

The Nerve of Public Speaking By Lindsey Rego

Diamond Head
Clubhouse
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Table of Contents

The Nerve of Public Speaking	1
<i>Mahalo to Hale O Honolulu</i>	2
<i>Kitchen Unit Update</i>	3
<i>Business Unit Update</i>	3
<i>Birthdays</i>	3
<i>Monthly Wordsearch/ Sudoku</i>	4

Clubhouse Guarantees Its Members:

- The right of a place to come to*
- A right to meaningful relationships*
- A right to meaningful work*
- And a place to return to*

I hope everyone has the chance to say at least one speech in his/her lifetime in front of an audience. I was honored to talk in front of my new friends and peers at the DHCH. The subject was education at the E & E dinner where a beautifully cooked roast-pork was being served. Preparation for my first speech in over twenty years helped me overcome obstacles that could have hindered my performance.

I have heard it many times that people have a fear of public speaking. Who doesn't? And then, why are there so many terrific orators giving talks every day? I pondered that thought along with others as to whether or not I would be able to function in a leadership position. Would I allow being scared, butterflies in my stomach, or a dry mouth stop me from participating and sharing a topic which consisted half my lifetime. My rational mindset was I could do this because I talk all the time, my speech was in English, so it should not be so hard. Well, I was wrong. But I had my mind made-up and was determined to make it work no matter the outcome.

Everyone is different and so are their coping mechanisms toward stress/ anxiety leading up to the DAY. Mine was a type of shutdown where I would get real tired some days so to not allow the ramifications of the speech into my head. That coping technique helped me to relax but I couldn't work in my sleep! Instead, I used another strategy. Work when I was alert and fresh for as long as I wanted (no pressure), then take a break. That thinking process actually was the positive mindset I needed. There I was at 6 a.m. getting my notes written on the

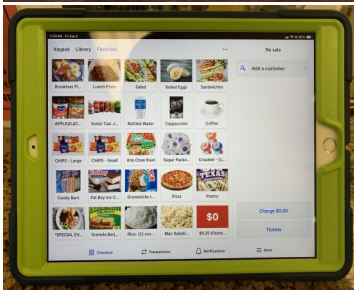


computer. No rushing, no pressure, and very little stress. My speech was getting done, and I was feeling good about accomplishing it. Consequently, I was able to complete my goal using a positive attitude which dispelled thoughts of failure and helplessness. Most importantly, I felt good sharing information on my past education that could possibly help those attending at the Club House. Thank you.

Diamond Head Clubhouse News



Big Mahalo to Hale O Honolulu Clubhouse!!!



Tony M.: We had an awesome time. The people there are wonderful, so is the food. It was nice to converse with the members of Hale O' Honolulu Clubhouse.

Marie L.C.: I really enjoyed the visit to Hale O' Honolulu. The members and staff gave us a warm welcome. I learned a lot of things about the Square app.

Squirrel MSC: It was good for me to visit Hale O' Honolulu. I got to see how they operate their clubhouse. I liked learning how their clerical unit operated and how different it is from our clubhouse. I also enjoyed doing a little trouble-shooting..

Esther J.: It was awesome visiting my old stomping grounds, seeing familiar faces and meeting new members and staff. It was also exciting seeing all the changes, love the pavilion in courtyard, Square in snack shop, very large TV, Canva presentation & more. I see you've changed from a weekly to a monthly menu and added several new salads to the menu. Thank you for the quality time you spent with us. The members have spoken so highly of you and loved their visit!

Zach T.: I had a wonderful time during the tour at Hale O' Honolulu CH. The tour was a great experience there and the members, and even the staff were very friendly. The salmon lunch plate was terrific! Their sauce was very tasty and the blueberry bread was also enjoyable. Even though, their work-ordered day operation was kind of different from ours, I still found it very much interesting.

Jason M.: Wow! I was very impressed with your folks clubhouse, from the finances to your donations, to the kitchen and the business unit, everything was so well thought out, organized and executed well. There were many ideas that blew me away. I especially liked the Square set-up you guys have in place for your kitchen and store purchases, that was really neat. Hopefully we will be able to implement this back at our clubhouse. Mahalo for everything, we really enjoyed our time with you guys!

Kendall H: After visiting Clubhouse Honolulu, my heart felt full and I left truly inspired from everyone's kindness. I especially enjoyed the lunch, collaborating on problem-solving, and the unit meeting activity of thinking about a favorite memory. I truly appreciate the opportunity to visit. Thank you!!!!



Diamond Head Clubhouse



Kitchen Unit

By: Sandra

We have our Morning meeting then we go to the Unit and choose what job we will do. Members prepare breakfast and lunch. The menu always turns out good and members enjoy the meals. Wednesday at 3:00 we do Wellness Meeting. We have Wiki Workout. On Monday, Tuesday, Thursday and Friday. Our work order day is in the morning and afternoon. Our Kitchen Unit has a store where we buy snacks and drinks. We also have meal tickets and members use it to purchase for lunch or snacks and drinks.



September Birthdays



**Eileen
Dean
Frederick
David Ca
Tricia
Alexander
Wesley**

Business Unit Update

By: Esther



One of the nicest things I have seen in the Biz Unit is watching members share their favorite tasks with other members. They have also taken leadership roles in inviting and encouraging new members to learn new skills whether it's using excel or power point or answering the phones, etc... It is clubhouse at it's best and being a part of this, definitely makes this a very rewarding place to work. It's fun to see someone who was shy and hesitant, take on something new. I hope it's because they feel it's a safe place to learn. Learning new things help build confidence and while working together we can naturally build those relationships and discover so many wonderful and interesting things about each other. Thank you to our Biz Unit Members. I feel honored to work alongside you!!!!





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September Word Search

X S U A S O Z D M W C R A Y O N S H T Q
 B L U L C V T W I N T O W E R S K R N J
 F S C B T B R Q L J Z K O A M C P H Q L
 O L E J S E A X B A S T U D E N T S N U
 O G M P O T V R Q A B C E F E Q M M R N
 T H O P T B I N B E I O P E N C I L S I
 B L J Z Q E A T Y E R P A J D M D U T T N
 A G U V I C M C U J Q A J D M D U T T N
 L S N N N X L B K T R U S N A Z R E R S
 L F P G C H N A E P E P E E S Y S X P F
 T A I P D H W N S R A T F J R G E T R D
 E I C R L Z T B O S E C E G L S S B I O
 A R N S E U E I Q T R L K A W A Q O N C
 C W I C C M M S M U E O E Z C W V O C T
 H A C H H A B Z E G B O V Z H R K I O
 E G R O I L Q N E S U R O M E A E T P R
 R E H O P L G B R R S N A O J N C R A S
 S S Q L S Y G K A S I E D K X E S L R
 T U I T I O N H O T D O G S E Z S C Y S
 K V L I H A M B U R G E R J A S S M Z F

SUBSTITUTE TEACHER			SEPTEMBER ELEVEN		
TWIN TOWERS	FAIR WAGES	PRINCIPAL			
HAMBURGER	LUNCH TIME	BARBEQUE			
CLASSROOM	LABOR DAY	NOTEBOOK			
TEXTBOOK	FOOTBALL	STUDENTS			
BACKPACK	ERASERS	HOTDOGS			
DOCTORS	PLUMBERS	FIREMAN			
PENCILS	TUITION	CRAYONS			
GRADES	TEACHERS	UNIONS			
PICNIC	RECESS	NURSES			

Sudoku

4		1	2	9		7	5
2			3		8		
	7			8			6
			1	3		6	2
1		5			4		3
7	3		6	8			
6				2		3	
		7			1		4
8	9			6	5	1	7