

**Kapolei Toastmasters (KTM)**  
**Thursday July 16, 2015**  
**12:00-1:00PM**  
**Kapolei Hale**  
**Conference Room C**  
**Theme: "Water Sports"**  
**Meeting Recap**  
**(Submitted by Joyce Bullion, CC, CL Kapolei Toastmasters)**

**1. Opening of Meeting:**

- Vice President-Education Holly Holloway ACB,CL opened the meeting and we followed her lead in the Pledge of Allegiance.
- Holly announced our newest member Amber Jacobson. We all clapped and warmly received Amber.
- We had 19 people total which consisted of 6 guests and 13 Members. Holly asked our honored guests to stand up and be recognized.
- Members in attendance were: Shemeeka, Holly, Lani, Sara, Jason, Mark, Dr. Aki, Mariea, Chakib, Owen, Irobela, Angela and Joyce. Honored guests were: Amber Jacobson (soon to be newest member), Draupadi Hillier, Sai and Rukmimi Leue (Jason's keiki), Martha and Isaiah Nabea (Shemeeka's two keiki).

**2. Education Session:**

- Holly Holloway, ACB,CL introduced our TMOD who was Jason Leue, TM.
- who introduced:
- **Timekeeper:** Lani Abrigana, ACB, CL explained her role as timekeeper.
- **Grammarians/Ah Counter/Word of the Day:** Irobela Wreagh, CC, CL explained her role and said she would

count ahs, ands, and sos. Her word of the day was “innocuous”, an adjective meaning not offensive. Irobela could not think of a word that goes with the Theme so she chose to use “google’s word of the day”. This was an excellent word choice Irobela. I have never used it.

- **Jokemaster/Inspiration:** Maria Vaughan, CTM, gave us spectacular inspiration this week with her song of “Santa Lucia” in Italian. It was sung beautifully. Maria had attached the picture of a lighthouse on the podium and it said: “Come Safely Home.” Maria set a wonderful tone for our meeting. She has a beautiful voice and last week inspired us with her song in French.

### 3. Featured Speakers:

- **Featured Speaker #1:** Chakib Benachour, TM, gave speech number 6 in the Competent Communicator manual titled “The Dandelion”. Chakib started by saying we have all been stomped on like a dandelion by life. Dandelions grow back after they are stomped on and we can too. We can return with a passion like an artist and do great things. We can be innocuous when we return. We can reach for the sky and choose our reactions to being stomped on. We each have a soul that survives everything and motivates us to be happier than ever and achieve more. We can be trained to fight back and be better for it. He brought out a bottle of water that was half full and said we can either be grateful our bottle is half-full or complain that it is half empty. He slowly drank the remains of the water as a symbolism of how circumstances may drain the happiness out of one’s life. With just a few drops left, he said “this is what I focus on until I can replenish the water (happiness)”. Chakib gave a wonderfully motivational speech. Though

he did not share a personal experience, we could tell he was speaking from his heart as he mentioned that he sees roadblocks not as challenges but as building blocks for things to come. His final words were: “Are you a weed or a beautiful flower?”

- **Featured Speaker #2:** Dr. Aki Oshita, TM, gave his Ice-Breaker speech, project one from the Competent Communicator manual titled “Obsession”. Dr. Aki kissed the skeletal spine and said many of us have obsessions and we all are freaks. Dr. Aki brought a skeletal spine with him and shared with us what his obsession is. Dr. Aki is a Chiropractor and recently moved to Hawaii from Wisconsin. He gave us three reasons his is so obsessive about everyone’s spine. His third reason was that we are sexier and more handsome or beautiful when we keep our three natural curves in our spine. There are three important items: 1) skin 2) posture 3) wants to be handsome all the time. Dr. Aki said we can use our freakiness to make the world a better place in which to live. We can use it to change the world. Our TMOD and each of us stood and/or sat straight up to acknowledge the need to have good posture.
- **Featured Speaker #3:** Holly Holloway, ACB, CL gave speech Project 4 from the advanced manual “The Entertaining Speaker” manual titled “The Exam”. After studying for 2 years she gathered with 36 others at a hotel in Des Moines, Iowa. This exam could completely change their lives. Her friend, Charlie asked her to go to the movie with her. Some other friends asked her to study with them. It was a cool evening and there was a new theater so they ventured off to see “Smoky and the Bandit”. The theater seats

reclined and had a place for your drink and popcorn or candy. When Charlie and Holly returned to their hotel the others were studying like mad. She slept well because sleep is important and awakened at 6:30AM. The “Med Surg” exam was at 8AM in the Civic Center and was three hours long. Holly was glad the exam would be offered again in 6 months because she feared she had flunked but would not know for a few months. You had to get 350 in each section to pass. When her test results came in the mail, she was afraid to look. When she did look she had passed and her score was 790. She said “God works”. He helped her pass and do well.

