

# Kapolei Toastmasters

## Draft Kapolei Toastmasters Meeting Minutes June 12, 2014 Kapolei Hale Conference Room C

Theme: Father's Day

Present: 8 Kapolei Toastmasters: Jerome Ababa, CC (Sergeant-at-Arms); Kimberly Abe, TM; Eddie Joseph, DTM; Guy Kidder, TM; Rose Martinez, ACB, CL (Special Assistant to President); Owen Tamamoto, ACB; Sara Toyama, TM (Secretary/Treasurer); Mariea Vaughan, CTM

1. In the absence of the President and VP's, Secretary/Treasurer called meeting to order at 12:00 p.m.
  - a. Recited the Pledge of Allegiance
  - b. There were no guests.
  - c. Introduced Eddie Joseph, DTM, stepping in to be TMOD.
2. Educational Session - Eddie
  - a. Introduced Timekeeper – Sara stated her role.
  - b. Introduced Grammarian/Ah-Counter/Word of the Day – Mariea gave us the word “Vehemence,” meaning rancor, anger. She expressed her need to speak in vehemence of the current news events such as convicted terrorist releases, and what's going on with the Dept of Veterans Affairs.
    - i. Eddie agreed with Mariea's vehemence with the media, saying sometimes he just rather turn it off than listen to the instigating rather than reporting.
3. Featured Speaker
  - a. Eddie introduced Rose giving her speech titled “Fighting the War Against Free Radicals.”
  - b. Rose gave her speech using the visual aid of a PowerPoint presentation. She first informed us with the definition of free radicals being any molecular species capable of independent existence that contains an unpaired electron in an atomic orbital. She explained free radicals by showing pictures of cell structure and the oxygen atom and molecule. Rose stated that free radicals are found in environmental factors, a variety of food sources, and other sources as well. She gave tips to protect your body against free radicals including getting more vitamin E, C, and A; don't smoke; protect yourself from the sun; and limit alcohol and animal product consumption. The lesson was to eat your fruits and vegetables!
4. Table Topics
  - a. Eddie introduced Table Topics Master Guy Kidder.
  - b. Guy explained his role.
  - c. Asked Kim: What advice would you have given to your father for when you were a baby?
    - i. Kim answered that she didn't believe that she needed to give her father any advice, that he learned from the generations before him. However, she also said that her father was in the military from the 70's to the early 90's, so if she were to give him advice, it would be for him to understand that she isn't in the military. She would

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advise her father to be kinder, to teach her how to show kindness, and to be more patient.

- d. Asked Jerome: Tell us about your father's man cave, or where you'd always find him.
  - i. Jerome spoke about how every guy needs his own space whether it's in the house or outside of the house. He told of how his father's man cave was his bedroom. Jerome didn't know what was in his father's room, but he would always be in there. His mom would call his father out for dinner, and right after dinner his father would go back into his room. He also mentioned that now that his father is older, he no longer stays in his room, that now he likes to wander.
- e. Asked Owen: What was the best trip you took with your father
  - i. Owen started off by saying he took many trips with his father just going fishing on the Hamakua Coast of the Big Island. He talked about one overnight fishing trip in particular that he and his father took with his brother. He also recalled a mainland trip from San Francisco to LA, which included the whole family.
- f. Returning to the lectern, TMOD Eddie told Kim that she didn't have to tell us that she was nervous when she came up to talk for table topics, that if she didn't mention it, we would not have known, and that a little bit of nervousness is okay.

### 5. Featured Speaker

- a. Eddie, as TMOD took the liberty of revising the schedule. He filled in as needed for this meeting, and since we had time available due to the minimal attendance and participation, only having 2 rather than the usual 3 speakers.
- b. Eddie told us a story about a murder. He spoke about his time in California, when there was a murder trial – the OJ Simpson trial. He inputed other examples of racial discrimination, such as Rodney King and Trayvon Martin. He explained how he and his wife watched the Simpson trial everyday and napped when the court broke for lunch. He informed us of the events that occurred, including how he was attending a funeral when “the chase” ensued, and how folks were listening to it on the radio in between the service and the burial. He shared his prospective of this case and other cases, as an African-American, discussing the term “race card,” saying we wouldn't use it if you didn't stack the deck. He explained that for him it wasn't just OJ that was on trial. Eddie stated that it isn't so much racism, but color, as darker skinned people are treated differently. He concluded with the hope that he had brought to life his spin, and thanked us for listening to him as it needed to be said.

### 6. Evaluation Session

- a. Owen evaluated Rose's speech on How to speak to the interest of the audience. He remarked that the subject relates to the audience because health is relevant to us all. He said that Rose spoke knowledgeably on the subject, that it showed it was well researched and that she took the time to understand the free radicals. Owen gave a lot of good recommendations on how to make an effective PowerPoint presentation. He said that slides

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should not have a lot of words, you should use the capabilities of the program to fade and bold points as you are speaking about them. He also pointed out that he still struggles to make eye contact when giving a PowerPoint presentation, but that having the laptop and working in right in front of you can help to not have you reading off the projection of the slides.

- b. Kim did a great job of stepping in at the last minute to give an evaluation of Eddie's speech. She answered the question of how did the speaker develop the characters – by talking about other characters that the same thing happened to them. Kim thought that the plot was very clear, and liked that Eddie's speech brought insight to historical events by speaking from his own prospective.
- c. Eddie welcomed additional comments from everyone on his speech, stating that there is also a similar issue here in Hawaii.
  - i. Guy volunteered his thoughts as the token white guy in the room, saying before this speech he never thought of Eddie as African-American, and found that Eddie expressed this story in a way that he had not heard before.
  - ii. Owen explained that he tried to put himself in Eddie's shoes, and how he would want to express his heart and mind. Owen spoke about bias availability, and that we are built by our experiences, only what is available to us. Owen's thought was to opening up to the different perspectives that others may have.
  - iii. Mariea agreed with Eddie's comment of it being an issue of color rather than race. She brought up the point that many people in Hawaii are of mixed race, they are all chop suey, and she wishes that people would forget about the division.
  - iv. Jerome commented that he thought Eddie gave an excellent speech, that it moved him to hear of Eddie's first hand experience.
  - v. Eddie concluded the group evaluation discussion stating that in Toastmasters, sometimes we're encouraged not to speak on certain subjects. When he gave this speech on the mainland they didn't care for it, but he's happy it was well received here. He shared that he finds that in Hawaii when he goes into a store, a person's eyes will open up and they are friendly with him as opposed to the mainland where their eyes get narrow, they ask can I help you, and then follow you around.

### 7. Reports

- a. Timekeeper – Sara reported that everyone seems cognizant of the time. Read everyone's recorded time. Said Eddie and Owen did a good job of extending their speech and evaluation, as we had extra time to fill for this small meeting.
- b. Grammarian – Mariea stated that generally everyone used proper English. She said there was not much ah's and um's to count, but shared that she finds the ah's and um's come when you're not familiar with the subject. So her suggestion to us is to really know the subject that you speak about.

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8. Announcements
  - a. Sara thanked Eddie for filling in as TMOD at the last minute
  - b. This Saturday is Officer's Training at the University of Phoenix
    - i. All are welcome, not just officers.
    - ii. For those who can't make it this Saturday, the make up session is July 12.
  - c. There were no other announcements
9. Adjourned at 12:57 p.m.