

Kapolei Toastmasters (KTM)
Thursday, September 11, 2014
12:00-1:00PM
Kapolei Hale Conference Room C
Theme: "Change"
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.
- We had 22 people total at our meeting, which consisted of 16 members and 6 guests. Holly welcomed everyone and asked our honored guests to stand up and be recognized.
- Members in attendance were: Eileen, Irobela, Daniel, Sara, Angela, Guy, Jerome, Mark, Rose, James, Holly, Tanya, Iris, Mariea, Joyce and Carryssa. Honored guests were: Caron Ling, ACS, ALB, District 49, Lt. Governor of Marketing, Etsuko Fields, Chakib Benachour, Sabine Stephan, Ashley Medina and Debra Werner.

2. Education Session:

- Holly introduced our TMOD who was James Fu, ACB, CL who then introduced:
- **Timekeeper:** Jerome Ababa, CC, stepped in at the last minute to be our timekeeper. He explained his role as timekeeper.
- **Grammarian/Ah Counter/Word of the Day:** Joyce Bullion, CC, explained her role as Grammarian/Ah Counter. Her "Word of the Day" was "Transformation". Used as a noun: "Our security system has gone through a transformation since September 11, 2001."
- **Jokemaster/Inspiration:** Chakib Benachour, guest, gave our inspiration for today's meeting and read several

inspirational quotes about “CHANGE”. Even though Chakib was a guest, he came prepared with quotes! The first quote had to do with being the change you want to see in the world. Good job, Chakib! We look forward to hearing more from you.

3. Featured Speakers:

- **Featured Speaker #1:** Tanya Mendoza, TM, presented her ice-breaker speech from Project No. 1 of the CC manual. Her speech was titled “Who is Tanya?” Tanya hails from Massachusetts, and after a somewhat tumultuous youth, she was absolutely determined to make it in life and to “NEVER GIVE UP”. She lived on the Big Island and then Huntington Beach, California, where she met her future husband. They married and moved to Oahu. Tanya went to school to be a massage therapist and after developing back problems, she focused on natural healing and became a wellness coach, which she continues to do today. She has two sons: her older son was born in 2001, and her younger son was born in 2007. Great job, Tanya! We look forward to hearing more speeches from you. Tanya, we are grateful that you “Never Give Up” as your t-shirt clearly showed.
- **Featured Speaker #2:** Rose Martinez, ACB, CL spoke from the advanced manual, Interpretive Reading, Project No. 2. Her speech title was: “Phenomenal Woman” by Maya Angelou. Rose did a phenomenal reading of this poem. She acted out the description of what made this woman so phenomenal. Rose swung her hips and had fire in her eyes as she recited this poetry. Rose used many effective pauses: too many to count. It was a very spiritual reading. Great job, Rose!
- **Featured Speaker #3:** Carryssa Kryzka, TM, gave her ice-breaker speech, titled, “About Me” from Project No. 1 of the CC manual. Carryssa looked very professional and sparkled as she allowed us to know her better. Her mom,

Debra Werner, was here to support her. Carryssa was born, raised and schooled in Waianae. She is a local girl and after graduation, she had 10 jobs in 10 years which eventually led her to the path of being an entrepreneur. She loves network marketing and is flourishing as an Independent distributor. Carryssa gave a great speech and we learned so much about her. We all look forward to hearing more speeches from Carryssa.

4. **Table Topics Master:**

- Table Topics Master, Guy Kidder, TM, was our Table Topics Master and used the meeting theme: “Change” for his Table Topics questions.
- **Speaker 1:** The first question was for Mariea Vaughan, CTM, and it was “What would you change about Hawaii, if you could?” Mariea said she would change half of the people in Hawaii. Mariea is very, very passionate about the current Rail Transit system, and she wishes we had already built it a long time ago. Mariea is visually impaired and would greatly benefit from using the rail transit. We empathized with Mariea and lightened the mood by laughing with her on this topic. We appreciate Mariea so much for what she contributes to the Kapolei Toastmasters club. She has very passionate viewpoints, and she is definitely an asset to the Club.
- **Speaker 2:** Sabine Stephan, guest, was called on to answer the next question which was: “How has the smart phone changed your life?” Sabine has only been here from Germany since mid-July. She has an Iphone 4, and she uses it a lot. She is looking forward to getting the Iphone 6 and having her two sons who are 17 and 18 years old, show her how to use it. She connected well when she made us realize how the younger set is so much more tech savvy than us. The smart phone has added much flavor to her life.

- **Speaker 3:** Daniel Lum, TM, was called up to speak. His question was “Between high school and today, what big change has taken place in your life?” Daniel was direct with his answer and brief. The big change in his life is that he is free from college studying, and he is free to travel and do things as he wants. Daniel said he loves his job and his life and is pretty much free to have fun most of the time. I love to hear you speak, Daniel, because you have a knack at coming to the point. I look forward to hearing more from you.