- **Featured Speaker Number 4:** Jason Leue, TM, gave speech number 8 from the Competent Communicator manual, titled “What My Land Taught Me.” The project is for him to get comfortable with visual aids. Jason started by telling us he bought one acre of property in 2007 in Waianae with the intentions of growing organic crops. He was the first to have a CSA farm in 2008 (Community Support Agriculture). At a point when his wife went to Costco, he asked her to pick up 3 big bottles of Roundup. Fortunately, she did not do that as they would have lost their organic status and probably done more harm than good. His property is Ailani Gardens. After 3 years his soil was hard and unworkable. He went to a class for 2 weeks and he learned “Tilling is Killing”. It was very humbling and he realized he did not know what he was doing. He learned more in the first day of this class than he had known all his previous years. He learned about “permaculture”. This was a very educational speech. I learned a lot of what not to do. His visual aids were enlightening. He showed us a picture of his land today. It

is a natural Garden of Eden with plenty of food. He then shared the lessons he has learned from his land.

**4. Table Topics Master:** Third Thursday we cancel Table Topics and have 4 speakers.

**5. Evaluation Session:**

- **Evaluator for Speaker #1:** Joyce Bullion, CC, CL, evaluated Chakib Benachour, TM's speech. His objective was vocal variety. Joyce gave kudos to Chakib for his topic- Dandelions and for his speech. It was well-organized and full of passion. It was motivational. He had good pitch, pauses, and self-expression. He had good word usage. She suggested he use more vocal variety and improve volume. Joyce said how much she is inspired by those who have to learn the English language as a second language and then also learn all the Toastmaster tools for sharpening their leadership and speaking abilities. Chakib knows many languages and English is not the main language. Joyce is amazed at what they overcome.
- **Evaluator for Speaker #2:** Shemeeka Nabea, TM, evaluated Dr. Aki and said she learned a lot from Dr. Aki's ice breaker speech. At the same time, we learned about Dr. Aki's passions and we know him better. He had a planned opening, body and closing and used no notes. He spoke loud enough and clearly. I would like to add that the Dr. Aki did well by having a visual aid. We all look forward to his future speeches.
- **Evaluator for Speaker #3:** Mark Posenecker, TM, evaluated Holly Holloway, ACB, CL. Holly fulfilled her objective by being entertaining, suspenseful and had humor in it. It made a big impact on Mark as he listened

because Holly's speech took him back to a time when he took his exam for biochemistry and had not studied for it as he should have. He passed his exam too by the skin of his teeth. Mark liked how Holly made her story come alive by mentioning 36 women were there. He got lost in his thoughts to some degree because it took him back to a time....Mark could not come up with anything for improvements. She had no notes and was well organized.

- **Evaluator for Speaker 4:** Owen Tamamoto, ACB, ALB evaluated Jason Leue, TM. Owen said computers are like babies. When you leave them alone, they fall asleep. Owen liked how Jason was calm and composed when the bay (computer) was slowly waking up. Owen also commended Jason for listening to his wife and not buying Roundup. Jason had great gestures and vocal variety and spoke clearly. Owen suggested Jason not make the visual aid (Powerpoint) as the star. Even though we use visual aids, we are still the heroes. Owen suggested turning off the Powerpoint when not being used. Jason's speech was full of good tips. He could have started by whispering "Listen to the land!"

## **6.Reports:**

- **Timekeeper:** Lani gave a thorough report of each person's time. No one went over the allotted time.
- **Grammarians/Ah Counter:** Irobela gave a thorough report of word fillers used and of those who used the word of the day. Irobela has a precious style of listing word fillers followed by names of those who favor them.
- **TMOD Closing remarks:** Jason did his closing remarks. He is always an excellent, personable, emcee and today he doubled as a speaker and shook his own hand to introduce

himself as speaker. The meeting had a good flow to it and we stayed on schedule

### **7. General Evaluator:**

- Angela Smith, ACS was our General Evaluator and she remarked:
  - Room was set up early as always
  - We started on time.
  - Learned something from each speaker
  - Lani used a stop watch for each person.
  - Irobela did well as Grammarian/Ah Counter.
  - We did better to protect the lectern-only one person failed to do it.
  - To sum it up the meeting was innocuous!

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

- Holly gave a ribbon to our ice breaker speaker Dr. Aki, TM, and a ribbon to Chakib Benachour, TM for completing 5 speeches and being half-way there.
- Holly announced the training for executive team persons who were unable to attend the last training. Jerome and Mark will be attending. The training is Saturday July 18 at University of Phoenix. Registration is at 9:15AM. It is open to all people.
- Mark Posenecker, TM announced as Vice President of Membership the three membership drives in the future. The Smedley Drive is August 1-September 30, Talk-up Toastmasters from February 1-March 30 and Beat the Clock from May 1-June 30. Please let Mark know if you can help. He will be doing this.
- Meeting adjourned at 12:57PM.