

Kapolei Toastmasters (KTM)
Thursday, September 22, 2016
12:00-1:00PM

Kapolei Hale Conference Room "B"

Theme: "First Day of Fall"

Abbreviated Meeting Recap

(By Owen Tamamoto, ACB ALB VP of Public Relations, Kapolei
Toastmasters)

1. Attendance:

- Members: Holly Holloway, Etsuko Fields, Irobela Wreagh, Eddie Joseph, Kikuko Rees, Frank De Gracia, Rose Martinez, Lani Abrigana, Sara Okuda, Micaela Burney, Mariea Vaughn, Owen Tamamoto, Joyce Bullion
- Guests: Brandi Brickler, Drake Rees, Stan Jones

2. TMOD: Etsuko Fields, CC.

3. Timekeeper: Irobela Wreagh, CC, CL.

4. Grammarian/Ah Counter/Word of the Day: Holly Holloway,
DTM Word of the Day: "Equinox".

5. Jokemaster/Inspiration: Owen Tamamoto, ACB, ALB

6. Speakers:

- #1: Eddie Joseph, DTM "Who You Going to Call?",
Competent Communicator Manual, Project #8

Eddie was struck by an SUV as he was crossing the street near MacDonalds. The first words out of his mouth: "God, Please Help Me! Jesus, Please Help Me!" He knew that God could assuage the fury of the flame he felt inside of him and give him the strength to endure.

The driver who hit him tried to help: “Sir, is there anything that I can do for you?”

“Pray for me”, Eddie said. Eddie was taken to Pali Momi, where his broken ankle was set and treated (8 screws and 14 staples). It was an accident, and Eddie harbored no malice toward the driver. He was thankful for all the good doctors and nurses that attended him, the Coast Guard Emergency Medical Specialists who helped him as he lay in the crosswalk, all his friends and relatives who expressed their concern and offered their help, and especially his wife, who cared for him so much...sometimes toooo much!

If you ever fall upon difficult times or circumstances, don't harbor anger. Be thankful and remember who your master is. Always look for the good. It will help you to heal and move on.

- #2: Kikuko Rees, TM. “My Olympic Experience”, Competent Communicator Manual, Project #4

Kiku enjoyed watching the Rio Olympics on television. The athletic contests were powerful and strong. They left a deep impression on her. Most exciting was men's table tennis, even though she is not a big fan of table tennis. A Japanese player won a bronze medal. In his final match against a Chinese player, he never gave up mentally even though he was 5-6 points behind. He showed great guts by constantly trying, and came from behind to win. He did not win the gold medal, but the match will be remembered for a long time

Kiku also enjoyed watching the Japanese female wrestlers. Two wrestlers, Yoshida and Ito, had won the gold medal over the last three Olympics. At Rio, Ito won again and became a 4-time gold medalist. Yoshida, though was pitted against a much younger American wrestler. The American wrestler looked up to Yoshida as her role model. The American dreamed of becoming a wrestler like Yoshida. The American won. Although Yoshida did not win the gold, both wrestlers hugged each other after their final match. Kiku cried as she

saw the beautiful scene of mutual respect between Yoshida and the American wrestler.

The next Olympics will be in Tokyo, Kiku's home town. She hopes to go there in person.

- #3: Frank De Gracia, TM, "Overcoming Cyber Bullying", Competent Communicator Manual, Project #4

Frank grew up in Waipahu and attended August Ahrens Elementary School. He was short and scrawny and he was bullied. One day another kid punched him on the arm. The kid wanted Frank's money, shirt, and backpack. That was Frank's first experience with bullying. Another time, as he was doing cafeteria duty, a kid pushed him against the wall and wanted his money. On other occasions he was called stupid, stink, short, dumb, all sorts of crazy names.

Every year, over 1500 junior high and middle school kids decide to end their lives. Bullycide.

Frank experienced it. He does something about it. Nowadays, Frank gives talks at schools about bullying. Recently, he spoke at an assembly of 1000 kids at Ilima Intermediate. After his talk, one of the kids told Frank about a cyber bullying experience. The kid walked to school at Ilima one day and it looked like other kids were looking at him pointing at him, and giggling. The kid turned a corner and more kids were doing the same thing. It seemed like all the other groups of kids were pointing at him, giggling. He wondered why. Later, one of the kids told him that they had a photo of him in the locker room, naked.

Frank's advice to stop cyber bullying:

- a. Stop it. Don't retaliate.
- b. Save it. Keep the photo, don't delete it.
- c. Show it. Show it to a responsible adult.

7. Table Topics Master: Rose Martinez, DTM.

Consistent with the theme of the meeting, Rose's topics had to do with the changes of seasons in Hawai'i. Micaela Burney TM, and honored guest Brandi Brickler bravely volunteered to speak on the spot.

8. Evaluators

- #1: Lani Abridana, ACB, CL evaluated Eddie's speech.

Lani's main advice: pick a different speech project for the speech that was given and watch your "so"s and "and"s. Lani mentioned that Eddie used good hand gestures; his speech was inspirational and he spoke very clearly.

- #2: Sara Okuda, TM evaluated Kiku's speech

Sara's main advice: Don't need to apologize, just continue on. And use more body language. The message was to "never give up". The topic had universal interest and Kiku used very descriptive words.

- #3: Owen Tamamoto, ACB, ALB evaluated Frank's speech

Owen's main advice: Use more emotion and tell your painful experiences in the present tense so we can experience the painful moments with you. Frank used short simple words and helped us to "see" the situation.

9. Reports:

- Timekeeper: Irobela Wreagh, CC, CL
- Grammarian/Ah Counter: Holly Holloway, DTM

10. General Evaluator: Joyce Bullion, CC, CL mentioned it was a great meeting with wonderful speeches and helpful and confirming evaluations. The Table Topics were based on our theme and the speakers were on their game. We ran out of time and went over a little.

11. Announcements: Holly Holloway

- Be sure to attend the Area Contest this Saturday, September 24. Also, sign up for the District 49 Fall Conference!
- Division B Speech Contest is October 8 at 9:30AM
registration-Central Pacific Bank Training Room-4th floor
225 Queen Street. Park=\$5
- Fall Conference October 28 5:15PM and 29th, at 7:15AM
Hilton Hawaiian Village. Great speakers, awards given and
exciting contests. Ono Food!