

Kapolei Toastmasters (KTM)
Thursday October 8, 2015
12:00-1:00 pm
Kapolei State Bldg., Room 577B
Theme: "World Sight Day"
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.
- We had 15 people in attendance which consisted of 12 members and 3 guests.
- Members in attendance were: Shemeeka, Holly, Sara, Joyce, James, Lani, Irobela, Mariea, Tanya, Jerome, Rose, and Iris. Guests were Isaiah and Martha Nabea (Shemeeka's keiki) and Angela Smith.

2. Education Session:

- James introduced our TMOD who was Lani Abrigana, ACB, CL
Who then introduced:
- **Timekeeper:** Tanya Mendoza, CC, who volunteered at the last minute to be our timekeeper.
- **Grammarians/Ah Counter/Word of the Day:** James Fu, ACB, ALB did duo roles today and volunteered at the last minute to be our Grammarian/Ah Counter. Joyce supplied the Word of the Day which was "Myopia".
- **Jokemaster/Inspiration:** Mariea Vaughan, CTM, was our Jokemaster/Inspiration Master, and she told the joke about a nuclear wipeout. There were 2 monkeys left: a male and a female. The male was myopic. The female

climbed a tree and picked an apple and gave it to the male. The Monkeyman yelled “Oh, no don’t tell me we’re going to start all over again!”

3. Featured Speakers:

- **Featured Speaker #1:** Irobela Wreagh, CC, CL, gave speech number 2 from the advanced manual, Interpretive Reading-titled, “Peter at the Gate”. Irobela read the poem with vocal variety. This poem was from the book “The Best Loved Poems of the American People”-Doubleday. St. Peter saw a couple come in and the lady was tall and confident. She let Peter know that her husband swore and smoked. She was sure she could enter, and she was trying to convince St. Peter to her husband enter as well. She told St. Peter how to do his job. St. Peter ordered her to go down below. The couple was sure that the man would receive the same. St. Peter offered the husband the throne, citing that he had already had enough hell...living 30 years with his wife. Lol Great reading, Irobela!
- **Featured Speaker #2:** Shemeeka Nabea, TM, gave a speech from Project No. 10 (Inspire Your Audience) from the Competent Communications manual, titled, “Don’t quit!” Shemeeka began by reciting a poem called “Don’t Quit!”
 - When things go wrong, as they sometimes will,
 - When the road you’re trudging seems all uphill,
 - When the funds are low and the debts are high,
 - And you want to smile, but you have to sigh,
 - When care is pressing you down a bit,
 - Rest if you must, but don’t you quit.

In keeping with our meeting theme, Shemeeka then told a story about a barber friend of hers that had eye problems. She also shared that it took her 9 years to achieve her Master’s degree. She had many challenges (and had 4 births!) but she finally graduated with her Master’s degree.

She gave three important ingredients for achieving her goals: 1) Plan 2) get into Action 3) Finish. Shemeeka held up a card with a letter for each underlined letter. With the completion of this speech, Shemeeka completed her Competent Communicator Award. Congratulations to Shemeeka for not quitting.

- **Featured Speaker #3:** Sara Okuda, TM, gave speech number 8 from the Competent Communications manual titled, “Hav-a Avocado.” Her project was to get comfortable with visual aids. Sara gave a powerpoint presentation informing us about the health benefits of avocados. Avocados have anti-oxidants (helps to prevent cancer), are good for your heart and eyes and can lower your cholesterol. Sara showed a powerpoint slide with 21 different types of avocados. She gave us interesting uses; on top of pizza, with salads, pancakes and for desserts. When Sara began her speech, she gave everyone a cute Mr. Avocado stick (a cherished momento from her speech). Sara gave a great speech. She completed her task of using visual aids with flying colors.

4. Table Topics Master: Joyce Bullion, CC, CL stayed with our meeting theme and expressed some of her passion about “sight”. When she was a youngster, her blind uncle came to live with her Ohana, and the Lion’s Club also helped him get a job in City Hall at a concession stand. She helped him out. Joyce’s beloved dog is also blind, and she had an uncle who was blind in one eye. Joyce called on Mariea Vaughan to speak about what organizations have helped her with her vision challenges.

