

Kapolei Toastmasters (KTM)
Thursday, May 14, 2015, 12:00-1:00 pm
Kapolei Hale, Conference Room C
Theme: Mother's Day and Election of Officers
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.
- We had 20 people total which consisted of 4 guests and 16 members.
- Members in attendance were: Lani, James, Joyce, Holly, Chakib, Kiku, Mark, Irobela, Jerome, Rasika, Shemeeka, Jason, Amy, Sara, Etsuko, and Angela. Honored guests were Edward Rodriguez, Harmony Bentosino, and Sai and Rukmini Leue (young daughters of Jason and Rasika Leue).

2. Election of Officers: Since there were 16 Kapolei Toastmasters attending this meeting, we had the required quorum to hold the elections of Kapolei Toastmaster Officers. Holly Holloway, ACB, CL kicked off the election of Officers by explaining the guidelines as set forth by Toastmasters International. During the elections, while we waited for the ballots to be counted, Holly relayed cute stories about her mother in honor of Mother's Day. In each story, she complimented her mom's cooking.

The Nominations committee consisted of James Fu, ACB, ALB (immediate Past President), Irobela Wreagh, CL and Lani Abrigana, ACB, CL.

The Results:

- Office of President:

- Nominees: James Fu, ACB, ALB, Angela Smith, ACB
- Results: James Fu was elected as President of the Kapolei Toastmasters for the 2015-2016 Toastmasters year.

- Office of V.P. Education:

- Nominees: Holly Holloway, ACB, CL, Angela Smith, ACB.
- Results: Holly Holloway was elected as V. P. Education of the Kapolei Toastmasters for the 2015-2016 Toastmasters year.

Office of V.P. Membership:

- Nominees: Mark Posenecker, TM, Angela Smith ACB.
- Results: Mark Posenecker was elected V. P. Membership of the Kapolei Toastmasters for the 2015-2016 Toastmasters year.

- Office of V.P. Public Relations:

- Nominees: Joyce Bullion, CC, CL, Angela Smith, ACB.
- Results: Joyce Bullion was elected as V. P. Public Relations of the Kapolei Toastmasters for the 2015-2016 Toastmasters year.

- Secretary/Treasurer:

- Nominee: Sara Okuda, TM.
- Results: Sara Okuda was elected as Secretary/Treasurer of the Kapolei Toastmasters for the 2015-2016 Toastmasters year.

- Sergeant at Arms:

- Nominees: Jerome Ababa, CC, Angela Smith, ACB.

- The result: Jerome Ababa was elected as Sergeant At Arms of the Kapolei Toastmasters for the 2015-2016 Toastmasters year
- Special Assistant to the President:
 - Nominee: Rose Martinez, ACS, CL.
 - Result: Rose Martinez was elected as Special Assistant to the President of the Kapolei Toastmasters for the 2015-2016 Toastmasters year.
- Elections took longer than anticipated and were completed by 12:45 pm.

3. Education Session:

- Holly introduced our TMOD who was Chakib Benachour, TM
Who introduced:
- **Timekeeper:** Sara Okuda, TM explained her role as Timekeeper.
- **Grammarian/Ah Counter/Word of the Day:** Shemeeka Nabea, TM, explained her role as Ah Counter and as Grammarian, and she chose “Love” as the word of the day to be in line with our Theme of Mother’s Day.

4. Featured Speakers:

- **Speaker #1:** Jason Leue, TM, gave a speech from Project No. 4 (How To Say It) from the Competent Communications Manual, titled “The Marshmallow Test”. Jason held up a picture of a marshmallow and told us about a famous marshmallow test being given to children. The test goes like this: A marshmallow is placed in front of a three year old, and he is told that if he waits 10 minutes, he will get two marshmallows. Then, if he waits another 10 minutes and doesn’t eat the two marshmallows, he will then get four marshmallows, and so on. The study had

been done for 30 years, and the researchers followed up on the adults who had taken the test as children. Those who were successful in life were successful as children in exercising self-control of their senses and not eating the marshmallows. Jason recently turned a bag of chips upside down and swallowed as many chips as he could and he felt horrible. It was so clear for him and us that exercising self-control makes you feel good. Great speech Jason! Jason's speeches are so thought provoking, and I remember them for weeks after he delivers them.

- **Speaker #2:** Angela Smith, ACB, gave a speech from Project No. 5 (The Abstract Concept) from the Advanced Manual, "Speaking to inform". The title of Angela's speech was "Overcoming Glossophobia". Glossophobia is the fear of public speaking or just speaking. Angela shared a personal story that she gave birth to a baby girl and 11 months later, to a baby boy. Six years later, her daughter was killed in a traffic accident. She was riddled with fear, and said the acronym, F E A R stands for "Face Emotions And Recover". After this tragedy, she joined a support group and did an ice-breaker and opened up. In time, she went back to work and worked through her fears. She concluded her speech by saying "Get up here and just do it." Angela used a flip chart with steps on the suggested way to work through the fear of speaking. Angela gave a touching personal story and shared how to work through the fear of speaking.

5.Evaluation Session:

- **Evaluator for Speaker #1:** Lani Abrigana, ACB, CL, evaluated Jason's speech. She gave kudos to Jason for selecting words in well-constructed sentences. His topic had universal appeal. He avoided jargons and had great body language as always. Lani's suggestions were to show

the audience a real marshmallow (instead of a picture) and to bring forth a stronger conclusion. It would also have been nice if Jason could discuss a little more about how self-control was related to success in the business world.

- **Evaluator for Speaker #2:** Etsuko Fields, TM, gave kudos to Angela for her appropriate topic which had good audience appeal. Angela delivered her speech in a calm demeanor, and shared an intimate personal story that touched us all very deeply. Angela did define the scope of the speech and did it in the time allotted. Etsuko's suggestion was for Angela to organize her bullet points as her chart appeared to be just a list.

6.Reports:

- **Timekeeper:** Sara gave her report of everyone's time and apologized that she was so engrossed in Jason's speech that she forgot to time him. Lol....a compliment to Jason.
- **Grammarian/Ah Counter:** Shemeeka gave a report of everyone's grammar and filler words. I believe it was her first time to fill this role and she did great with it. She also reported how many people used the word of the day.
- **TMOD Closing remarks:** Chakib made his closing remarks. He had a lot of cute things to say about Mom and mother.

8. Announcements/Adjournment:

- Holly Holloway, ACB, CL thanked us all for staying late and apologized for going over our time; the meeting was over at 1:17 pm. We had to cancel Jokemaster/ inspiration, Table Topics and the General Evaluation because the elections took longer than anticipated.

