

**Kapolei Toastmasters**  
**Thursday, Feb 19, 2015**  
**12:00-1:00 PM**  
**Kapolei Hale, Conference Room C**  
**Theme: President's Day**  
**Meeting Recap**  
**(Submitted by Holly Holloway, ACB, CL Kapolei Toastmasters)**

**1. Opening of Meeting:**

- President Holly opened the meeting and we followed her lead in the Pledge of Allegiance.
- We had 16 people total which consisted of 3 guests and 13 members. Holly asked our honored guests to stand up and be recognized.
- Members in attendance were: Jerome, Lani, Chakib, Etsuko, James, Eileen, Holly, Jason L., Rasika, Sara, Angela, Eric, and Irobela.

**2. Education Session:**

- Holly introduced our TMOD who was Sara Okuda, TM who then introduced:
- **Timekeeper:** Chakib Benachour, TM  
**Grammarians/Ah Counter/Word of the Day:** Etsuko Fields, TM and the Word of the Day was "Command".
- **Jokemaster/Inspiration:** Jason Leue, TM. Jason shared about our Founding Fathers and mentioned that they were not the ones who gave us our freedom; God is the one who gives us freedom, but our Founding Fathers are the ones who secure our freedom.

**3. Featured Speakers:**

- **Featured Speaker #1:** Angela Smith, ACB gave a speech from the Advanced Manual, The Entertaining Speaker, Project No. 2, called "High School Alma Mata". Angela shared some history of President's Day and how her high school was named after President Grover Cleveland. She shared that due to her high grades, she was able to choose which high school to attend. However, because of travel problems with the bus system in New York, she sometimes arrived late to her 8:00 am class and then, she had to attend Grover Cleveland High School. Angela then mentioned that she was the first black person to be integrated to that school. She shared stories of her teachers and how one teacher had a very positive impact on her life. Interesting speech, Angela.
- **Featured Speaker #2:** Eileen Helmstetter, TM gave a speech from the CC manual, Project 3, Get to the Point, titled "Old Fashioned vs. This Day and Age". Eileen shared with us how many things that we use every day have been updated in this new day and age. She shared how she was waiting for her newspaper to be delivered, and she thought, "Maybe I should get the electronic copy of it and I wouldn't have to worry about the newspaper being

delivered late.” She even thought about getting the electronic copies of her magazines. She shared how today’s cars are fixed differently today- mechanics just plug them into a computer to see what’s wrong with them. With the old fashion way, your mechanic could take several days to find the problem. And now, if you are in a car accident, it is no longer just a fender to be replaced, but the entire rear end of the car that may need to be replaced). Eileen shared how the I-Phone has changed the lives of so many of us; there’s no need for the yellow pages anymore, and no need for address books, etc. Eileen shared that some of her “old fashioned items” like her recipes, handwritten on index cards, have notes on them that indicates who gave her the recipe. And you can see spilled stains on her recipe index cards which brings back precious memories. She concluded by saying that we need to make our own personal choices as to whether we keep the old fashioned way and/or accept the new. Great speech.

- **Featured Speaker #3:** Jerome Ababa, CC,CL gave a speech from the Advanced Manual, The Entertaining Speaker, Project 2, titled “The Kwok Doctor”. Jerome shared that, in the Philippines, a Kwok doctor was not the same as a “quack” doctor. When his Dad was raised in the Philippines, there were no medical doctors like we have here. The “Kwok Doctor” was similar to a medicine man. He usually lived in the mountains and used natural items to heal people and to fix injuries. His family would go to them when they needed medical attention. Jerome explained in detail how the Medicine man would do a procedure that made a boy into a man- using a guava branch and a machete and for the anesthetic; the Kwok Doctor would twist the outer portion of the boy’s ear so that the boy would feel that pain first. Jerome concluded his speech saying that he was glad that he lives here and he didn’t have to go a Kwok Doctor in the Philippines. Very entertaining speech, Jerome.
- **Featured Speaker #4:** James Fu, ACB, ALB gave a speech from the Advanced Manual, Speeches by Management, Project No. 2, Appraise with Praise. The title of James’ speech was: “Appraising Russell Wilson, QB of the Seattle Seahawks”. James started by explaining how feedback should be used during an appraisal of someone. He used a Power Point slide show which showed: (1) Goals of feedback, (2) Forms of Feedback, and (3) Feedback “To Do’s”. He then called up the Seattle Seahawks QB, Russell Wilson (Jerome) and they did a role play that showed the Seattle Seahawks coach (James) appraising and evaluating the Seahawks quarterback, Russell Wilson (Jerome). Throughout the presentation, they both remained positive and discussed what could have been done differently to prevent a similar type of interception at the end of the Super Bowl. Excellent speech, James.

