



VAST - Virginia Advanced Speakers Toastmasters

November 2020 Vol. 1. Issue 3

"Be kind, be thoughtful, be genuine, but most of all be Thankful"

-Unknown



We Meet Online!

Now couldn't be a better time or a better way to discover if VAST is the Toastmasters Club for You!

We Welcome GUESTS!

Our meetings are held every 1st and 3rd Monday each month, at 7pm (EST), via Zoom.

Check out our website for more information: [Click here: VAST](#)

President: Dwight Yamada
V.P. Education: Regina Faulkerson
V.P. Membership: Shu Bartholomew
V.P. Public Relations: Catherine Keating
Secretary: Anne Sobota
Treasurer: David Chase
Sargent of Arms: Cathy Oasheim

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Editor: Catherine Keating

President's Message:

November is a time for reflection of the past year and preparation for the coming winter. We honor all those who have served the country and thank them for their sacrifices on Veterans Day. We celebrate the blessings of the past year on Thanksgiving Day. In addition, Diwali is celebrated this month which is the Hindu Festival of Lights. During this Festival of Lights, friends, neighbors, and loved ones join in fellowship to commemorate the spiritual triumph of good over evil, light over darkness, and knowledge over ignorance.

This year, we are especially reminded to cherish and give thanks for the companionship of our friends and family. I am thankful for my Toastmasters family that has kept me inspired and motivated during the pandemic. Although I long for the day we can meet in person again, using Zoom for our club meetings has kept our VAST family bonds strong as we all learn to communicate more effectively through virtual means as we maintain our club's mission. The challenges we faced over the past several months has changed us and made us stronger. Our membership has grown and will continue to grow. We are diligently working Pathways and our club quality increases after each meeting. I am awestruck with gratitude to be part of a wonderful club and by the contributions of our members to make VAST this special place for me.

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Safe & Happy Thanksgiving Wishes



Creative Writing Corner:

Last month's creative writing challenge was to write a **6-word speech**.

Thanks go to **Dwight Yamada** for his many inspirational 6-word creations!

- Tell your story. Change the world.
- Join Toastmasters. Change lives. I did.
- Conquered social anxiety. Thanks to you.
- You have many interesting stories. Speak!
- I enjoy empowering others to blossom.
- Body language is heard on camera.
- Be the change. The world will follow.

"Unless you try to do something beyond what you have already mastered, you will never grow."

-Ralph Waldo Emerson

President's Message continued...

I just attended a Table Topics speech contest where the question was, "What are you thankful for?"

One contestant responded that she is thankful every day as she practices the habit of daily gratitude. Every morning, she reviews 10 things she was grateful for in the past, is grateful for in the present, and visualizes what she will be grateful for in the future. She explained how this routine changed her attitude and outlook in life to increase positivity, gratitude, and energy. Being thankful every day helped her overcome barriers she thought she had as she expanded her comfort zone to achieve goals she never thought she could achieve. Of course, she was thankful of this revelation as she continues to learn and grow. It was quite an inspiring two minutes.

Let's all consider this habit of gratitude, continue to grow as life long learners and do our parts to change the world for the betterment of humanity.

- Dwight Yamada

District 29 News:

One of VAST's own, **Bettie St. Clair**, DTM, VC5 will be co-hosting District 29's upcoming workshop:

FROM SPEAKER TO TRAINER

Set a new personal goal. Become a Trainer.

Not to be missed!



FROM SPEAKER TO TRAINER



Do you want to learn how to become a successful trainer?
Do you want to present at TLIs?
Do you want to learn how to present virtual trainings?
Present interesting, engaging trainings?



Cheryl Baker, DTM

Saturday, December 5, 2020
9:00 AM - 4:00 PM
Online

Zoom Meeting details provided upon sign up below

<https://bit.ly/speakertotrainerdec2020>



Bettie St. Clair, VC5

Cheryl & Bettie are seasoned trainers having trained at various venues for over 15 years combined!

Cheryl Baker: cherylbaker15@gmail.com
Bettie St. Clair: blstClair@outlook.com

Meet our New VAST Member!

Afaf Campbell



Hiking is one of Afaf Campbell's passions.

We thoroughly enjoyed having Afaf attend our VAST club as a guest a few times to practice her competition speech so she could get fresh feedback. Then we were thrilled when she decided to join our club!

"I joined VAST because while I visited the club many times, I saw a value in the members. The members help you to achieve your professional goals in a safe and positive environment.," says Afaf.

She also remarked that she wanted to be a Toastmaster because, "I was looking for a professional community," and she was impressed with the TMI concept, being "a confident public speaker that leads in every area of their lives."

What has your Toastmaster journey taught you?

Afaf answered, "The Toastmaster journey taught me that thinking on my feet can be learned. Giving a prepared speech is much easier than answering a table topic

question. With a speech I am prepared, but with a table topic I am asked a random question and have to think on my feet to come up with an answer. This skill is needed in any professional network.

Giving or getting feedback is another skill I learned in Toastmasters. It taught me that not only do I have to learn to listen to what my evaluator is telling me, but also the way my evaluator is explaining the point, otherwise, what is the point of speaking?"

How would you describe VAST to anyone interested in Toastmasters?

"I would describe it in two words: professional and safe."

Please share your hobbies and passions outside of Toastmasters.

"My passions outside of Toastmasters are: sports such as competing on a team, hiking and boxing, teaching by storytelling."

***Editor's Note:** We also found out during our recent post-meeting social chat that Afaf is an amazing baker, another personal passion and one she excels in after hearing about all the goodies she creates. *Just look at her Raspberry-Almond tart!*

