

**Kapolei Toastmasters (KTM)**  
**Thursday, June 10, 2015, 12:00-1:00 pm**  
**Kapolei Hale, Conference Room C**  
**Theme: “King Kamehameha”**  
**Meeting Recap**  
**(Submitted by James Fu, ACB, ALB, Kapolei Toastmasters)**

**1. Opening of Meeting:**

- Vice-President of Education, James Fu, ACB, ALB, opened the meeting, and we followed his lead in the Pledge of Allegiance.
- James welcomed 11 KTM members to our meeting: Jerome, Lani, Dr. Aki, Chakib, James, Jason, Rasika, Shemeeka, Angela, Mariea, Irobela. The guests included the children of Shemeeka and the children of Jason and Rasika.

**2. Education Session:**

- James then introduced our **TMOD**, Chakib Benachour TM. Since the meeting theme was “King Kamehamheha”, Chakib gave us some interesting history about Kamehameha Day. Did you know that the great grandson of Kamehameha passed a royal decree to establish Kamehameha Day, each year on June 11? And did you know that Chakib never forgets King Kamehameha Day (June 11) because it’s the same day as his birthday. Happy Birthday Chakib!
- Chakib then introduced our **timekeeper**, Dr. Aki Oshita, who did a good job explaining his timekeeping role.
- Chakib then introduced our **Grammarian/Ah Counter**, **Lani Abrigana, ACB, CL**. Lani chose an excellent word of the day: “Redundant”. Why? Because Lani has an

identical twin and because of this, she may sometimes seem redundant.

- **Jokemaster/Inspiration:** Irobela gave us some good inspiration when she told us Hawaii is “no ka oi” (the best place to live). Some examples: the weather, the flowers, cultural diversity, etc. Irobela concluded her inspiration with a very good Hawaiian chant.

### 3. **Featured Speakers:**

- **Featured Speaker #1:** Angela Smith ACB speech titled, “I’m Not Getting Old, I’m Getting Better”. Angela’s speech was from Project No. 2 of the Humorously Speaking Advanced Manual. The objectives of Angela’s speech were to prepare a speech that opens and closes with humorous stories. And her humorous speech was supposed to conclude with a humorous conclusion emphasizing the speech’s main point. Angela talked about women getting better with age.
- **Featured Speaker #2:** Jason Leue, TM, presented a speech from Project No. 7 of the Competent Communications Manual– Research Your Topic. The title of Jason’s speech was: “Are You on Acid?” Jason first asked all of us if we knew our body’s ph? Of course, Dr. Aki knew the answer, and Jason explained that our body’s ph is normally between 7.2 and 7.4. What happens when your body goes below ph 7.2 and becomes too acidic? Well, this is basically the only disease because being too acidic could lead to cancer, diabetes, osteoporosis, etc. It’s very important to keep our body’s ph so that it doesn’t become too acidic.

Jason explained three ways you can help your body to be alkaline:

1. Drink alkaline water. Jason buys baking soda from Down to Earth and adds a bit of baking soda to his drinking water. This helps to neutralize the acidity in his body.
2. Don't eat white salt, because white salt is stripped of all minerals. Jason and Risaka used to harvest their own salt from the ocean. And guess what? Their salt is not white.
3. Eat more chlorophyll. Chlorophyll is the blood of plants and it has the structure of human blood.

Jason concluded by repeating his opening when he said there is only one disease: and that's when your body is too acidic.

- **Featured Speaker #3:** Rasika Leue, TM, presented a speech from Project No. 4 of the Competent Communications Manual – How to Say It. The title of Rasika's speech was "Boy Meets Girl". Rasika presented a very interesting and relevant speech about the differences between males and females. Women think differently, communicate differently and are much physically different from males. It's when males and females move in together that they ultimately realize their differences and how these differences can affect their relationship. Eventually, the couple needs to know it's ok to disagree, and there doesn't always have to be a clear winner from every argument. If they learn this, they can learn to live together peacefully, joyfully, in spite of their differences.

4. **Table Topics:** Mariea Vaughean, CTM, was our Table Topics Master, and she prepared flash cards with Hawaiian words for each Table Topics speaker to pick.
- a. Jerome's word was "Maluhia". Jerome said that Maluhia reminds him of a peaceful place such as when he bikes on the weekend and see the world more clearly, and it's really a beautiful world.
  - b. Irobela's word was "Maunakea". This word reminded Irobela of when she attended Unity Church and on the last Sunday of the month, there would be live Hawaiian music.
  - c. Dr. Aki's word was "Kilauea". Dr. Aki mentioned that we all can't act like volcanoes.

#### 5. Evaluation Session:

- **Evaluator for Speaker #1:** Shemeeka Nabea, TM was the evaluator for Angela. Shemeeka went through each point from the evaluation guide for Project 2 of the Humorously Speaking Manual. Shemeeka said that Angela gave a good speech.
- **Evaluator for Speaker #2:** Jerome evaluated Jason's speech and he said Jason had a good introduction and presented some good points. Jason had good tempo and used the speaking area well.
- **Evaluator for Speaker #3:** Since we didn't have an evaluator for Rasika, we did a group evaluation for Rasika. Chakib, as our TMOD gave kudos to Rasika for a very good speech. Chakib gave several suggestions for Rasika such as to clearly state her speech's purpose and to consider her use of notes.

## 6. Reports:

- **Timekeeper:** Dr. Aki gave an excellent report on everyone's time. To our members who have not met Dr. Aki, please attend our meetings and meet Dr. Aki. He is so full of positive energy.
- **Grammarian/Ah Counter:** Lani gave a thorough report of everyone's word fillers. Several used "redundant" as the word of the day.
- **TMOD Closing remarks:** Chakib made his closing remarks and introduced James Fu, ACB, ALB, as our General Evaluator.

## 7. General Evaluator:

- Since we were running late, James gave a quick general evaluation, highlighting the best parts of the meeting.
  - Chakib did a great job as TMOD. He gets better and better whenever he does the TMOD role.
  - Lani had a good word the day. Who would have realized that she has an identical twin?
  - Irobela did a very good inspiration which she concluded with a very nice Hawaiian chant.
  - Jason gave a very interesting speech about how to overcome an acidic body.
  - Rasika gave a very interesting speech on male/female relationships.
  - Mariea did a great job with her shuffle cards for her Table Topics session.

## 8. Announcements/Adjournment:

- Since we were running late, James adjourned our meeting.
- After the meeting, a new member orientation was held for
- Dr. Aki was inducted as a new member

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