

**Kapolei Toastmasters (KTM)**  
**Thursday March 10**  
**12:00-1:00 PM**  
**Kapolei Hale, Conference Room "C"**  
**Theme: "National Nutrition Month"**  
**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 11 people total which consisted of 10 members and 1 honored guest.
- Members in attendance were: Christina, Lani, Owen, Eddie. Sara, Joyce, Holly, Mariea, James and Rose.  
Honored guest was: Serafina Ranada (invited by James Fu)

**2. Education Session:**

- James introduced himself also as our TMOD.  
Who introduced:
  - **Timekeeper:** Christina Pascual, TM was a last minute volunteer for this important role. She described her role.

**Grammarian/Ah Counter/Word of the Day:** We had no Grammarian/Ah Counter but had a volunteer bring a word of the day which was "Nutriment"-a noun which means nutritional. Sample use was: Beans provide lots of nutriment.

**3. Jokemaster/Inspiration:**

- Lani Abrigana, ACB, CL was our Jokemaster/Inspiration person and stayed with the Theme: National Nutrition Month. She showed 2 short celery stalks and told a very interesting story of how the two pieces of celery took a walk together one day. One celery was accidentally struck by a car and the other called 911. The celery was

transported to the hospital and had surgery. When that celery's friend inquired as to how well his friend was doing, the doctor responded with, "I have good and bad news. First the good news is that your friend will live but the bad news is that he will be a vegetable for the rest of his life."

#### **4. Featured Speakers:**

- **Featured Speaker #1:** Mariea Vaughan, CTM was our first speaker. Mariea delivered her speech from Project Number 1 from Speaking to Inform advanced Manual titled, "You Can Have Your Cake and Diet Too". She opened by singing a song about "Sugar in the morning...." Mariea shared with us that in 2006 she was diagnosed as a borderline diabetic. She received assistance and at the end of 2006, she lost 10 pounds. She always exercises and stays on a low carb diet. She does aerobic exercises twice weekly and makes an intentional effort to improve her diet. She gave a handout to each person-which showed healthy glycemic foods. She eats yogurt and fruit for breakfast and counts her carbs! Mariea is very passionate about her food regime and results as she ages. Great speech Mariea!
- **Featured Speaker #2:** Holly Holloway, ACS, ALB titled "I Have Two Moms". Holly spoke from the advanced manual, "Speaking to Inform" Project 5: The abstract Concept. Holly was to give a speech on a controversial topic. Many states have legislated that only a man and woman type relationship can adopt children and they say that a relationship in which there are two of the same sex cannot adopt. Holly talked about two women of the same sex having 3 daughters and because of the law, the children could` only show the one parent that gave birth to the child. The law forbids showing parents of same sex. Holly also shared about a young lady who was abused by her

father and placed in foster care by a Methodist Minister and his wife, and how he sexually abused the 3 girls in his foster care. Holly talked about an article in the newspaper which said that the U S Supreme Court ruled that if gay adoption is legal in the state in which you live and you move to a state where it is not legal, that state must abide by the law as if it were legal. She closed with: “A child needs a loving family whether gay, heterosexual or lesbian. Being gay is not detrimental to raising children.”

- **Featured Speaker #3:** Rose Martinez, ACS, ALB gave a speech from The Entertaining Speaker advanced manual. It was titled “How to Become a Perfect Grandma”. Rose opened with a question. She asked how many in the room are grandparents? She loves being a Grandma because you can return the child to their parents when you get tired of them. Rose’s grandson lives in Washington State, and this past year, she spent 8 months in Washington babysitting him. He is 18 months old. He has severe allergies, and Rose cannot wear perfume or make-up when she is near him. She treasures the time she spends with him and feels his allergies are not so bad when he visits Hawaii.

**5.Table Topics Master:** Lani Abrigana, ACB, CL was our Table Topic Master. She stayed with the theme and explained the importance of Table Topics.

- **Speaker #1:** Sara Okuda, TM question was: “One half of our plate should consist of fruits and veggies and one half grains and protein. How close or how far do you follow that regime? Sara said sometimes she eats healthier than others. Sometimes she snacks on fruit. As she ages, she gets healthier all the time.
- **Speaker #2:** Joyce Bullion, CC, CL question was: “Breakfast is the most important meal of the day. Do you eat breakfast every morning?” Joyce shared that she does eat breakfast every morning-sometimes only a package of

peanut butter crackers and sometimes more. She loves breakfast. She talked about going to Napoleon's Bakery this morning to buy a small birthday cake for a neighbor and was tempted by donuts. Donuts called her name out and it was too much to resist.

- **Speaker #3:** Honored guest, Serafina Ranata question was: if you were to die tomorrow, what would your favorite last meal be? Serafina said her favorite meal would be Adobo chicken and Bibiginka for dessert.

#### **6.Evaluation Session:**

- **Evaluator for Speaker #1:** Owen Tamamoto. ACB, ALB evaluated Mariea Vaughan, CTM. Owen sang Mariea's song "Sugar in the Morning...". Owen gave kudos to Mariea for 3 assets: Sincerity, Sincerity and Sincerity. Suggestions were for Mariea to "Breathe", she needs to use better eye contact even though she is visually impaired and lastly that she consider her use hand gestures as too many gestures can minimize its benefits. He told her it was a great speech!
- **Evaluator for Speaker #2:** The group did an evaluation for Holly. One person said she chose a gutsy controversial abstract concept. This speech completes her award for ACG. She filled in for another speaker and delivered it clearly. Another person said Holly has improved with her hand movements and pacing. She does well to have no notes. Another person said it was the best speech Holly has ever delivered.

**Evaluator for Speaker #3:** Eddie Joseph, DTM evaluated Rose Martinez, ACS, ALB. Eddie started by saying Rose has an established presence. He said we should not design our speeches to be presented at Kapolei Toastmasters but we should design it to fit an unknown audience. He suggested she practice in front of an audio/visual and then review it. That is a good way to cut down on nervousness and helps to practice hand gestures. He said it was a good speech!

## **7. Reports:**

- **Timekeeper:** Christina gave a thorough report of each person's time. We appreciate her willingness to always help out.
- **Grammarian/Ah Counter:** The word of the day was used by at least one person.
- **TMOD Closing remarks:** James made his closing comments.

## **8. General Evaluator:**

- Joyce Bullion, CC, CL was pressed for time so she quickly delivered her report:
  - The room was set-up by 11:45AM.
  - Our honored guest was warmly greeted.
  - James was a great TMOD and researched the Theme well and set a good tone.
  - Word of the Day was a great vocabulary builder.
  - Table Topics questions were interesting and well delivered with good responses by the speakers.
  - The Evaluators gave helpful suggestions and kudos that were well deserved.
  - A troubling fact was that the Security person said we had three guests last week with work badges on and we did not meet.

## **9. Announcements/Adjournment:**

- James announced that we will be considering changing our meeting time to 11:45-12:45 since a lot of employees in the building go to lunch at that time. He asked us to think about it.
- Holly announced Next meeting is March 24 and it is our Open House. We need a chairperson for the Open House. We will have cake and ice cream. She announced our speakers are Rose Kirland, Princes and James will do a funny speech. Come and laugh! Bring a guest!
- Holly announced the Area Speech contest on Saturday March 12 at Central Pacific Training Room at 225 Queen St.-4<sup>th</sup> floor.

Owen Tamamoto, ACB, ALB is our KTM contestant for the International Speech Contest. Please come out and support Owen. Park in building for \$5. Holly is looking for a ballot counter for this contest.

- Holly announced that she needed the spreadsheet that had been passed around.
- Meeting adjourned about 1:05PM