

Kapolei Toastmasters (KTM)
Thursday October 22, 2015
12:00-1:00PM
Kapolei State Building
Room 577B
Theme: "Open House"
Meeting Recap
(Submitted by Joyce Bullion, CC, CL Kapolei Toastmasters)

1. Opening of Meeting:

- VP-Education Holly Holloway, ACB, ALB opened the meeting and we followed her lead in the Pledge of Allegiance.
- We had 18 people total which consisted of 5 guests and 13 Members. Holly introduced each new guest and named whose guest they were. Honored Guests were: Brian Ishimaru (Lani), Shaun Fergueson (Etsuko), Mike Oras (Irobela), Katherine Hanneman DTM and Keno'i Koli'i DTM.
- Members in attendance were: Mark, Lani, Tanya, Holly, Joyce, Rose, Etsuko, Eddie, Sara, Irobela, Mariea, Owen and newest member Cheryl Faunce.

2. Education Session:

- Holly introduced our TMOD who was Rose Martinez, ACS, ALB.
- who introduced:
- **Timekeeper:** Sara Okuda, TM, explained her role as Timekeeper in fashion.
- **Grammarian/Ah Counter/Word of the Day:** Lani Abrigana, ACB, CL explained her role as grammarian/Ah Counter. Her word of the day is "shirk".

- **Jokemaster/Inspiration:** Rose Martinez, ACS, ALB, Was our inspiration master of the day in her duo role. Rose held up a glass of water and asked how much does the glass of water weigh? If you hold it in your hand for an hour, it would begin to get heavy. If you held it all day, your hand would be numb. The glass represents your troubles. So put the glass down and let go and be happy! Thank you, Rose!

3. Featured Speakers:

- **Featured Speaker #1:** Holly Holloway, ACB, ALB gave speech from the advanced manual Better Speaker Series titled “Controlling Your Fear”. Holly’s speech was to be 10-15 minutes long and with the completion of this speech, she will earn her Advanced Communicator Silver Award. Holly began with some technical problems but soon resumed her speech and thanks to Mark Posenecker, TM was able to get her power point presentation up and running. She began by sharing her personal experience. Many years ago, she was asked to give a 45 minute speech in San Francisco before 4,000-5,000 people. She shared her anxiety with her mother and her mother advised her to be more positive. So Holly agreed she is “positive” that she was it would not work. Some of the symptoms of anxiety are light headedness, hugging the podium and shaking. She then showed us a slide of isometric exercises that could help. She learned to twiddle her thumbs, do breathing exercises, and use visualization. The conclusion is that it is normal to be nervous when asked to speak. Butterflies are beautiful creatures. Audiences do not usually notice when you make a mistake. We need to exhibit confidence-not fear. Great speech and very

appropriate for our Open House Meeting. Congratulations for achieving your ACS Award.

- **Featured Speaker #2:** Etsuko Fields, TM, gave speech number 9-project is to persuade titled “Why I chose to join Toastmasters.” Etsuko shared personal experience about years ago when she had a student visa. She had to take Speech 101 to earn English since it is her second language. She took it to maintain her visa. Since then she wondered when she moved to America if she would have any opportunities. She has taught Japanese Culture and is emcee for Japanese/English events. She is a successful realtor for Coldwell/Banker. When she talks to others about buying a house, it is similar to giving a speech. At one point, Etsuko was approached by a person who asked her if she would consider selling them a house. She responded and was so bowled over by the random request that she was tongue tied. Toastmaster’s has helped her to have more confidence in her own abilities.

4. Table Topics Master: Mark Posenecker, TM, was Table Topic Master and stayed with the Open House theme and asked:

- **Speaker #1:** Cheryl Faunce, TM, and newest TM member- “Now that you have committed yourself to be the newest Kapolei Toastmaster member, how will you use it?” Cheryl hesitated and carefully answered. Cheryl is a military wife and needs to improve her one-on-one relationships and with community. She hopes we can help her to improve in these areas.
- **Speaker #2:** Question number 2 for Mariea Vaughan was “If you were granted a do-over in life, what are two things you would do differently?” Mariea shared with us that she

likes our meetings because she loves to yak. She has recently learned to listen. She says she is prone to having tantrums. She recently killed a gecko and has killed two frogs in her life time. She asked us all to pray for her.

5.Evaluation Session:

- **Evaluator for Speaker #1:** Eddie Joseph, DTM evaluated Holly Holloway, ACS, ALB. Eddie started by suggesting that when you have technical difficulties you should “stop” and ask for help. He also encouraged her to try it out ahead of time. He gave her kudos for the content of her speech. She did a lot of research and delivered helpful suggestions for dealing with fear. He felt she exhibited too many effective pauses. He said it slows up the transition. She could have used more vocal variety. He suggested she focus on one or two people and monitor her speech based on how well they respond.
- **Evaluator for Speaker #2:** Irobela Wreagh, CC, CL evaluated Etsuko Fields, TM. Irobela mentioned how nice it is that we do not have to give speeches in consecutive order since she still needs to deliver speech number seven and eight. Etsuko felt speech number nine was a better fit. Etsuko always shows her sincerity and conviction. She captured the audience in good style. The suggestion was that she could have given more information about Toastmaster’s. Irobela added that Etsuko is worldly, poised and uses few notes. She had an effective closing.

6.Reports:

- **Timekeeper:** Sara did not shirk her responsibility and gave a thorough accounting of each person’s time.
- **Grammarian/Ah Counter:** Lani Abrigana, ACB, CL gave a thorough accounting of each person’s favorite word fillers

and grammar usage and word of the day used. Many used the word of the day but did not shirk their responsibility on their roles.

- **TMOD Closing remarks:** Rose gave her closing remarks and shared her final high-spirited words.

7. General Evaluator:

- Joyce Bullion, CC, CL gave her general evaluation of the meeting:
 - Thanked all those who pitched in and helped for this meeting to come together. Many started at 11AM.
 - We were blessed with many warmly greeted guests. It is also good to see Katherine Hannemann and Keno'i Koli'i-both DTMs.
 - Rose and Holly set an upbeat and high-spirited tone.
 - Sara and Lani did great with their roles and "shirk" was a great word-of-the day.
 - Mark thoughtfully kept us on schedule by only having two Table Topic speakers.
 - Eddie did a thorough evaluation and both evaluators gave helpful suggestions.
 - We had great audience participation and all connected well.
 - The cake and ice cream was so ono and we had lots of guests.
 - James is in Japan but before he left, he prepared most of the background "stuff". Kudos to James!
 - Suggestion was that we should have put a note on the door at Kapolei Hale's Conference Room C to direct people to Kapolei State Building-Room 577B and that we should have posted a sign at our present location.

8. Announcements/Adjournment:

- Holly Holloway, ACS, ALB asked Mark Posenecker, TM to come forward. Mark conducted a random raffle and chose a name from the guests to present a gift. He had three gifts and four guests. He gave away useful items.
- Mark Posenecker, TM, then announced that Holly would receive an award (certificate) and ribbon for achieving the Advanced Communicator Silver Award (ACS) and also announced that she has accomplished the triple crown. The triple crown means she has completed the requirements for three awards in less than one year (actually in less than 4 months). Kudos to Holly for all her hard work.
- Holly then announced the upcoming Fall Conference and speech contest on November 7. She said she is in charge of the silent auction. Price is now \$80 and well worth it.
- Meeting adjourned at 1PM