

Kapolei Toastmasters (KTM)
Thursday, April 9, 2015
12:00-1:00 pm
Kapolei Hale, Conference Room C
Theme: "World Health Day"
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 James Fu's, lead in the Pledge of Allegiance.
- We had 12 people total which consisted of 12 members. Since there were no guests, Holly suggested we invite people.
- Members in attendance were: Shemeeka, Tanya, James, Lani, Joyce, Christina, Angela, Holly, Mark, Mariea, Sara and Chakib.

2. Education Session:

- Holly introduced our TMOD who was Holly. She shook her own hand and almost forgot to introduce herself.
As TMOD, Holly talked about the importance of eating healthy foods and shared her experience with keiki who ate at the food catering truck nearby and then many became very ill with stomach problems. Holly talked about the topic of "food safety".

She then introduced:

- **Timekeeper:** Christina Pascual, TM, volunteered to be Timekeeper. She explained her role in good fashion.
- **Grammarians/Ah Counter/Word of the Day:** Mariea Vaughan, CTM, was our Grammarian/Ah Counter.

Mariea explained her role in her own words, and she chose the Word of the Day, “Counterpoint” which means two separate messages which convey a single message. It can be a noun or a verb.

- **Jokemaster/Inspiration:** Joyce Bullion, CC, CL, gave us inspiration and some levity. She started by stating that she is an avid supporter of fast food, soda and ice cream, and she does not know why she volunteered to be Inspiration/Jokemaster. She mentioned that World Health Week is April 6-12, 2015 and that the Veterans have drawn up a plan: Monday: Get vaccinated; Tuesday: Quit smoking; Wednesday: Get tested for HIV; Thursday: Develop healthy habits; and Friday: Enroll in health care. President Obama mentioned recently that a big factor with health is our environment and how smog affected his lungs when he recently went jogging in California. She ended by saying that April 7 was National Beer Day. She agrees that good health is vital but she does not do things necessary to obtain it. Because she agrees it is vital, isn't that a counterpoint???

3. Featured Speakers:

- **Featured Speaker #1:** Angela Smith, ACB, gave a speech titled “Growing Our Membership”. Her project was “Closing the Sale” from the Successful Club Series. Angela made an attempt at a power point presentation, but had technical problems. She was very well prepared for this situation and used a flipchart as backup. She talked about how to grow our membership at Kapolei Toastmasters. Angela is chair for the KTM membership contest called “Beat the Clock” which will run from May 1-June 30. District 49 will provide awards if we “Beat the Clock”. Angela went on to list the important things needed to grow our membership. When closing the sale, she listed the

letters C L O S E and words Compare; Lose-don't lose members; Opinion-everyone has one; and Story (everyone has one); and Example. Closing the sale amounts to growing our membership. Kudos to Angela for her enthusiasm. She expressed it very well.

- **Featured Speaker #2:** Tanya Mendoza, TM, gave a speech titled: "Health-What Does it Mean?" from Project No. 4, "How to Say it" from the CC manual. Tanya has been a massage therapist for 18 years and now also helps people plan a healthier life using good nutrition and fitness. Tanya started by telling us that when she was 15 years old, she was told that she would have to wear a back brace for the rest of her life. When she turned 21 years old, she had a turning point when she became a massage therapist. Tanya said that no matter what your health condition (good or bad), we all need good nutrition and exercise. She gave statistics and said 68% of our population is obese, and 300,000 keiki die each year from obesity related causes. Tanya said that on average, you'll lose 9 years of life if you are obese. Good nutrition and fitness may help you lose weight but an important by product is lowered cholesterol and blood pressure with better digestion. We all should lead by example and show our keiki how to live a healthy life. Tanya asked us: "Wouldn't you love to be healthy enough to go to an outer island trip with your grandchildren?" And support them with their sports and ride the roller coaster with them and yell WHEE!!!" Good nutrition and fitness will let us "live, enjoy, love and have fun!" Nice closing, Tanya!

4. Table Topics Master:

- Mark Posenecker, TM, followed today's theme and asked awesome questions about health. He talked about food

safety. He mentioned that Nat'l Health Day began on April 7, 1948.

