

Kapolei Toastmasters (KTM)
Thursday August 6, 2015, 12:00-1:00 pm
Kapolei Hale, Conference Room C
Theme: "Dog Days of Summer"
Meeting Recap
(Submitted by Joyce Bullion, CC, CL Kapolei Toastmasters)

1. Opening of Meeting:

- President James Fu, ACB, ALB opened the meeting, and we followed his lead in the Pledge of Allegiance.
- 16 people attended today's meeting which consisted of 14 members and 2 guests. James honored our guests who were Gakenia and Shadrack Nabea (Shemeeka's keiki).
- Members in attendance were: Shemeeka, Lani, James, Joyce, Amber, Kiku, Jerome, Dr. Aki, Tanya, Owen, Irobela, Angela, Mariea, and Sara.

2. Education Session:

- James introduced our TMOD who was James Fu, ACB, ALB.
James talked some about Dog Days of Summer. It refers to the sultry days in July and August and originated in the Mediterranean and referred to the dog star named Sirius. Sirius rises at the same time as the sun from July 3 to August 11. James added that you should never put your dog on sandpaper. The dog will then make the sound "Ruff! Ruff!"
- James then called on Sara Okuda, TM, to make an announcement about our upcoming KTM speech contest on Aug 27. Sara announced that she needs help with the contest, as she needs a chief judge, timers, and

ballot counters, etc. A sign-up sheet was passed around the room.

James then introduced:

- **Timekeeper:** Amber Jacobson, TM, as timekeeper shared her responsibilities as our timekeeper. This was her first time as timekeeper.
- **Grammarians/Ah Counter/Word of the Day:** Tanya Mendoza, TM, shared her kuleana as Grammarian and as Ah-Counter. Tanya said thanks to Joyce, we had a word of the day, “sultry”.
- **Jokemaster/Inspiration:** Dr Aki, TM, shared with us that on August 6, 1945, an atomic bomb was dropped on Hiroshima, Japan. Dr. Aki took a school trip when he was younger and saw pictures of those who were affected by the A-Bomb. Their skin melted on their bones. The blast blew out windows and the glass stuck in people’s skin. He is not sharing this to make us feel guilty, but to learn our lessons from history. That event changed Japan forever. WOW!

3. Featured Speakers:

- **Featured Speaker #1:** Shemeeka Nabea, TM, gave a speech from Project No. 4 (How to Say It) from the Competent Communications manual. The title of her speech was “You Are What You Think”. Shemeeka shared her personal experience of when she was 16 years old and learning how to drive. She talked about her driving test with a State Trooper who made you feel very fearful. She thought she had done well and the State Trooper then asked her “Did you see the stop sign that you just ran?” She was so disappointed that she went to her 10th grade class and cried. Then, she spoke about her Aunt Roxie who because of her seizures, could not live alone. Shemeeka’s aunt would sneak sweets

and money to Shemeeka. One day she learned that her aunt snuck sweets and money for the other children too. The first story depicts “fear” and the second story showcases “joy”. Shemeeka said she will give us 4 steps of how thoughts are formed. Shemeeka showed a tree that she formed from a paper bag to showcase how thoughts are created.

- Step 1 is “understanding”. The left side processes details to the big picture and the right side processes from the big picture to details. She said all negative thoughts come from fear.
 - Step 2 is “deep thinking” or why do I feel this way? You can sort your thoughts and journalize them.
 - Step 3 is “talk with others”.
 - Step 4 is “emotions”.
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- **Featured Speaker #2:** Holly Holloway, ACB, CL gave a speech from the Successful Club Series. The Successful Club Series module was called: “Creating the Best Club Climate”. Holly started with a question for all of us. The first question was: “How many of us are satisfied with where you are in your Toastmasters life? A few people raised their hands. The she asked “How many of you would like to grow in Toastmasters?” A whole lot more people raised their hands. The reward for supporting and helping others is that we feel fulfilled watching others grow. Holly then presented a power point presentation from Toastmaster’s International for “Creating the Best Club Climate”. She talked about how we all should welcome our guests and ask them how they heard about us. When we hand them a C I P-(Club Information Packet), we can put our name and phone number in it. Holly shared her personal experience with

Barney Asato. Barney called her 2 hours after she got home from her first Kapolei Toastmasters meeting. Holly liked the club atmosphere and also liked that the Kapolei Toastmaster club is close to her home, with meetings that are held at lunchtime. Holly prefers not to drive at night. We should always invite our guests to future meetings and if they join, we should help them find a mentor. Her closing was that we all need to help keep our club thriving. By completing this speech, Holly now has earned her Advance Leader Bronze (ALB) award. Congratulations, Holly!