5. Evaluation Session:

- **Evaluator for Speaker #1:** Irobela Wreagh, CL, gave kudos to Tanya for wearing a t-shirt that said “Never Give Up” as it added flavor to her speech. She shared how she transformed her life and shared with us how she coaches others in the same way. Tanya had good eye contact and spoke clearly. Tanya made some great moves in her life. Irobela gave suggestion that Tanya speak a little slower and take a deep breath. Irobela gave a very positive and encouraging evaluation and mentioned how we look forward to hearing more from Tanya, now that we know her much better.
- **Evaluator for Speaker #2:** Holly Holloway, CC, CL, evaluated Rose Martinez’s speech. Holly started by saying that the Phenomenal Woman was a perfect poem for Rose to recite. Rose did outstanding with vocal variety, gestures and effective pauses. Rose portrayed the phenomenal woman very well. Holly suggested that she memorized well and had good eye contact. The only suggestion was that Rose make better use of the speaker space. Holly also mentioned that Rose was profound in her delivery.
- **Evaluator for Speaker #3:** Etsuko Fields, TM, evaluated Carryssa and mentioned that Carryssa had good eye contact, vocal tone and humor. It came through that

Carryssa is a strong person, and she prepared very well for her speech. One suggestion was for Carryssa to use less notes since it is her story, and no one would know if she omitted some of her notes. Carryssa's speech had a very good flow, and we all look forward to hearing more from her, now that we know her a lot better.

6. Reports:

- **Timekeeper:** Jerome Ababa, CC, gave a thorough report of everyone's time. No one went over; some could have spoken longer.
- **Grammarian/Ah Counter:** Joyce Bullion, CC, gave a thorough report of filler words and usage of effective pauses and word of the day. She mentioned that Rose had too many effective pauses to mention them (a good thing). Rose did a great job connecting with the audience and has grown tremendously.
- James introduced Caron Ling, ACS, ALB as our General Evaluator for today's meeting, and he let us know that she is District 49's Lieutenant Governor of Marketing. This position is one of the District 49's "Big Three" (District Governor, Lieutenant Governor of Education and Training (LGET) and Caron). We were very privileged to have Caron attend our Kapolei Toastmasters meeting.

7. General Evaluator:

- Caron Ling, ACS, ALB, then gave our club a glowing evaluation. She said that the Kapolei Toastmasters lived up to our reputation as a very good club. She almost got lost finding our room, but Carryssa and her mom, Debra, were so nice helping her find our meeting room. The meeting room was set up and she loved that we have name tags and name plates. Everyone gave her a warm greeting and greeted each other warmly. She made a quick suggestion to Jerome, and praised Mariea for her energy and us for being light-hearted. Caron

gave kudos to Sabine for a job well done. Even though Sabine is brand-new, we learned she has two children. Caron gave kudos to Irobela for a nurturing evaluation and to James for his introduction of Rose and mentioning kudos to KTM for cheering on Rose for winning the recent primary election for the Hawaii State House of Representatives in District 40. She loved how Etsuko and Irobela encouraged the speakers by telling them that we look so forward to their future speeches. It was very nice to have Caron visit our club, and we hope she returns soon.

8. Awards and Certificates:

- Holly presented the new member certificate to Angela for joining our club. (Angela was inducted as a new member at our last meeting). We love having Angela at Kapolei Toastmasters Club. She brings a positive and energetic flavor to our club.
- Holly presented the ice-breaker ribbons to Tanya and Carryssa. Both did outstanding jobs with their ice-breaker speeches. We are so grateful to know them much better.
- Holly inducted Eileen, Iris and Etsuko as new members of the Kapolei Toastmasters Club. The three recited their Toastmaster's Promise to us, and the audience then recited our promise to them.

Holly made Announcements/Adjournment:

- Saturday, September 13, 2014 at 12:30PM is the Area 5 Humorous and Evaluation Speech Contest. Registration is at the HECO training room at 12:30PM. Parking is available at the Blaisdell Center for about \$6.00, and there is also on-street metered parking along King St. (2 hrs. max). We need refreshments per Rose. Please come and support Holly and Angela.

- Club renewal dues are due and are \$40.50 for renewing members and \$60.50 for first time members (\$20 extra for CC and CL manuals). Please make your check payable to: "Toastmasters International" and give to Sara Toyama, TM, Secretary/Treasurer or contact Holly (681-3934) or James (497-8874) to arrange payment.
- The District 49 Toastmaster's Fall Conference will be held on October 25, 2014 at the Hilton Hawaiian Village. Registration starts at 8:30AM. The keynote speaker will be Toastmasters International President, Mohammed Murad from the United Arab Emirates. Libra Forde, from the Kapolei Toastmasters, will also speak. Parking is \$8.00.
- Joyce announced the Kapolei Toastmasters Open House will be held on October 23, 2014 at the Kapolei State Bldg, Room 111. Our speakers will be Libra Forde and Ron Mobley, and we will have banana splits for all who attend. This event is open to the public, and we encourage everyone to bring guests, friends and/or family members.
- Caron mentioned that Libra Forde is the 2014 District 49 International speech contest winner, and last month, she competed for the title of World's Champion of Public Speaking in Kuala Lumpur, Malaysia. Libra hails from the Kapolei Toastmasters Club, and we are all so proud of her accomplishments.
- A new member orientation was held after the meeting for Iris Benachour, with Angela Smith also sitting in.