

Kapolei Toastmasters (KTM)
Thursday, April 23, 2015
12:00-1:00 pm
Kapolei Hale, Conference Room C
Theme: "EARTH DAY"
Meeting Recap
(Submitted by Joyce Bullion, CC, CL, Kapolei Toastmasters)

1. Opening of Meeting:

- President Holly Holloway, ACB, CL, opened the meeting and led us in the Pledge of Allegiance.
- We had 14 people total which consisted of 1 guest and 13 members.
- Members in attendance were: Lani, Angela, Shemeeka, Chakib, Irobela, Amy, Sara, Etsuko, Rasika, Jason, Joyce, Holly, and James. Our honored guest was young Shadrack Nabea, son of Shemeeka.

2. Education Session:

- Holly introduced our TMOD Lani Abrigana, ACB, CL. who introduced:
- **Timekeeper:** Etsuko Fields, TM explained her role as Timekeeper and explained her role using a 5 to 7 minute speech as an example.
- **Grammarian/Ah Counter/Word of the Day:** James Fu, ACB, ALB, was a last minute volunteer for Grammarian/Ah Counter. He came prepared with a word of the day and explained his role well as Grammarian/Ah Counter. James chose the word "habitat" as the word of the day.
- **Jokemaster/Inspiration:** Jason Leue, TM, stayed with the theme for today and wowed us with information

about our Earth. He said 70% of the planet is water. He said that the biggest issue facing our habitat is “diet”. The use of fracking to extract petroleum oil uses 100 billion gallons of fresh water per day. Animal agriculture also uses 100 billion gallons of fresh water daily. Did you know that it takes 660 gallons of water to produce one McDonald’s hamburger. Jason said if we avoid animal agriculture, we can drive our SUV, let the water run while brushing your teeth, etc. and not worry. Mother earth will thank you, and overall, your body will feel a lot better. Jason and Rasika are vegetarians and farmers.

3. **Featured Speakers:**

- **Speaker #1:** Irobela Wreagh, CL, gave a speech from Project No. 6 from the Competent Communications manual titled: “Who Knew Trash Could Be So Much Fun?” Irobela is a charter member of Kapolei Toastmasters Club and works with Refuse Division with the City and County of Honolulu. She has been a recycling specialist with the City since 1992. When you call the City regarding recycling, you’ll probably hear Irobela’s voice as the “Voice of Trash”. When Irobela leads tours to recycling locations such as RRR recycling (blue bin), H Power (grey bin) and commercial compost companies (green bin), she begins by singing “Good morning Tour de Trash”. For her job, she has done many fun things such as help with a two day conference at the Convention Center. Have you ever tried to fit a garbage truck into the Convention Center? Well, Irobela made sure it fit. Irobela was a singer in the “Trashettes” and sang with the Honolulu Trash Band, with Henry Kaponono as their spokesperson. At a convention, Henry Kaponono sang out, and the “Trashettes” responded with “Put opala in its place!” In closing, she talked about the

website, opala.org and how she has enjoyed her job. Did you know that she was able to touch the elephants at the Honolulu Zoo because of her recycling job. Also, because of her recycling job, she also participates in recycle fairs, arts and fashion shows. **What a fun speech!** It was loaded with vocal variety and enthusiasm for recycling.

- **Speaker #2:** Sara Okuda, TM, gave a speech from Project No. 6 (vocal variety) from the Competent Communications manual titled: “Earth Day-Every Day! Sara spoke about being in Elementary School and when her teacher said the words “Earth Day”, all her classmates would respond with “Everyday!” So she began by asking us to shout “Everyday!” every time she said “Earth Day”, and we all followed suit. Sara told us about her grandpa who made a homemade aluminum can squisher and when they brought the cans home, her grandpa would squish the cans really fast. This was all before you had to pay a 5 cent deposit for each can; it sure seemed a lot more lucrative back then. Sara feels perplexed when she sees aluminum cans left in the garbage. She told a story about a little boy and a “giving tree” which loved the boy. The “giving tree” provided the boy with a place to play, with apples to eat and with a shady area out of the sun. When the old tree was cut to build a boat and oars, it became a stump. A guess what? It still was a “giving tree” because it still provided a place to sit and rest. There comes a time when we must ask ourselves, how can we give back to the tree?... to the environment? We also are making some strides in “upcycle”, by taking trash and reusing it for another purpose. Sara uses her magazines to make origami and art. In closing, Sara showed us her Hello Kitty reusable bag and suggested we all carry a reusable bag with us because “Everyday is ...” And we all shouted “EARTH DAY!” I loved

Sara's speech. She met her objective with lots of vocal variety. I love that both speakers stayed with the theme.

- **Speaker #3:** The third speech was given by Angela Smith, ACB. Angela gave a speech from Project No. 4 (A Dramatic Talk) from the Advanced manual: "The Entertaining Speaker!" It was titled "The Tamarind Park Experience". Angela is presently working on a KTM membership contest called "Beat the Clock!" Angela is an entrepreneur. On April 10 of this year, Angela volunteered to recruit Toastmaster members at Tamarind Park. Prior to this, she had attended a leadership meeting on February 7 and signed up to help out. She said the experience was a "Dream Come True" for her. The other volunteers (she held us a photo of all the helpers) provided a caring and awesome habitat for all who attended. There were 4 tents. The first one was so people to sign up for additional information. All were welcomed in that tent and snacks were provided. The other three tents had information about Toastmasters International. In closing, Angela relayed that 20 people had requested additional information and some of them actually joined Toastmasters. She ended with: "And that is what Earth Day is all about." In my view this is Angela's best speech as she met her project goal of giving a dramatic speech. It was full of enthusiasm.

