

Kapolei Toastmasters (KTM)
Thursday, March 5, 2015, 12:00-1:00 pm
Kapolei Hale, Conference Room C
Theme: "Outer Space"
Meeting Recap
(Submitted by Joyce Bullion, CC, CL, Kapolei Toastmasters)

1. Opening of Meeting:

- President Holly Holloway, ACB, CL, opened the meeting, and we followed her lead in the Pledge of Allegiance.
- There were 16 KTM members in attendance: Rasika, Jason, Holly, Rose, James, Joyce, Sara, Eddie, Lani, Mariea, Irobela, Eileen, Tanya, Etsuko, Angela and Amy.

2. Education Session:

- Holly introduced our TMOD who was Rasika Leue, TM. This was Rasika's first time to fill this important role. In line with the meeting theme (Outer Space), Rasika talked about being a space cadet when she was a teenager.
Rasika then introduced:
 - **Timekeeper:** Etsuko Fields, TM, was the Timekeeper, and it was her first time to fill this important role. Etsuko explained her role.
 - **Grammarians/Ah Counter/Word of the Day:** Eileen Helmstetter, TM, was Grammarian/Ah Counter. She explained her role. It is also her first time to do this important role. Eileen set the Word of the Day as "Celestial".
 - **Jokemaster/Inspiration:** Jason Leue, TM, kept with the Theme of the meeting "Outer Space" and talked about how disappointed he was that the movies he saw as a

youngster with flying cars, etc. never came to fruition. We do not have flying cars nor do we have a lot of the things displayed in movies such as Star Wars. He said he liked the movie "Gravity" because it was realistic. When he was a youngster, a lot of keiki wanted to be Astronauts but nowadays because of movies like "Gravity", no one seems to want to be an astronaut anymore. Jason, you made many good points, and you made me think of many things I have never thought about.

3. Featured Speakers:

- **Featured Speaker #1:** Tanya Mendoza, TM, gave speech Project No. 3 - "Get to the Point", titled "Got pain??" Tanya started by asking us if we have ever had pain. She then remarked that we all certainly have had pain. She listed seven options for relieving pain: massage, chiropractor, acupuncture, stretching, t e n s unit, exercise and nutrition. For example, Tanya mentioned that if you have arthritis, you may want to avoid sugar, as it causes inflammation of tissues. She ended by saying that we must all be pro-active with our health in order to be free of pain. Tanya's speech was an eye-opener. Tanya works as a massage therapist, and she works with wellness.
- **Featured Speaker #2:** Angela Smith, ACB, gave a speech from The Better Speaker Series, titled "Impromptu Speaking". Angela was to give a 10-15 minute speech about Impromptu Speaking. She showed a power point presentation and also had a flip chart to display what she was saying. On her flip chart, she showed a pie chart that showed 45% listening, 30% speaking, 16% reading and 9% writing and stressed that listening is an important art. In her power point, she gave suggestions for giving an

impromptu speech, strategies and tips which includes “be sincere”.

- **Featured Speaker #3:** Irobela Wreagh, CL, gave a speech from Project No.9 - Persuade with Power from the Competent Communications manual titled, “Collection vs Collector”. Irobela is a charter member of the Kapolei Toastmasters Club. Irobela explained her definition of a collector and her definition of a hoarder. A collector collects items of value and a hoarder collects odds and ends and will not let them go. Irobela loves dragonflies. They remind her of when she lived in Michigan and canoed down the Kalamazoo River, and saw lots of beautiful dragonflies. Her mother collected Scotties and had 2,000 of them. As a child, one of Irobela’s chores was to dust them all. She asked us when do joyful collections become troublesome? The good parts of collecting are that you can buy a gift and it gives you something to focus on when you’re travelling and shopping. The bad part is you have to maintain them and fix them (dusting them!) and what happens when you pass away? Will they become someone else’s clutter? She said that for the owner of the clutter or collection, perception is everything.

5. Evaluation Session:

- **Evaluator for Speaker #1:** Lani Abrigana, ACB, CL, evaluated Tanya Mendoza, TM. Lani gave kudos to Tanya for “getting to the point”. Tanya did not use notes and had excellent eye contact. She knew her material well and was well-organized. She did well to connect with the audience by starting with a question. The only suggestion Lani could present was for Tanya to consider repeating her main points in her conclusion. She also suggested that Tanya begin her speech with her credentials to let the audience how she is involved with health and wellness.

- **Evaluator for Speaker #2:** Rose Martinez, ACS, CL was the evaluator for Angela Smith. Rose complimented Angela by telling her she did well with the three “Cs”. She was calm, confident and consistent. Rose said Angela had sufficient information and good outline, and visual aids were good as well. She had good vocal variety. She could improve by using better eye contact and with better use of the speaking area.
- **Evaluator for Speaker #3:** Jason Leue, TM, evaluated Irobela Wreagh. Jason said Irobela’s speech was fantastic. She had smooth transitions between thoughts. She brought herself into it well. She had good perceptions and humor. The only suggestion that Jason could think of was to perhaps show more emotion (vocal variety).

6.Reports:

- **Timekeeper:** Etsuko Fields, TM, gave a thorough report on everyone’s time. Some went over the allotted time.
- **Grammarian/Ah Counter:** Eileen Helmstetter, TM, gave a thorough report of everyone word fillers. No one used the word of the day.
- **TMOD Closing remarks:** Rasika Leue, TM, made her closing remarks and introduced The General Evaluator.

7. General Evaluator:

- Joyce Bullion, CC, CL said how great it was to have the room set up by 11:45 am. She mentioned that it was a celestial meeting.
- The President set a joyful tone at the beginning of the meeting when she faced the wrong side of the room (for today’s meeting, the flag was hung on the other side of the room). It started the meeting on a humorous (uplifting) note.

- Rasika did outstanding for her first time as TMOD. Everyone gave her a rousing hand for her TMOD role. Etsuko also did outstanding with her first time as timekeeper. Many thanks to Sara for helping Etsuko get accustomed to the timing duties. Eileen did so well as Grammarian/Ah counter that I had not realized it was her first time as Grammarian. The Word of the Day, “celestial” was an excellent word since we do not use it very often.
- There were no Table Topics because we did not have enough time. Joyce suggested that if someone is giving a speech that lasts 10-15 minutes, it is considerate to reserve two speaker time slots.
- The evaluators did well to follow the club culture by giving compliments where due and helpful suggestions to improve.
- All the speakers had a good variation of topics, which were very interesting.
- All in all it was a fun and inspirational meeting.

8. Announcements/Adjournment:

- Holly announced that the Area 5 Table Topics and International Speech Contest will be held on Saturday, March 14 at 12:30 pm at the Central Pacific Bank Training Room, located at Harbor Square, 225 Queen St., 4th floor. Please contact Rose if you can help.
- Holly also announced the Kapolei Toastmasters Open House on March 19 in Room 111 at the Kapolei State Building. She asked each person to invite a guest and mentioned we are having cake and ice cream. We are giving a free Toastmasters pen to the first 10 guests.
- The Division B Table Topics and International Speech Contest will be held on April 11 at the Central Pacific Bank Training Room, Harbor Square, 225 Queen St. 4th floor.

- Meeting ended at 1pm.