

Kapolei Toastmasters (KTM)
Thursday February 11, 2016
12:00-1:00PM
Kapolei Hale Conference Room "C"
Theme: "National Shut-In Visitation Day"
Meeting Recap
(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 13 people total which consisted of 11 Members and 2 guests.
- Members in attendance were: James, Joyce, Holly, Lani, Tanya, Kiku, Sara, Maria, Christina, Rose, and Cheryl. Honored guests were Robby Loo and Christie Garcia.

2. Education Session:

- James was also our TMOD.
- Who introduced:
- **Timekeeper:** Christina Pascual, TM was our Timekeeper. It was so good to see Christina return and to take on a role. She explained her role as Timekeeper.
- **Grammarian/Ah Counter/Word of the Day:** Lani Abrigana, ACB, CL volunteered to be our Grammarian/Ah Counter. She did it in style. Her word of the day was Peccadillo. It is a noun which means petty offense or misdemeanor.

3. **Jokemaster/Inspiration:** Rose Martinez, ACS, ALB told a cute joke about a C E O who had asked an uprising office manager to write him a 20 minute speech. The manager wrote a 20 minute speech for his C E O. When the C E O gave the speech in front of his shareholders, it was one hour long. Many of the shareholders left the meeting early. The C E O came back to the office manager and gave him “WHAT FOR?” and said I told you to write a 20 minute speech, and you gave me an hour speech. The office manager said I wrote you a 20 minute speech and gave you 2 extra copies. So you read the speech three times...

4. **Featured Speakers:**

- **Featured Speaker #1:** Kiku Rees, TM gave speech number 2 in the Competent Communicator manual with project to organize her speech. The title of her speech was “I Love Yoga”. Kiku began by giving us a little history of Yoga. Yoga has been around for over 5,000 years. She said Yoga helps with breathing and meditation. Her favorite pose is Dead body pose aka chabasa. It helps you to relax. You can feel every cell in your body. It helps your mind and body to communicate with each other.

- **Featured Speaker #2:** Tanya Mendoza, CC, gave speech number 2 from “The Entertaining Speaker” titled “You’re a Badass”. Tanya’s project was Resources for entertainment. She started by asking us “Are you a Badass?” She then brought out a book titled “You Are a Badass” by Jen Sincero. Tanya went on to explain how we are fed bad tapes most of our lives which create illusions from our subconscious. Our conscious minds think they are in control. We need to grow daily as we age. She gave six steps to plant seeds for growth:
 - 1. Appreciate how special we are.

- 2. Do what you love.
- 3. Let in the Love.
- 4. Never compare yourself to others.
- 5. Forgive self
- 6. Love self

She added and concluded with suggesting we give compliments to others.

- **Featured Speaker #3:** Joyce Bullion CC, CL gave speech Number 1 from The Entertaining Speaker titled “The Impossible Dream”. Her project was to share personal experience in an entertaining way. She chose to entertain via inspiration and started by asking how many people have had a dream that would knock your socks off? How many have achieved it? A few hands went up. She then began to tell of all the miracles that occurred to enable her heart’s desire of moving to Hawaii. In 1991 she and Holly made their second trip to Hawaii and loved it so much they decided to make a ten year plan to move there. She shared 6 miracles that knocked her socks off. They had repeated the Prayer of Jabez every day and ended with “If it be Thy will!” They both had many challenges including job loss and ill father. The miracles outweighed the challenges and even though they knew no one in Hawaii, they moved on December 28, 2001. The miracles continued after they arrived. She concluded her speech by showing a before and after picture of the two of them. The after picture showed them with missing teeth but with huge smiles. Her point was that the aging process continues. When you achieve your heart’s desire, it is an inside job-inner happiness. She shared how the opportunity of living in a senior citizen village helps to provide opportunities for “service”-like visiting shut-ins.

She ended with even though they have done some “no-nos”, they have been peccadillos.

4. Table Topics Master: Holly Holloway, ACS, ALB was Table Topic Master. She stayed with today’s theme.

- **Speaker #1:** Sara Okuda, TM was asked if she has ever volunteered to deliver meals on wheels on Thanksgiving or Christmas? Sara has not, but she has done a lot of volunteer work by sorting through the food collected by mailmen on special days. She donates to Lanakila Meals on wheels.
- **Speaker #2:** Maria Vaughan, CTM was asked if she had been confined and if so how did she deal with it? One time Maria had a sprained ankle and had crutches. She also has visual impairment and cannot drive but she travels by bus. She gets frustrated by her limitations at times.
- **Speaker #3:** Cheryl Faunce, TM was asked What action would you take to help shut-ins? Cheryl does home health care and has had many opportunities to help people. She shared one opportunity in particular.

5. Evaluation Session:

- **Evaluator for Speaker #1:** The Kapolei Toastmaster’s group evaluated Kiku’s speech. Many compliments were given. Kiku did well to organize the beginning, body, and Conclusion. Another said Kiku spoke slowly and though she has an accent, we understood every word. Another said her speech was well written and rehearsed well. Another said Kiku did well to define Yoga and tell why she loved it

- **Evaluator for Speaker #2:** Rose Martinez, ACS, ALB evaluated Tanya Mendoza, TM. Rose mentioned that Tanya used good body language and engaged the audience well. Rose said Tanya's speech was empowering, entertaining and encouraging. Rose suggested she use personal stories next time.
- **Evaluator for Speaker #3:** Lani Abrigana ACB, CL evaluated Joyce Bullion, CC, CL. Lani said the speech was well thought out and organized. The speech was in chronological order. She spoke of miracles and had a great opening. She effectively described many little stories. Perfect timing and miracles reinforced the ending. Living in a senior residence helps to be able to serve more people. Suggestion for improvement would be to choose a more entertaining topic next time.

6.Reports:

- **Timekeeper:** Christina gave a thorough report of everyone's time.
- **Grammarian/Ah Counter:** Lani gave a thorough report of word fillers, grammar and use of word-of-the day.
- **TMOD Closing remarks:** James gave his final remarks.

7. General Evaluator:

- Joyce Bullion, CC, CL gave her report:
 - She got there at 11:25 AM and the entire room was set up and signs posted.
 - Guests were warmly greeted and properly introduced.
 - The President/TMOD set a great tone. He expounded on today's theme.
 - Christina was a great Timekeeper. It was great to see her.

- Lani was great as usual as Grammarian/Ah Counter. She chose a great word-of-the-day. I never heard of Peccadillo. It's a great word to put into my vocabulary.
- Holly was great as Table Topic Master. She stayed with the theme and asked good questions. Table Topic volunteers gave good answers.
- Speakers were smooth in their delivery and evaluators gave positive comments and good suggestions for improvement.
- Our club goal is to have 10 members at each meeting and at least one guest. We had 11 members and 2 guests. She said she would love to see more of that.

8. Announcements/Adjournment:

- James announced:
 - Looking for a chair person for the Spring Membership Drive.
 - Also, looking for a chair person for the Spring Open House.
 - Six month membership dues are due by the end of March, 2016. To renew, please pay Sara \$40.50 . We accept Cash and Checks made to order of Toastmasters International.
 - Holly announced as Area Director, she needs a person to do registration for March 12 Area Contest at Central Pacific Bank Training Room-4th Floor at 225 Queen St by 12:30 PM.
 - Owen Tamamoto ACB, ALB will be in the International Speech Contest on March 12. Come out and support him.
 - The meeting adjourned at 1 PM.