4. Table Topics Master:

- Amy Long, TM, was Table Topic Master and also stayed with the theme of the day. Amy is one of the four Recycle Specialists for the City and County of Honolulu. Her passion showed through. When she was a youngster, she had a pool in her backyard and she used to rescue all the little animals that came into her pool-like frogs. Amy is a certified diver and used to be a diver for U.H. She had the

opportunity to do a shark study in the Northwest U.S. and when a monk seal was trapped in a fishing net, she cut it free when a shark was swimming near her. It was scary moment for her.

- **Table Topic Speaker Number 1:** The first question was: “What do you do to protect the environment?” Joyce Bullion CC, CL, brought a picture of a monk seal and volunteered to share her passion. Joyce is amazed with monk seals and about a year ago, she gave a Toastmasters speech about monk seals. She has considered being a volunteer for monk seals but has not done it yet. There have been 2 monk seals born this year-one was with Honey Girl as its mom. Honey Girl has had many pups. The mother monk seals do not eat after the pup is born so they abandon their pup at 6 weeks and return to the sea. That is another good reason for us to protect them. Because they weren’t protected, the Caribbean seal is now extinct. Joyce has rescued animals her whole life and at one time had three cats and three dogs, even though she is allergic to cats. Her passion lies with all endangered species-including reefs.
- **Table Topic Speaker Number 2:** Holly Holloway, ACB, CL volunteered next and the question was “What would you do with this reusable bag?” Amy offered the bag to anyone who wanted it. Holly mentioned that earlier today she was awarded a reusable bag filled with goodies as a result of a contest she and Joyce had entered where they live earlier today. She also uses these bags to carry her Toastmaster items.

- **Table Topic Speaker Number 3:** Amy offered the reusable bag again and Shadrack Nabea who is an honored guest and keiki of Shemeeka Nabea. Shadrack wanted to give the bag to his mom. He said we will all need them when plastic bags are banned from use. So many animals die from ingesting pieces of plastic. It was such a thrill to hear from such a nice young man. It is wonderful that our youth of today are tuned into the environmental problems such as global warming and other environmental issues.

5.Evaluation Session:

- **Evaluator for Speaker #1:** Rasika Leue, TM, evaluated Irobela Wreagh, CL. Rasika loved Irobela's speech and mentioned that there are many things she loves-one is that Irobela always uses a Hawaiian word in her speeches. Today it was opala. We learned so much about recycling that we never knew before. Irobela was able to use her personal experience and she did it in style. It was exciting to learn about "The voice of Trash". Rasika had a difficult time finding suggestions for Irobela. She suggested that she focus more on less subjects? Irobela has good eye contact.
- **Evaluator for Speaker #2:** Chakib Benachour, TM, evaluated Sara Okuda, TM, and said he loved her opening when she shouted "**EARTH DAY!**" and we responded with "**EVERYDAY!**". The audience was well engaged. Sara did well with effective pauses and her speech had a good flow. She used the word of the day. He loved that she used personal stories. He suggested that she be aware that when she reads her notes, she loses eye contact with the audience, and she could lose some connection with the audience when she does this.

- **Evaluator for Speaker #3:** Holly Holloway, ACB, CL, said that Angela had good vocal variety and did well with the picture of the group of participants at Tamarind Park. It was a great speech and if the opportunity arose, Holly might like to be a part of that venture. Angela displayed passion for the project in style. The suggestion for improvement was that Angela not read Mr. Smedley's quote as the audience lost focus at that point. It was a wonderful closing when she stated that due to the Tamarind Park experience, 20 people expressed interest in Toastmasters. Holly recalled when we tried to recruit at the University of Phoenix and there was no interest. In my view this was Angela's best speech so far.

6. Reports:

- **Timekeeper:** Etsuko Fields, TM, gave a thorough report on each person's time. She made note of each person's valiant attempt to stay within the time allotted.
- **Grammarians/Ah Counter:** James Fu, ACB, ALB gave an account of everyone's word of the day usage and also word fillers. He said that in general, everyone did well with their Ah's and Um's. He admitted he was so rapt up in the speech topics, he may have not have caught all the Um's and Ah's.
- **TMOD Closing remarks:** Lani graciously thanked everyone.

7. General Evaluator:

- It was Shemeeka Nabea, TM, and it was her first time to be G E. She did well and followed the Kapolei Toastmaster format and did so in style.
 - Meeting started at exactly 12 noon.
 - The room was set up in advance before 11:30 am.
 - President Holly set the tone of the meeting very well

- Timekeeper and Grammarian/Ah Counter did well
- Kudos to James for stepping in as Timer until the Timekeeper came and for volunteering to be Grammarian/Ah Counter at the last minute and for having a great “Word of the Day”.
- Amy was fun and engaging.
- It was a Good meeting.

8. Announcements/Adjournment:

- Holly announced that we are asking for \$5 from each person for our BEACH TIME silent auction gift basket from KTM for the upcoming District 49 Spring Conference on May 2. She also needs runners for the Silent Auction.
- Holly mentioned that on April 24, James will add three more months of meeting signups at our kapoleitoastmasters.com website. For those who haven't had the chance to sign up for speeches, here's your chance!
- James announced that on the back of today's agenda is a list of candidates for the Officers for the Kapolei Toastmasters Executive Team for next year (2015-2016). We will hold elections at our next Toastmasters meeting on May 7 and we need quorum (at least 14 members) to hold elections. We will need extra time so that someone from the audience can second the nomination and say why they are recommending the candidate.
- Meeting ended at 1:02 pm.