

Kapolei Toastmasters (KTM)
Thursday, June 25, 2015
12:00-1:00 pm
Kapolei Hale, Conference Room C
Theme: "SUMMER"
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 21 people total which consisted of 7 guests and 14 Members.
- Members in attendance were: Joyce, Mark, Dr Aki, Holly, James, Lani, Angela, Irobela, Jason, Tanya, Owen, Amy, Shemeeka and Sara. Honored guests were: Eliot DeRego, DTM and current District 49 Governor, Julia Zagumenna, Rukmimi and Sao Leue (Jason's keiki), Gakenia, Martha and Isaiah Nabea (Shemeeka's keiki).

2. Education Session:

- Holly introduced our TMOD who is James Fu, ACB, ALB. who then introduced:
- **Timekeeper:** Dr. Aki Oshita, TM, explained his role as Timekeeper and explained the time allotted for each speaker.
- **Grammarian/Ah Counter/Word of the Day:** Lani Abrigana, ACB, CL explained her role as Grammarian/AH Counter, and her word of the day was "languid", an adjective meaning listless or exhausted.

- **Jokemaster/Inspiration:** Shemeeka Nabea, TM, talked about being raised on a farm with watermelons and in keeping with the Summer theme, she talked about how as a child, she would help carry watermelons in from the field. When a watermelon would occasionally drop, they would immediately eat the watermelon. And it was delicious! She then gave us some summer statistics: The Summer Olympics started in 1896, and bathing suits invented in 1800s. Days are longer in the summer. Hurricane season is June 1 to November 30. She then told a couple of jokes. What does a pig say when he gets too hot at the beach. The answer: “I’m Bakin” (bacon). How can you prevent catching a summer cold? The answer is “Catch it in the winter.” Thank you, Shemeeka, for inspiration and jokes.

3. Featured Speakers:

- **Speaker #1: Angela Smith, ACS**, gave a speech from Project No. 4 (Keep Them Laughing) from the Advanced Manual, Humorously Speaking. Angela’s speech was titled “Tickle My Fancy?” Angela said her goal is to be a Jokemaster and she wants to knock our socks off with this speech. Angela talked about giving a speech for a previous Humorous Speech Contest. The humorous speech was about her husband, who was a very funny person. At the speech contest, she lined up enlarged photos on the ledge and a strong wind came through and blew them all over. She got them lined up again so they would not blow away. She had invited her son and as she proceeded with her speech, her son was the only person laughing. She said there are “Different strokes for different folks”. She said three things are needed to give a humorous speech: 1) A Wish Bone because after she set humorous speech goals,

she wished she had a laughing machine to get her audience to laugh. 2) A Back bone: if no one laughs and you have not gotten a laughing machine, you must continue on. 3) Funny Bone-you must learn to laugh at yourself no matter how it works out.

- **Speaker #2:** Jason Leue, TM, gave a speech from Project No. 9 (Persuade With Power) from the Competent Communications Manual titled, “Just Add Moringa”. Statistics say we eat more in the United States than any other country. However, did you know that 85% of Americans suffer from malnutrition? People may not be aware, but if you just add a little Moringa (the leaves from the Moringa tree or more conveniently, the Moringa powder) to your food your body will realize many health benefits. Moringa contains protein, potassium, anti-oxidents and other nutritional items. Jason brought some Moringa branches today for his visual aids. He said just eat it and notice how healthy you feel. Jason closed with: “If you do, you will join the 15% of Americans with good nutrition.” Great speech, Jason!
- **Speaker #3:** Holly Holloway, ACB, CL gave a speech from Project No. 3 (The Roast) from the advanced manual, Special Occasion Speeches. Her roast was titled “Missing the Emails”. Holly roasted James Fu, ACB, ALB, who has been our Vice President of Education for 2014-2015. Holly first told us about the tv commercial where a boss asks his assistant where to email all the payroll information. His assistant says to “send it to “Allen”. Instead of emailing to “Allen”, the boss mistakenly sends it to “ALL” in the office, and then havoc breaks out all over the office. We have received 5 emails from James today in preparation for today’s meeting. Holly said it seems like we get 20 to 30

emails per week from James. After June 30, all those emails will come from Holly as is our incoming VP-Education. James may roast her next year. Lol

4. Table Topics Master:

- Irobela Wreagh, CC, CL, is Table Topics Master and she stayed with the meeting theme, “Summer” by telling us her favorite childhood summer activity was hide ‘n seek. So the first question was: “What is your favorite childhood summer activity?”
 - **Table Topic Speaker Number 1:** Amy Long, TM, said she cannot think of a favorite summertime child activity but her favorite activity in summer (almost all year long in Hawaii) is “free diving”. Free diving is “free” of scuba diving equipment. She had been a Navy Diver and worked with rescue. She also loves to free dive and look for shells and watch the underwater wildlife.
 - **Table Topic Speaker Number 2:** Sara Okuda, TM, was table topic speaker no. 2, and her question was: “What is your favorite summertime dish?” Sara said as a child, her dad was the cook and as an adult her husband is the cook. Sara said she loves mangos- especially when friends give them to you and they are free. They taste sweeter, the better when they are free. Sara said she takes pickles, cheese and onions to pot lucks and people love it.
 - **Table Topic Speaker Number 3:** Irobela sang the song “Summertime” and then asked Tanya Mendoza, TM, what is her favorite summer song as a child? Tanya could not think of a favorite song but mentioned she lived in Massachusetts as a child and

her favorite summer game was “Flashlight Tag”. They had a whole block they could hide in.

