

Kapolei Toastmasters (KTM)
Thursday, October 1, 2015
12:00-1:00 pm
Kapolei Hale, Conference Room C
Meeting Recap
Theme: “National Poetry Day”
(Submitted by Joyce Bullion, CC,CL Kapolei Toastmasters)

1. Opening of Meeting:

- James Fu, ACB, ALB opened the meeting, and we followed his lead in the Pledge of Allegiance.
- We had 8 people total which consisted of 8 members. We had no guests.
- Members in attendance were: James, Shemeeka, Irobela, Joyce, Holly, Sara, Lani and Rose.

2. Education Session:

- James introduced our TMOD, Irobela Wreagh, CC, CL. who then introduced:
- **Timekeeper:** Lani Abridana, ACB, CL had two roles today. She explained her role as timekeeper. We were very grateful to Lani for stepping in at the last moment to fill this role.
- **Grammarians/Ah Counter/Word of the Day:** Sara Okuda, TM, filled the role of Grammarian/Ah Counter. We were also grateful to Sara for her willingness to help out at the last moment. The word of the day was “Limerick”-a humorous poem in which lines 1, 2 and 5 rhyme and lines 3 and 4 are coupled. Sara gave a humorous example.

*There once was a man from Peru
Who had a lot of growing up to do,
He'd ring a doorbell,
then run like hell,
Until the owner shot him with a .22.
- Anonymous*

- **Jokemaster/Inspiration:** Lani Abrigana, ACB, CL was our Inspiration Master. Lani mentioned that poems are like speeches. They can be motivational, funny, romantic or educational. The Star Spangled Banner began as a poem. Edgar Guest has published over eleven thousand poems. One of his poems was titled "It couldn't Be Done".

Somebody said that it couldn't be done,
But, he with a chuckle replied:
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

.....ending with:

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you one by one,
The dangers that wait to assail you.
But just buckle it in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "couldn't be done," and you'll do it.

That was educational and motivational. Lani suggested we “try” before we say we cannot do something. Mahalo nui loa to Lani!

3. Featured Speakers:

- **Featured Speaker #1:** Shemeeka Nabea, TM, gave speech number 9 from The Competent Communications (CC) manual titled, “The Usefulness of Home Remedies”. Her project objective was to “Persuade with Power”. Shemeeka placed had her visual aids under the podium before her speech and coyly brought them out as needed during her speech. She began by repeating a poem by Maya Angelou. It flowed nicely into her speech. She told us that a Pharmaceuticals company made \$246 Billion in only a few years from just one medicine. As a child, she learned how to use home remedies. When her first born was young, he had an iron deficiency. She brought out her first visual aid and asked if anyone knew what it was. One person said “a brown banana” and another called it by its real name, “Plantain”. When she made her son eat a plantain each day for one week, his iron test came out normal. Her next visual aid was apple cider vinegar, and she explained all its good uses. She said that when it is mixed with water, it can be used for sore throats (gargled), washing hair, and for cleaning windows. Her third visual aid was hydrogen peroxide. When mixed with water, you can clean your gums and use it for cleaning, among its many uses. I loved this speech and look forward to Shemeeka’s 10th CC speech.
- **Featured Speaker #2:** James Fu, ACB, ALB gave a speech from project number 4 of the Advanced Manual, Speeches

by Management. The title of James' speech was "21 Years to Design a Bridge is Too Long". James lifted the window shade and revealed his visual aids. Very smooth, James! He showed us a picture of the bridge in Waimanalo in which most of us are familiar with. The bridge floods and needs to be replaced and project keeps getting deferred. If this project keeps getting deferred, it may lose federal funding. James recently taught a class on Microsoft Project to more than 40 engineers. He gave thanks to Toastmasters because he enjoyed teaching the class and he hopes it helps the Engineers to make better use of their project schedules. The visual aids on the window shade were schedules from an actual bridge project. Great speech, James!

- **Featured Speaker #3:** Rose Martinez, ACS, CL gave a speech from Project No. 2 (the Radio Talk Show) from the Advanced Manual, Public Relations. The title of Rose's speech was "Adopt a School Day". Irobela told us the name and location of the radio station, and we were asked to close our eyes if necessary and listen. Rose has volunteered for "Adopt a School Day" since 2008. It is a very effective project in which one day during the school year, volunteers do various projects, such as painting, etc. to help our schools. The opening day for the "Adopt a School Day" is always held on the second Sunday in October, (this year is October 11) where volunteers can sign up for projects to help our schools. This year, Rose's organization, the Friends of Rose Martinez, will build and paint benches at James Campbell High School. She invited the radio listeners to participate and help out. Donations

are also taken, and there are three levels of donations: Gold, for \$5,000 donations, Silver for \$2,500 and Bronze for \$1,500. We then had questions from listeners. Three listeners had pertinent questions to further clarify the purpose of this important project. James asked if you could participate by contacting the school to see what the needs were. She answered that you should contact the Hawaii Jaycees who always organize this project. Joyce asked if they would get involved in the need for air conditioners, and Rose answered that it is a project that the Department of Education is handling because it has more complex issues. Rose did an excellent job and connected well with the listeners while torquing much interest.

