

**Kapolei Toastmasters (KTM)**  
**Thursday, June 4, 2015**  
**12:00 - 1:00 pm**  
**Kapolei Hale, Conference Room C**  
**Theme: "School's Out!"**  
**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 a great attendance today: 27 people total which consisted of 10 guests and 17 Members.
- Members in attendance were: Irobela, Lani, Sara, Jason, Chakib, Rasika, Tanya, Mark, Eileen, Angela, Jerome, Joyce, Holly, Mariea, James, Dr. Aki, and Amy. Honored guests were Anthony Lee, Robbie Loo, Evan Bisno, Julie Leano, Sherri Sanbei, Rukmimi and Sao Leue (children of Jason and Rasika), Alina and Tarik Benachour (children of Chakib) and Kawika Mendoza (son of Tanya).

**2. Education Session:**

- Holly introduced our TMOD who was Jason Leue. who introduced:
- **Timekeeper:** Mark Posenecker, TM, was timekeeper. Mark informed us of each speaker's time allotment and told when each light comes on. If you go over the time limit, he also accepts bribes (lol).
- **Grammarians/Ah Counter/Word of the Day:** Robbie Loo, guest, explained his role as Grammarian/Ah Counter. His word of the day was "Erudite". Good word, Robbie.

- **Jokemaster/Inspiration:** Mariea Vaughan, CTM, had drawn a poster with a picture of an owl on a poster, and she also brought a ceramic owl with her. Mariea shared about a friend who had the best Christmas ever because they saved some money and found gifts for everyone that totaled less than \$10. She told us then about a mirror that had a picture of an owl on the back of it. Owls inspire her. We were all inspired by Mariea's art work of her owl.

### 3. Featured Speakers:

- **Speaker #1:** Irobela Wreagh, CI, gave a speech from Project No. 10 from the Competent Communication Manual, titled "Seven Years, One Month and 8-10 minutes Later" with the objective of inspiring the audience. Irobela is a charter member of Kapolei Toastmasters and gave her ice breaker speech in May, 2008; also exactly "Seven Years, One Month and 8-10 minutes". Irobela emphasized how Toastmasters has made her stronger in so many areas of her life. She watched David Letterman and liked his "Top Ten" list, so she listed her top ten reasons to be Kapolei Toastmaster:
  10. She enjoys her (slightly extended) lunch break.
  9. Toastmaster meetings are a good reason to "turn up a notch" her choice of outfits for work.
  8. She can associate with people who are all interested in improving their lives.
  7. She gets the opportunity to interact with people of many diverse backgrounds.
  6. She gets the opportunity to listen to hear a variety of diverse speeches; especially when the speakers present stories that allows us to know them better.
  5. Joy of watching people evolve into "non-nervous" speakers.

4. She gets the opportunity to laugh and to be entertained with the speeches; especially when the speeches have humor.
3. She gets moved when the stories pull your heart strings and bring a tear to your eye.
2. She gets the opportunity to say “I am a Toastmaster.”
1. Her heart rate goes up (in a good way). She quoted a statement that “courage is something that is more important than fear”.

Irobela said some Toastmasters rush to get their awards in Toastmasters and some take 7 years and one month and 8 to 10 minutes (like her). Everyone has different roles and priorities in life. To her, all of us who go through the Toastmasters program is an “erudite.” Irobela admires all guests who come in the door and eventually join Toastmasters. She admires those who can give a speech without notes. As always, Irobela gave an inspiring and fun speech. This is Irobela’s final speech needed to complete her Competent Communicator (CC) award.

Congratulations!

- **Speaker #2:** Tanya Mendoza, TM, gave a speech from Project No. 8 from the Competent Communication Manual (Get Comfortable with Visual Aids), titled: “Tears and Excitement of Graduation Day”. Tanya began her speech by entering the room through the back door. As she walked in, she wore a mortarboard cap, with her Iphone playing the song: “Pomp and Circumstance”. She shared with us that in her senior year she moved to a new town where she knew no one. She had her own apartment and was determined to graduate since many told her she would

never do it. Graduation is a tremendous accomplishment no matter what grade it is, and Tanya always makes sure her family celebrates graduations. She has a son that just graduated from the eighth grade. Tanya ended with telling us how she regretted that she never got to throw her graduation cap so she took off her cap and threw it towards the ceiling. Great speech, Tanya! Her visual aids were great and the “Pomp and Circumstance” song took us back to our graduation days.