- **Table Topic Speaker Number 1:** His first question was: “If you could change anything in your life to be healthier, what would it be and why?” Shemeeka Nabea, TM, responded by saying that she has a major “sweet tooth”, and she would eat less sweets.
- **Table Topic Speaker Number 2:** Question was: “The State of Hawaii has initiated a program in which they rate restaurants: Green (pass), yellow (two major violations), and red (closed down). How do you think this is improving food service?” Chakib Benachour, TM, answered with a positive response and said after it is out for a year or a year and a half, all restaurants will know better. When a restaurant gets a bad rating the word gets out.
- **Table Topic Speaker Number 3:** Question number 3: While eating at a restaurant you see a waiter carrying a tray. A roll slides off the tray and falls to the floor. The waiter picks it up and puts it back on the tray and serves it. “What would you do?” Holly Holloway, ACB, CL volunteered to speak. She said she does not believe in the 3 or 5 second rule. She said it would be inappropriate to loudly make an issue out of it. She would talk to the waiter quietly and if the waiter took no action, she would quietly go to management and turn in a complaint.

5.Evaluation Session:

- **Evaluator for Speaker #1:** James Fu, ACB, ALB, evaluated Angela Smith, ACB. James gave kudos to Angela for having a back-up plan for technical problems with the projector. He suggested that in the future she try out the projector in advance. He said the speech on the whole was good and

well delivered. He suggested that closing the sale means “signing up new members”. The objective focuses on the critical final moments of a club salesmanship that determine whether a guest decides to join. The definition of “closing the sale” had blurred lines and left some confusion. It could have been better defined.

- **Evaluator for Speaker #2:** Lani Abrigana, ACB, CL, evaluated Tanya. Lani mentioned that Tanya has grown in her delivery. Tanya’s objective was to say it in simple and clear words. Lani said Tanya used minimal notes and spoke very well. She used less connector words and was less nervous than in the past. Tanya was open with her personal experience and spoke on the meeting theme which has universal appeal. Lani had a hard time finding a suggestion for improvement but suggested she speak louder if she moves behind the podium.

6.Reports:

- **Timekeeper:** Christina did a thorough report of each person’s time. We appreciated having Christina fill in at the last moment. Even though it had been a while since she was timekeeper, she did great.
- **Grammarian/Ah Counter:** Maria was precious with her final remarks. She said we are all well-spoken, and we do not sound like people on the street. She said there were few word fillers used and everyone’s grammar usage was good. Two people used the word of the day. Maria suggested we use the word “counterpoint” more often.

- **TMOD Closing remarks:** Holly gave her final remarks by saying we should EAT HEALTHY, EXERCISE AND BE HEALTHY

7. General Evaluator: Sara Okuda, TM, suggested we:

- Post our Kapolei Toastmasters signs outside the doors to welcome guests.
- Improve on the agenda by having speech information on the agenda. James informed us that the speakers submitted their speaker intro forms early, but he was very busy this morning and inadvertently printed an earlier version of the agenda.
- Sara also suggested that we protect the lectern better and not walk away from it while welcoming the next speaker.
- The audience should clap until the next speaker gets to the podium. It would also help for the next speaker to start proceeding to the podium before their introduction is completed.

8. Announcements/Adjournment: Holly announced:

- The Division B Speech Contest will be held this Saturday, April 11, at the Central Pacific Bank Training Room, 225 Queen St-4th Floor. You are welcomed to bring breakfast goodies. Registration is at 9:30 am. Actual speech contest runs from 10 am to 12 noon.
- The District 49 Toastmaster's Spring Conference will be held on May 2 at the Pagoda Hotel. Holly's high performance project will be the Silent Auction for this conference. KTM needs to come up with a gift basket items for the District 49 fundraising to help offset conference costs.

- On April 23, on the KTM website, we will be adding three additional months (July to Sept) to the KTM sign-up spread sheet. For those who have not had much chance to sign up for speaking slots, here's your chance! If you are a mentor, please encourage your mentees to sign up to do a speech.
- Meeting ended at 1:02 pm.