4. Table Topics Master: Dr. Aki, TM, stayed with today's theme "Dog Days of Summer". He said his arm pits are sultry. He talked about when he was in Elementary School and he wanted a dog. Even though young Dr. Aki would try to take care of the dog, his mom knew she would eventually have to take care of the dog and nixed the idea. Dr. Aki asked who in the audience has a dog? He then called on the people who had raised their hand.

- **Speaker #1:** Dr. Aki called on Amber Jacobson, TM. Amber was asked "What is your favorite memory with your dog?" Amber talked about her dogs and said her favorite memory is when her puppy went to the dog park for the first time. Her pup was ecstatic. He ran and played with all the other dogs. He laid on her feet and his tongue hung out as he panted. Her pup cooled down in the sprinklers.
- **Speaker #2:** Joyce Bullion, CC, CL was asked "What kind of tricks can your dog perform?" Joyce answered that her dog is 11 years old and she has known him since he was one day old. Her dog always wanted to climb up her shorts. He still does that today. She dresses him up in clothes and puts leis on him after he is groomed. She said

she bathed him yesterday and then began to clip his nail. He turned around and licked her face from the bottom of her chin to her forehead. She said she could barely clip his nails. She clipped four of them and went for the thumb and he bit her but did not break skin. So another thing he does is that he speaks loudly. Actually he does not know any tricks and he is blind.

- **Speaker #3:** Dr. Aki then called on Lani Abrigana, ACB, CL and asked her “What do you feed your dog?” Lani said she has had dogs in the past but now she has two rabbits. Flopsie and Mopsie. She tried to give them Filipino food but they did not like it. She feeds them commercial pellets and high fiber food from Petco. From time to time, she also gives them kale and fruit. For a moment, I wished I was one of her rabbits.

5.Evaluation Session:

- **Evaluator for Speaker #1:** Owen Tamamoto, ACB, ALB, evaluated Shemeeka Nabea, TM. Owen said that Shemeeka was ready even before she started her speech because of her wonderful smile. Shemeeka has a very unassuming and humble nature. She chose a complex subject and presented with short, simple words that we could understand. She showed a great visual aid of a handmade (paper bag) tree to represent the brain. Owen suggested she be a little more organized and to tell us where she got her information from. He loves her smile even when it is hot and sultry.
- **Evaluator for Speaker #2:** Angela Smith, ACS, CL evaluated Holly Holloway, ACB, CL. Angela gave her kudos for a

speech well done. She did a good job with the slides. Holly also did well to share her personal experience. Barney plugged her in. Angela mentioned that Holly is soft spoken, and she did not have vocal variety, but the speech did not call for it. Holly is mellow yet she also displayed laughter which were good parts of her speech. Holly gave an example of her personal Toastmaster journal. Holly elaborated nicely on the importance of being welcoming to others. Suggestions were that she express a little more enthusiasm in her presentation.

6.Reports:

- **Timekeeper:** Amber arrived early so that Holly could help her with the timekeeper duties. Amber was a pro. She gave a thorough report of each person's time. No one went over. Good job, Amber.
- **Grammarian/Ah Counter:** Tanya Mendoza, TM, gave a thorough report of each person's grammar and word fillers. She mentioned that Holly is a pro when it comes to effective pauses. I would concur. Two people used the word of the day.
- **TMOD Closing remarks:** James made his final remarks.

7. General Evaluator:

- Lani Abrigana, ACB, CL made many positive comments about the meeting.
 - The room was set up by 11:40 am. The U.S. flag was also displayed.
 - Holly had her laptop and projector set up well in advance of the meeting and had a cover on the lens so that the projector was ready to go.

- Amber came in early so she could be taught how to be timekeeper. She was ready to go at noon.
- Dr. Aki did very touching inspiration.
- James had good speaker introductions
- We protected the podium well.
- Suggestion: The word of the day should be taped to the podium in advance.

8. Announcements/Adjournment:

- James presented awards:
Angela Smith, ACS, CL, was presented with her Competent Leader award and ribbon:
- James presented Holly Holloway, ACB, ALB, with her Advanced Leader Bronze (ACB, ALB) award and ribbon:
- Owen Tamamoto, ACB, ALB announced the musical play “Peace on Your Wings” at the Hawaii Theater Center is showing this weekend. There will be 5 shows. Owen’s niece and her wife wrote the music and lyrics for this stage play. It is a musical inspired by the life of Sadako Sasaki, who was an atomic bomb survivor (for about 10 years) and how her life inspires us of the need for peace in the world.
- Holly Holloway, ACB, ALB, as Area 5 Governor announced that she needs help with the Area Humorous and Evaluation Speech Contests to be held on September 19 (a Saturday). She needs to fill roles (timers, ballot counters, etc.) for the speech contests.
- Meeting adjourned at 1 pm, and after the meeting, a new member orientation was held for Amber.