- **Speaker #3:** Chakib Benachour gave speech from Project No. 3 (Get to the Point) from the Competent Communication Manual. The speech was titled “The Naked Truth”. Chakib started by saying “Do not hide behind your name tag.” He told us to look to our left and then to our right. He said there are liars everywhere. Some tell white lies and some tell dark lies. He said there are 50 shades of lies. When you lie, you lose your rainbow. Many lie to look good. When you are little, your parents lie by telling you there is an Easter Bunny. As we grow up, we hear lies from Politicians and from bosses. Lying becomes a habit. When we are stopped by a police officer for speeding, we lie. We tell family members we’ll be ready in five minutes and we lie. We lie about our weight and often about our age. When your wife puts on a dress and says, “Does this make me look fat?” You wouldn’t dare say “Yes!” We need to strip down and be naked! Wow, Chakib! Chakib is a deep thinker and quite the actor! He has been on several pilots of Hawaii 5 0. He definitely got to the point.

#### **4.Table Topics Master:**

- Angela Smith, ACB, was Table Topics Master and she shared with us that she joined Toastmasters in July, 2014 and jumped in with both feet. She is on the fast track and joined 3 clubs. She has one more speech to complete and she will receive the Toastmasters “triple crown” award. She said Toastmasters has enhanced her leadership and speaking abilities. Angela said she would call on guests to speak and her question was why you joined Toastmasters, and for the guests, why would you want to join Toastmasters?
  - **Table Topic Speaker Number 1:** Dr. Aki Oshita, TM, officially joined our club as he arrived to the meeting and is our newest member. He is a Chiropractor. As a doctor he considers himself to be a teacher. He is interested in wellness and in the Asian Community.
  - **Table Topic Speaker Number 2:** The next speaker was honored guest Anthony Lee. Tony is a supervisor and works upstairs for the City. He needs to speak clearly in his job. He said he is just here to observe.

### 5.Evaluation Session:

- **Evaluator for Speaker #1:** Lani Abrigana, ACB, CL, evaluated Irobela Wreagh, CC, CL. Lani said she was surprised that Irobela had not completed her CC because she was such a great speaker. Irobela’s speech objective was to inspire and she definitely did that. The topic was relevant spiritually and emotionally. Her speech is like building an ice cream sundae. Her inspiration was the cherry on top. Irobela spoke clearly, had good eye contact and hand gestures and was well-organized. She connected well from the start by asking a question. The only

suggestion to consider her use of notes and to become a mentor.

- **Evaluator for Speaker #2:** Rasika Leue, TM, evaluated Tanya Mendoza, TM. Rasika said Tanya used excellent visual aids and made a great entrance with music. It was a fun speech. She ended in a dramatic way by throwing her mortarboard. The “Pomp and Circumstance” music stirred our emotions and triggered memories. Rasika mentioned she would have loved to have heard why Tanya lived in an apartment by herself for her last year in high school. Perhaps she can do this in a future speech. Rasika mentioned that she had been attacked by a mango tree and that is why she had a patch on her eye.
- **Evaluator for Speaker #3:** Jerome Ababa, CC, CL evaluated Chakib Benachour, TM. Jerome said there is no right answer to the question “Does this dress make me look fat?” Chakib’s speech was very entertaining. Chakib connected well when he asked us to look left and then to look right. He had our attention. Chakib used the entire stage and came to the point by the title “Naked truth”. Jerome suggested that Chakib not rush too much and slow down. He should consider practicing more so that he has the confidence that his speech will end on time.

## **6.Reports:**

- **Timekeeper:** Mark Posenecker, TM, gave a thorough report and noted that one speaker went over their allotted time.
- **Grammarian/Ah Counter:** Robbie Loo gave a thorough report of word fillers, grammar and word of the day usage. Thank you, Robbie for filling in at the last minute. You

have been a devoted honored guest. We appreciate your help.

- **TMOD Closing remarks:** Jason made his closing remarks quickly as we were behind our time.

## **7. General Evaluator:**

- James Fu, ACB, ALB was the last minute volunteer as General Evaluator. Because we were running late, he gave a brief general evaluation.
  - James thanked the 5 or 6 people who arrived early to help set up the room for today's meeting. It was very much appreciated.
  - Even though the President was 30 seconds late in starting, the meeting ran great. Just kidding, as the President opened the meeting by saying we were 30 seconds late.
  - He liked Mark's mentioning of \$1.00 bribe in case the speakers went over their allotted time. Of course, he was-joking.
  - Mariea had a great drawing of an owl.
  - Jason gets better and better as TMOD.
  - Speeches were great and Irobela was inspirational.
  - Tanya had the best speech entrance James has ever seen.
  - Chakib's speech was entertaining.
  - Dr Aki gave a good response.
  - Tony had good hand gestures.
  - After hurting her eye, Rasika displayed good courage to attend today's meeting.

## **8. Announcements/Adjournment:**

- Holly Holloway, ACB, CL announced we should all bring a guest to meetings especially while the “Beat The Clock” membership Drive is in effect.
- Holly presented Irobela Wreagh, CC, CL with her ribbon and certificate for her competent communications award.

Meeting adjourned at 1 pm! Congrats to Irobela!