- **Speaker Number 1:** Mariea said she has visited an optometrist and has not used any help from outside organizations. We admire Mariea's passions and her tenacity.
- **Speaker Number 2:** The question for Iris Benachour, TM was "what do you do to maintain good eye health. Iris said as a child she did not do much for eye health but she now has eye check-ups once a year.

- **Speaker Number 3:** Rose Martinez, ACS, ALB was asked if she has ever volunteered with an organization that helps with people's eyesight? Rose has helped with the Lion's Club to collect old glasses from various businesses. She has done a lot of volunteer work with this over the years.

5.Evaluation Session:

- **Evaluator for Speaker #1:** Holly Holloway, ACB, ALB evaluated Irobela Wreagh, CC, CL. Holly gave kudos for Irobela's vocal variety. Irobela's project was to read the poem so that we could picture her words. Irobela's choice of this particular poem was a great decision. Her vocal variety with effective pauses made it easy for us to picture the poem.
- **Evaluator for Speaker #2:** Rose Martinez, ACS, ALB evaluated Shemeeka Nabea, TM. Shemeeka's project was to inspire, and she did it well. Her speech was relevant to the theme. She had great eye contact and connected well with the audience. Rose listed the three "I"s: **I**nspirational, **I**nnovative with props, and **I**maginative when she shared her personal experience. Her suggestion was to use more vocal variety.
- **Evaluator for Speaker #3:** Jerome Ababa, CC evaluated Sara Okuda, TM. Sara had a good pace and good capture of image. She had great visual aids and researched her topic very thoroughly. The lone suggestion was to trust her power point presentation and resist the temptation to turn around at look at the screen. He suggested that she put the computer screen in front of her during her speech.

6. Reports:

- **Timekeeper:** Tanya Mendoza, TM, gave a thorough report of everyone's time. We thank her again for her willingness to step in at the last moment to take a role.
- **Grammarian/Ah Counter:** James Fu, ACB, ALB gave a report of everyone's usage of the word-of-the day, usage of word fillers and grammar. He gave kudos to Holly for her effective pauses.
- **TMOD Closing remarks:** Lani Abrigana made her closing remarks in style. She thoroughly researched our meeting theme and told us that Costco and the Public Library collect used glasses. Tom's Shoes donates a pair of shoes to the needy when they sell them; provide eye exams for free when they sell sunglasses. Lani was a very effective emcee and told us very interesting history of World Sight Day when she first started her TMOD role.

7. General

- James Fu, ACB, ALB was our General evaluator. He began by:
 - Suggesting the functionaries (timekeeper, especially) always explain their role, even if we all already know it. There is benefit whenever we speak at a Toastmasters meeting.
 - He also suggested evaluators always try to give at least one suggestion for the speaker in order to help them grow as speakers.
 - He suggested that when a speaker concludes, we should not say "That's all! I ran out of time!" Instead, you can make a pause and say something like "Madam Toastmaster".
 - Kudos for those who arrived early to help set up the meeting room.
 - There was a very good (and fun) atmosphere at this meeting.

Announcements/Adjournment:

- James announced our upcoming Open House on October 22. We all need to invite a guest. Holly passed out 5 flyers to each person as the meeting started. James mentioned when he came down the stairs to our meeting, he saw a lady doing stretching exercises on the 5th floor, and he invited her to our meeting. If her lunch hour wasn't 11:00 to 12 noon, she would have loved to attend (she knows Rose!). He keys in on people who may show an interest and looks like they will benefit from Toastmasters. We all need to invite!
- On the KTM website, and by this weekend, James will be adding future meeting signups for the months of January to March, 2016. He mentioned that today's meeting theme was excellent and that Joyce always does a great job coming up with all the interesting meeting themes.
- Holly announced that the District 49 Fall Conference will be on Nov. 7, 2015. If you pay for the conference before October 22, the price is \$60; after that, the price goes up to \$80. This year you can pay online via "eventbrite". See the back of today's meeting agenda for all the details. Holly needs helpers for the Silent auction.
- James presented the competent communications certificate and ribbon to Shemeeka Nabea for completing her CC award today. Congratulations, Shemeeka! She has been in Toastmasters for less than one year!
- We adjourned the meeting at 1:07 pm.