5.Evaluation Session:

- **Evaluator for Speaker #1:** Since no one had volunteered to be Angela’s evaluator, James conducted a group evaluation of Angela’s speech. Eliot DeRego, DTM, said Angela’s main objective was to be funny. He said it is so important to know your audience and to know what they like. He said she did not achieve her goal. Irobela Wreagh, CC, CL gave Angela kudos for her strong voice and clarity and eye contact. Irobela really liked Angela talking about the laughing machine. It is important to have helpful visual aids when needed. She said it might be helpful.
- **Evaluator for Speaker #2:** Owen Tamamoto, ACB, ALB evaluated Jason Leue, TM. Owen gave Jason kudos for good eye contact, persuasiveness, and good speech value. Owen suggested that Jason use more personal stories in his speech because the audience is always hooked by emotion rather than with facts. One personal story could talk about someone who actually became healthier by adding moringa to their diet. He suggested Jason consider additional ways to get his message to the audience. For example, the acronym, “JAM” for “JUST ADD MORINGA” could have added another way to showcase Moringa ...Great evaluation, Owen and great speech by Jason.
- **Evaluator for Speaker #3:** Mark Posenecker, TM, evaluated Holly’s Roast. Mark said roasts are not easy to do. Mark kept picturing a huli huli chicken spinning on a spit. Mark really liked the way Holly did it. He liked the anecdotes and the ad on TV. Mark could relate. Her body language showcased how many emails James sends. She

made good use of the stage and gestured well. He suggested that she could have told us from the start who she was roasting, and it would have even been funnier.

6.Reports:

- **Timekeeper:** Dr. Aki Oshita, TM, gave an excellent and thorough report of everyone's time and included each person's time to the hundredths of a second. For example, 6 minutes, 20 seconds and 86 (hundredths of a second). So precise! Good job, Dr. Aki.
- **Grammarian/Ah Counter:** Lani Abrigana, ACB, CL gave her usual thorough report on word fillers and usage of word of the day. The word, languid was said five times. The word fillers used most were "so" and "and" when connecting sentences and thoughts.
- **TMOD Closing remarks:** James made his closing remarks and introduced Holly Holloway, ACB, CL as our General Evaluator.

7. General Evaluator:

- Holly Holloway, ACB, CL was our General Evaluator. Holly gave kudos for
 - The room was set up by 11:45 am.
 - Guests were greeted warmly
 - Dr. Aki was very thorough as timekeeper.
 - Lani Abrigana is always great as Grammarian/Ah Counter.
 - Word of the day (languid) was a good vocabulary builder
 - Irobela sang well and reminded Holly of the song her family sang when traveling in the car in the summer, “John Jacob Jingleheimer Schmidt”. Holly dated herself on that one and took many of us back in time.
 - Holly suggested that even though we had seven guests, many were children; we need more guests that can sign up for Toastmasters. She suggested that our club members bring more guests to future meetings.

8. Announcements/Adjournment:

- Holly went into her final words, and then we had some business to conclude today. Since we had 14 members present, we had quorum, so Holly then conducted a business meeting to consider officially voting in our current 27 KTM Members into the Kapolei Toastmaster’s Club. These names were listed on the back of today’s (6/25/15) meeting agenda. James made the initial motion and Joyce and Angela seconded the motion. When the members were asked if all 27 current members should be officially voted into the Kapolei Toastmasters Club, all hands were affirmatively raised, so that motion was approved.

- Angela mentioned we have less than one week for “Beat the Clock” membership drive; we need to sign up 5 new members.
- Holly asked that we make sure we sign up for future meeting roles. The sign up spread sheet was being circulated among the audience.
- Holly announced the make-up District 49 Officer’s Training will be on July 18, 2015 at the University of Phoenix, Fort St. Mall, Honolulu, from 9:15 am – 2 pm.
- Holly announced that the July, 2015 KTM ET meeting will be held tomorrow, Friday, June 26, 2015 at the Kapolei State Building, Room 611 (James’ office) from 12:30 pm to 1:00 pm. All members are welcomed and encouraged to attend.
- This Saturday, June 27, 2015, District 49 will feature a program at the Pagoda Hotel, 525 Rycroft St., Honolulu, called “World Champions of Public Speaking Unite”. Time of the program will be from 8:30 am-12:30 pm . Two former Hawaii World Champions of Public Speaking will be featured. Tickets are \$10 each at the registration table.
- Meeting adjourned at about 1 pm.