

Kapolei Toastmasters (KTM)
Thursday August 21, 2014
12:00-1:00PM
Kapolei Hale, Conference Room C
Theme: "Dog Days of Summer"
Meeting Recap
(Submitted by Joyce Bullion, TM, Kapolei Toastmasters)

1. Opening of Meeting:

- President Holly Holloway, CC, CL, opened the meeting and we followed her lead in the Pledge of Allegiance.
- A total of 18 people attended today's meeting: 14 members and 4 guests. Holly asked our honored guests to stand up and be recognized.
- Members in attendance were: Carryssa, Alex, Mariea, Christina, Irobela, Eileen, Tanya, Kim, Guy, Melanie, James, Joyce, Holly and Rose. Guests were: Angela Smith, Elaine Spence, Tracy Arakaki and Martina Pascual Reyes.

2. Education Session:

- Holly introduced our TMOD who was James Fu, ACB, CL who then introduced:
- **Timekeeper:** Kimberly Abe, TM explained her role as Time keeper.
- **Grammarians/Ah Counter/Word of the Day:** Melanie Baguio explained her role and the word of the day was: "canicular" which means: Dog days.
- **Jokemaster/Inspiration:** Mariea Vaughan, CTM, told a joke about the end of the world and there were two monkeys left. The two monkeys concluded that they had to start over.

3. Featured Speakers:

- **Featured Speaker #1:** Alex Agsulad, TM, gave speech number 10 from the Competent Communicator manual titled “Be Intentional”. His goal was to inspire his audience. Alex inspired all of us with a story of his life and how at one time in his life he worked during the day, baby sat while his wife worked at night time, while studying for his Professional Engineer’s license exam. He was deliberately “intentional” because, and at times, he wanted to quit because he was so busy. Alex also said that he was traveling recently, and at the Denver airport, a man who could not speak English, approached him while pointing to his back, saying: “backpack”. After much confusion, Alex and his wife finally determined that the man wanted to know the location of the baggage area. It brought to mind for Alex, the importance of communication skills. Because of his accent, Alex felt self-conscious and held off joining Toastmasters for many years. But he always wanted to speak better. Rose helped him to feel less self-conscious about his accent because she told him one day, Eddie Joseph mentioned to her that her Filipino accent sounded “sexy”. Good job Alex! With this speech, Alex has completed 10 speeches (in 10 months!), and he now has achieved his Competent Communicator award. So very “intentional”!
- **Featured Speaker #2:** Christina Pascual, TM, gave Project 1 from the Competent Communicator manual. Christina shared her ice-breaker speech with us, and we now we know her much better. She was born in the Philippines but was raised in Hawaii and attended McKinley High School. She attended Kapiolani Community College. She has also lived in San Francisco for a while working as a paralegal until 2004. She moved back to Hawaii and became a loan officer for real estate mortgages, and has been a loan

officer for 10 years. She also does volunteer work for domestic abuse and related issues. She ran for the Waipahu Community Board and is involved in politics. She is a Democrat and approves of this message. Lol. So glad to hear her ice-breaker speech and to know her better. Christina has been coming to Toastmasters for 5 months. It was delightful to meet her daughter Martina.

4. Table Topics Master:

- Irobela Wreagh, CL, explained that the purpose of Table Topics is to answer questions while “thinking on your feet”, and she told us there are no rules. You can answer the question asked or you can avoid it by answering a question that you want to talk about. She gave us information on “Dog Days of Summer”. She said “dies caniculares” is the sultry days of summer. Irobela said there were over 2,000 idioms. The first volunteer called on was Angela Smith. She was asked what does it mean to “spill the beans”?
- **Speaker #1:** Angela Smith, TM, spoke on this topic and she brought up the fact that Irobela had said that last week, she was in a meeting and could not get away to tell anyone that she could not come to our KTM Meeting. She spilled the beans that she started coughing uncontrollably and left the meeting for a short time to tell someone to let us know she could not come to the meeting. Canicular has many multiple causes and one of those is allergies.
- **Speaker #2:** Eileen Helmstetter, TM was asked: what does it mean to say “Okay, it’s not rocket science!” Eileen told us all about canicular. When she was in Alaska, it got warm (80 degrees) in the summer. Twenty dogs from a dog team lay around panting because of the heat.
- **Speaker #3:** Tanya Mendoza, TM was asked what does it mean to “put a cork in it?” Tanya chose to answer Eileen’s question about Rocket Science. Tanya knows how to turn a

computer on and off and has trouble with the details of using a computer (she does massages for a living!). Her husband often tells her it is not “rocket science” or in other words, it is not that complicated. Her children often show her how to perform computer functions.

5. Evaluation Session:

- **Evaluator for Speaker #1:** Holly Holloway, CC, CL, evaluated Alex Agsalud, CC and said he has had marvelous accomplishments. He has been very “intentional” to accomplish those things. Alex used no notes and had excellent eye contact. He pointed out the importance of effective communication: spoken, written and body language. She suggested he use the speaking area better by moving around and cha-ching looking at someone. She remarked that because of this speech, he now has achieved his Competent Communicator award.
- **Evaluator for Speaker #2:** Guy Kidder, TM, evaluated Christina and said even though he is a Republican, he thought she gave a very good speech. It was his first speech evaluation and Christina’s first speech, and that made it all the more special. He loved her speech and said she appeared confident and had a great smile with humor. He would like to know more details from her speech such as why she became a paralegal in San Francisco (after majoring in accounting at KCC). Guy suggested she use more eye contact. As she gets more experienced giving speeches, and uses less notes, she’ll find that making eye contact will be much easier.

6. Reports:

- **Timekeeper:** Kim gave a thorough report of everyone’s time.
- **Grammarian/Ah Counter:** Melanie did an excellent job as Grammarian/Ah Counter. It was her first time and she

bravely volunteered to do it. I loved her word of the day: “canicular” and will add it to my vocabulary.

- **TMOD Closing remarks:** James gave his final remarks. We are so glad to have James back after his brief illness.

7. Announcements/Adjournment:

- Holly presented Christina Pascual with her ice-breaker ribbon
- Alex Agsalud, CC was presented with his Competent Communicator certificate and ribbon.
- Carryssa and Melanie were inducted as new Kapolei Toastmasters Members. Carryssa and Melanie recited their pledge to the members and the members reciprocated with our pledge to them.
- Rose Martinez, ACB, CL announced that she needs to have roles filled for the Area 5 speech contest on September 13. Please contact Rose if you can help.
- Holly asked us to sign up for future roles at meetings on the sheet being passed around.
- Next meeting will be our Humorous and Evaluation Speech Contests. James asked if anyone wanted to compete in the Speech Contest. James also asked if anyone wanted to chair the contest as chairing the contest will give you credit for your Competent Leadership Award. Contact James if you are interested.
- Meeting was adjourned.