zoom friendly" speaker?
- **Eye Contact** - do they connect & engage the audience?
- **Comfort Level** - are they comfortable with the audience?

You can review specific evaluation forms for each speaker's pathway in advance to understand what details to look for to help the speaker. And don't forget to fill out the evaluation form and submit it to the Speaker. It serves as a valuable reference for improvement.

You serve a valuable role as Evaluator by helping to make all of us better speakers!

Evaluator forms are available at [Toastmasters.org](https://www.toastmasters.org).

Membership Update: KAT + Toastmasters = Great Combination

By Sula Porter, VP Membership

For many Toastmasters clubs, obtaining new members is an elusive quest. Fortunately, we do not have that problem at KAT. Indeed, since the beginning of June 2024 we've had 23 inquiries, 8 guests, and welcomed 3 new members -- Molly, Barbara, and Ana. Today, we are a vibrant community with 37 members and a steady stream of prospects. As it turns out, Astrology and Toastmasters make a great combination!

One of the things I enjoy the most is getting to know our fellow KATs through their speeches. Since July we've seen icebreakers from Molly, Phil and Clesia. We learned about enneagrams and frequencies from Brandon and Rich and got a masterclass on how to use facial dynamics from Judy. This past month, we commiserated with Courtney on a dark Saturnian transit and learned about the "power of the pause" as Eboni reflected on preachers from her churchgoing days past. Lest we not forget the numinous moment when Leia's mom energetically showed up via a deluge of hail during her lovely lunar speech, literally knocking Leia off the Internet! I think we were all agape when she re-connected with us (and her mom)!

Other highlights were when Daniel 'you're on mute' did a very funny speech with Astrology *balls* and Jan (aka 'don't say um') nailed her star-crossed lovers' tale on Venus and Mars. I also loved hearing Meghna's metacognitive reflection on her Toastmasters journey as she wraps up her Level 5 dynamic leadership pathway. Finally, I did my Libra rising review of the vociferous TV show, *The Bear* which I

am convinced was produced by Martians. If you missed any of these fun moments, as members you can always find them in the KAT archive on Vimeo.

KAT is a great community whether your goal is to become a speaker at astrology conferences, develop a vibrant web presence, or to become more fluent in the symbolic language of astrology. You may find you'll get the most out of the club when you are working on projects that resonate with your personal goals. For example, as a speaker you might request that your evaluator focus on a particular aspect of your speech that is meaningful to you. Taking on other functionary roles is also a great way to evolve your speechcraft and deepen your listening skills. Over time you will be able to do it with one eye on the zoom-chat and without any verbal pauses.

We want this community to be a gathering place of support and encouragement as we evolve our craft and clarify the astrological insights that we hope to share with others. We are building up our muggle vocabulary too!

Pop Quiz: How many Words of the Day (WODs) did you spy in this article?

Namaste! Sula Porter

Check the Box: Updating your pathway in Base Camp

By Patricia Rogers, VP Education

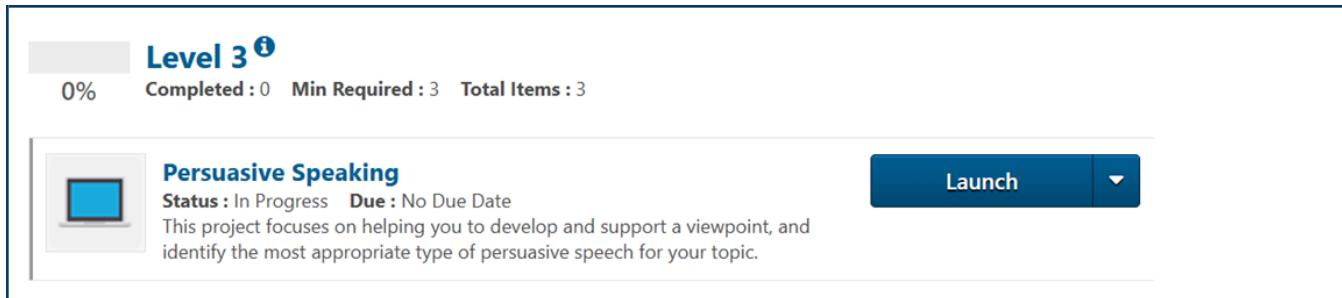
As you journey through your Toastmasters Pathways program, it's essential to ensure your accomplishments are recognized and recorded. After delivering a speech at a KAT meeting or receiving advanced approval for a presentation outside KAT meetings and related activities, don't forget to mark the exercise as *complete* in your appropriate Base Camp Pathway Level. This crucial step is your "Check the Box" moment, where you officially acknowledge your progress and ensure it counts towards your goals.

