

**Kapolei Toastmasters (KTM)**  
**Thursday January 7, 2016 12:00-1:00PM**  
**Kapolei Hale Conference Room "C"**  
**Theme: "Elvis Presley Birthday"**  
**Meeting Recap**  
**(Submitted by Joyce Bullion CC, CL Kapolei Toastmasters)**

**1. Opening of Meeting:**

- VP Ed, Holly Holloway ACS. ALB opened the meeting and we followed her lead in the Pledge of Allegiance.
- We had 5 people total which consisted all Members.
- Members in attendance were: Irobela, Joyce, Holly, Lani and Cheryl

**2. Education Session:**

- Holly Holloway introduced our TMOD who was Irobela Wreagh CC, CL.  
Who introduced:
  - **Timekeeper:** Cheryl Faunce, TM was Timer and she explained her role as Timekeeper with style.
  - **Grammarian/Ah Counter/Word of the Day:**  
N/A
  - **Jokemaster/Inspiration:** Lani Abrigana, ACB, CL gave an inspirational and motivational speech. Lani mentioned that this time of the year our members slack off from attending meetings. She goes to a health club and it has only a few people there at this time of the year. Then attendance picks up and by March it falls off again because people realize that there is no "quick fix" and that it takes a great deal of effort to get the results you are looking for. Truth is nothing worth having is easy. It all takes "effort". In Toastmasters we recite the

“Member’s Pledge”. It takes a special effort to stick to it but it gets great results. She attends meetings each week to keep the momentum going.

### 3. **Featured Speakers:**

- **Featured Speaker #1:** Cheryl Faunce, TM gave speech number 2 in the Competent Communicator manual called “How to be Healthier, Happier, Smarter, Stronger and a Better Dancer”. Her goal was to organize her speech. Cheryl gave a great speech about how to be healthier. She is a Physical Therapist. Cheryl started by saying it is not a good idea to give unsolicited advice on how to be healthy. She began by talking about heart disease and advised us on ways to exercise for better health. It also helps to give you better coordination for prevention of falling and can improve depression. Cheryl suggested practical ways to exercise-such as brushing your teeth while standing on one foot. Once your health improves you can dance like Elvis. There are different levels of exercise. You can exercise 30 minutes each day five days a week and follow simple guidelines.
- **Featured Speaker #2:** Joyce Bullion, CC, CL gave speech number 2 from advanced manual “Speaking to Inform” titled “Poetic Justice”. Her goal was to inform using resources. Joyce began by showcasing her visual aid-a painting titled Poetic Justice that showed red roses and blue violets on a scale of justice. She began by asking how many have recently experienced or heard of an injustice? She explained In literature it is used to relay a moral to the story. One tries to show that good deeds bring good results and bad choices bring negative results. She

mentioned that on the program 60 Minutes recently they featured a man who had served 30 years on death row for a murder he did not commit. He was released from jail and the government owed him \$130,000. He was given \$20 to start a new life. He had to rely on family and friends and social security for income. He was ill and diagnosed with terminal cancer and only given a short time to live. Before he died, he made out a will in which he left the amount owed him to his grandchildren if they ever paid it. Where is the justice? In Toastmasters we hear many stories that display poetic justice. Rocky Davis was owed money by a man. That man threw an IUD into Rocky's house and blew it up with him in it. In Rocky's dismay he heard a still small voice assure him that he had a higher purpose in life. Rocky had many painful skin grafts and today is an inspirational speaker and serves as best he can. His life is filled with purpose and mission. She ended with "Does your life showcase poetic justice?"

- **Featured Speaker Number 3:** Holly Holloway ACS, ALB gave speech number 3 from advanced manual "Story Telling" titled "Where is the Cheese?" Holly began by defining what cheese refers to. Cheese refers to the things that make you happy. She then shared personal experience from 15 years ago when she was laid off from Texas Instruments. An executive had ordered too many computer chips and that led to massive layoffs. She and Joyce were both laid off. They had planned to move to Hawaii that year and feared they could not do it now. Holly asked "Where is my cheese?" It turned out that they received three months regular pay and were able to travel to visit Joyce's father who was dying in Michigan. They both got part-time jobs with a company that also had an

office in Hawaii and were able to move to Hawaii and take it as a deduction. Holly's assignment was to tell a story that had a moral to it and as it ended we knew she found her cheese again.

**4. Table Topics Master:** Sara Okuda, TM, was the original Table Topic Master but had to work at the last minute so she messaged us with the information she was going to use. Irobela delivered Sara's Table Topics in high style.

- Speaker #1: Holly was called on and asked "What instrument did you play as a child?" Elvis got a guitar when he was 11 years old. Holly said when she was in the fifth grade she wanted a good drum set but her folks could not afford it so they bought her a violin. She had many years of private lessons.
- Speaker #2: Next question from Sara/Irobela was there is a restaurant called Mac 24/7 bar and restaurant that serves the "Elvis Pancakes" which have bacon and bananas in them with a peanut butter drizzle. Lani was called to share how she would serve her favorite pancakes. Lani shared she likes Belgium waffles with whipped cream and strawberries. She also likes pancakes made with corn meal.
- Speaker #3: Joyce answered question number 3 which was "What was your favorite Elvis song?" He sang 500 songs in his life and some were Gospels. Joyce answered that she really did not like Elvis because she preferred Folk Music with Joan Baez etc. Her parents did not like Elvis so she played his songs and turned up the volume. Her favorite was "Blue Suede Shoes". Her brother had a curl in the middle of his forehead and bought a pair of blue suede shoes and sang along with Elvis. It really irritated her parents....

## 5.Evaluation Session:

- **Evaluator for Speaker #1:** Joyce Bullion, CC, CL evaluated Cheryl. Joyce stood on one foot while she spoke and said she connected well to the speech because she has heart problems. She loved the information presented and thought the speech was well organized and helpful. She does not like to ask questions of health workers but is interested in hearing solutions. Suggestions were that she speak a little slower and use pauses and use fewer notes.
- **Evaluator for Speaker #2:** We did a group evaluation for Joyce's speech. One person said it was inspirational and informational. Another said it was that I stated the resources clearly-60 Minutes and Rocky's speech. It was suggested she use fewer notes and practice more. Another said she really liked the artistic visual aid.
- **Evaluator for Speaker #3:** We did a group evaluation for Holly's speech. She had all positive comments. One said she liked the effective pauses and sharing of personal experience. It is impressive that she uses no notes. Two agreed that her speech was well crafted and interesting.

## 6.Reports:

- **Timekeeper:** Cheryl filled two roles today and did excellent and was thorough. One person was under the time and a couple went slightly over.
- **Grammarian/Ah Counter:** N.A
- **TMOD Closing remarks:** Irobela was an excellent Emcee and outdid herself in many ways. She researched and gave many personal details about Elvis that were new to me-like he had a twin that was born still birth and he was poor. She sang many of Elvis' songs in between speakers. Irobela stayed on schedule even though we did not have all roles

filled. She was entertaining and filled two roles and was a charming Table Topic Master.

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

- Lani Abrigana, ACB, CL filled two roles plus spoke to Table Topics. She gave the following comments:
  - The signs were posted on the doors.
  - Even though there were so few people, the room was set up ahead of time
  - The speakers were effective and interesting.
  - The roles were almost all filled even though there were only five of us.
  - The meeting was well organized.
  - She mentioned that Irobela out did herself and was great.
  - She thanked Holly! Holly filled 2 roles today.

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

- Holly announced the upcoming Officers Training and Educational Module on Saturday January 9 at UH Manoa from 9AM-3PM.
- Meeting adjourned at 12:58PM.