4. Table Topics Master: Holly Holloway, ACB, ALB was Table Topic Master and shared with us that when she was in the tenth grade, she was asked to write a poem. She called on Irobela wreagh, CC, CL and her question was “if you wrote a poem, how did you write it?”

- **Table Topic Speaker Number 1:** Irobela shared how she used to write a lot of poetry in her earlier years and she has saved them all. A family member gave her an album to put them in. To this day she has the blank album with poems written separately and when she retires, she will fill it.
- **Table Topic Speaker Number 2:** Joyce Bullion, CC, CL was asked “Who is your favorite Poet?” Joyce answered at this time it is Maya Angelou. She feels fortunate to have Holly in Toastmasters because she recently heard Holly do interpretive reading with Maya Angelou’s writings. Joyce

added that her favorite poem is “The Caged Bird”. The poem reminds her of a time when she did not feel free. The poem touched her very deeply.

- **Table Topic Speaker Number 3:** Sara Okuda, TM was asked “If you were to write a poem about your life, what would the title be and why?” Sara answered briefly the name of the poem would be her name. Holly elaborated by saying that would be an interesting poem about you from birth until now.

5.Evaluation Session:

- **Evaluator for Speaker #1:** Holly Holloway, ACB, ALB evaluated Shemeeka Nabea, TM. Holly said the subject was interesting, and she is persuaded to try more home remedies. Shemeeka’s speech was delivered with sincerity and conviction. The audience was engaged. She gave personal experiences to confirm the importance of using home remedies. Holly suggested she use a little more vocal variety.
- **Evaluator for Speaker #2:** The group evaluated James Fu, ACB, ALB. Rose said he was concise, comfortable and confident. Joyce said she liked it because he was concise. She loves his bridge speeches because she thinks of building bridges in relationships, and yes, 21 years would be too long to wait to build a bridge with a friend. She liked that his speech was not so packed with information that it makes your head spin. Holly said the visuals were clear and concise.

- **Evaluator for Speaker #3:** James Fu, ACB, ALB was evaluator for Rose Martinez, ACS, CL. He said her speech was very relevant. She did good research. As a politician, she is a polished speaker. He suggested she use more vocal variety. She answered all questions well. The project left a favorable impression, and we would not have known about it had she not given the speech.

6.Reports:

- **Timekeeper:** Lani did a thorough report on everyone's time. Everyone stayed on schedule.
- **Grammarian/Ah Counter:** Sara gave a thorough report of each person's favorite word fillers, effective pauses and grammar.
- **TMOD Closing remarks:** Irobela closed her TMOD role by reciting a poem called "To Know All is to Forgive All" by Nixon Waterman.

If I knew you and you knew me
 If both of us could clearly see,
 And with an inner sight divine
 The meaning of your heart and mine
 I'm sure that we could differ less
 And clasp our hands in friendliness....
 Life has so many hidden woes,
 So many thorns for every rose;
 The "why" of things our hearts would see,
 If i knew you and you knew me.

7. General Evaluator:

- Joyce Bullion, CC, CL, was our General Evaluator and reported:
 - The room was fully set up by 11:30 am.
 - There were no guests-we need to invite more guests.
 - The President (James) set an upbeat mood for the meeting.
 - TMOD-Irobela was over the top great as TMOD! She gave a history of National Poetry Day and stayed on theme, was on time and was a very hospitable Emcee.
 - Lani had duo roles and was a wonderful Inspiration Master and Timekeeper. She is always willing to step up when needed.
 - Sara stepped in as Grammarian/Ah Counter at the last moment. Thank you Sara.
 - Holly provided very thought provoking questions for Table Topics, and the speakers responded well.
 - The evaluators gave positive comments and suggestions for improvement.
 - The audience connected well, and there were smooth transitions.
 - Joyce added that she loved Rose's speech. She is also working from the Public Relations manual and she is motivated to do more because of Rose's speech.

8. Announcements/Adjournment:

- James Fu, ACB, ALB referred to the back of the agenda for announcements:
 - The KTM membership contest is in full stride. Please bring guests to our meetings and gain points towards

a valuable prize. At the moment, Tanya Mendoza, TM is the leading point getting for our membership contest. We need more guests!

- The Open House will be on October 22 and we need for help to distribute flyers.
- Holly announced that the Division B Humorous and Evaluation speech contest will be held this Saturday, October 3rd at the Central Pacific Bank Training Room, 225 Queen St from 9:30 am to 12 noon.
- Holly also asked for volunteers to help with the silent auction for the District 49 Fall Conference to be held on November 7 at the Pagoda Hotel. Sara, Joyce and Rose volunteered to help Holly.
- Meeting adjourned at about 1pm.