To do this, login to Toastmasters International, and follow these steps:

1. Click on Base Camp
2. Click on Kepler Astrologers Toastmasters
3. Click on Paths & Learning Education.
4. Find your current Pathway (i.e. Presentation Mastery) – click on Open Curriculum
5. Find the Level you are working on (Level 1, 2, 3, 4 or 5)
6. Find the exercise/speech you want to mark Complete....and **CHECK THE BOX!** 

This simple action updates your progress and allows you to move forward on your Pathways journey.

Base Camp screenshot below



The screenshot shows a software interface for 'Base Camp'. At the top, it displays 'Level 3' with a progress bar showing '0%' completed, 'Completed : 0', 'Min Required : 3', and 'Total Items : 3'. Below this, a project titled 'Persuasive Speaking' is listed. The project icon is a computer monitor. The status is 'In Progress' and the due date is 'No Due Date'. A description of the project is provided: 'This project focuses on helping you to develop and support a viewpoint, and identify the most appropriate type of persuasive speech for your topic.' To the right of the project details is a 'Launch' button with a dropdown arrow.

Reminder: If you would like credit for presentations and evaluations done outside of the KAT weekly meetings, speech-a-thons and competitions, please make sure your presentation is pre-approved by the VP Education (Patricia), and then properly evaluated by a fellow KAT member.

Keeping your records up to date not only tracks your development but also motivates you to reach new milestones. It's a vital part of our learning process, ensuring that every step you take is recognized. So, remember after every speech or approved presentation, "Check the Box" and celebrate your progress!



Best of luck! Patricia Rogers

How do I...?

Join a meeting: Every Wednesday at 11:30 AM Pacific time. Zoom link is listed after logging into <https://keplerastrologers.toastmastersclubs.org/>.

Sign up for a role. After logging into the Kepler Astrologers page, click on "Meeting Agenda" in the left column. Choose a date, role, and click on **Confirm**.

Cancel a role. In the event you cannot fulfill a role, just click on the **X** next to "Role filled by <your name>" and you will be removed.

Log into Toastmasters. To access your pathway, please login to Toastmasters.org, click on Base Camp, and you will be led through the process.

Get an evaluation form. Login to Toastmasters, type in "Evaluation" or search for the speaker's pathway. You can also Google "Toastmasters Evaluation".

Meetings, Events, and Awards

KAT Toastmaster Calendar

- Weekly meetings, Wednesdays, 11:30 am Pacific (1st & 3rd meetings of the month are 75 minutes, 2nd & 4th are 60 minute meetings).
- Please consult our club's Calendar on our KAT Toastmaster web page for club events and member appearances and updates!

<https://keplerastrologers.toastmastersclubs.org/calendar.html>

District Toastmaster Events

Our Toastmaster District 42 has an upcoming workshop available for members:

Event: *Workshop Series for Aspiring Authors*

Event Title: *Turning Pages with District 42: A Workshop Series for Aspiring Authors Workshop #1: Bringing Your Stories to Life*

September 20, 2024

6:00 pm - 8:00 pm Pacific

This workshop is designed for anyone interested in writing, whether you're a beginner or have a manuscript in progress. You'll leave with practical knowledge and inspiration to take your writing to the next level. You can register for this event at the following zoom link.

Register

at

<https://us06web.zoom.us/meeting/register/tZ0ucOutpj8jH9D8l0dbx5okCTCAUu0D2s7H#/registration>

District 42 Incentive Awards for members

Do you need some extra incentive to complete your pathway? District 42 offers the following awards for pathway completions.

- **Triple Crown Award** – Complete 3 Pathways Levels in one Toastmasters Year
- **Pathway Kick-Off Award** – Complete Pathway level 1 within 6 months of joining Toastmasters
- **Pathways Mentors Education Award** - Complete the Pathways Mentor program in a program year.