#### **5.Evaluation Session:**

- **Evaluator for Speaker #1:** Rasika Leue,TM evaluated Angela. Rasika at first thought it was a history lesson of Angela’s high school Obut then heard the

stories regarding Angela's high school teachers. Rasika stated that she wasn't certain of the point of the speech.

- **Evaluator for Speaker #2:** Irobela Wreagh, CL evaluated Eileen and stated her speech was very well organized, was well prepared, and had very good body language and eye contact. Irobela stated that it was a very relevant topic and Eileen made it very personal by talking about personal items. Irobela's suggestion was for Eileen to take deep breaths, slow down, and relax.
- **Evaluator for Speaker #3:** Holly Holloway, ACB, CL evaluated Jerome's speech. She stated that it was very interesting to find out what the term Kwok Doctor meant and that instead of being a quack, it was like a Medicine man that used natural products for ills and injuries. Although Jerome did a good job of demonstrating the procedure that the Kwok Doctor used in the Philippines for making a boy into a man, she questioned if it was absolutely necessary to include the vivid details in his speech. But it was a very entertaining speech. Holly suggested that Jerome could have used more vocal variety when describing some of his experiences. We all enjoyed this speech, Jerome.
- **Evaluator for Speaker #4:** Lani Abrigana evaluated James's speech. She explained what the objectives of his speech were and that he achieved all the objectives. He did a great job demonstrating proper feedback and remained positive throughout. Great job, James.

#### **6.Reports:**

- **Timekeeper:** Chakib gave good report and no one went over their time.
- **Grammarian/Ah Counter:** Etsuko gave a good report on people's use of filler words.
- **TMOD Closing remarks:** Sara wished us all a Happy Chinese New Year; the year of the sheep

**7. General Evaluator:** Thankfully, Irobela stepped in to fill the role of GE. She gave kudos to the President, Holly, for welcoming the guests, kudos to Sara as the TMOD for all the good information regarding the topic. Irobela stated that the speakers did well and even though she did not want to evaluate herself, she said the evaluators did well. Her one recommendation was that we need to remember to protect the lectern.

### **Announcements/Adjournment:**

- James mentioned the special format of today's meeting where Table Topics was eliminated and we added a 4<sup>th</sup> speaking slot. James said that we could do this special format for the 3<sup>rd</sup> Thursday meeting and leave the other three meetings of the month with the same format of three speakers with Table Topics. There were several opinions that adding a 4<sup>th</sup> speaker slot for the 3<sup>rd</sup> Thursday meeting would give members more opportunities to give a speech.
- Holly announced that she will be chairing the Division B Speech Contest on April 11, 2015 at 9:30 am (til about 12 noon) at the Central Pacific Bank Training Room in downtown Honolulu. She needs volunteers to help conduct the speech contest. If you are available and can help Holly, please contact her.
- Holly also mentioned that she will be the chair for the Silent Auction for the District 49 Spring Conference on May 2, 2015. She will be using this project to complete her High Performance Leadership (HPL) project needed to complete her Advanced Leadership Silver (ALS) award. She may be asking some of our members for help.

Meeting adjourned at 1:05pm