



FORUM LIFE

July 2022

HAVE YOU HEARD OF E-FORUM?

E-Forum is our online community where members come together once a month to learn strategies for speech writing, confidence building and speaking well in front of others.

Forum members past and present are welcome to attend, as well as those who have not yet experienced what Forum has to offer, but would like to 'dip their toe in the water' without leaving the comfort of their own home.

Current Forum members who attend their own Forum's 'Face to Face' meetings find that the extra learning and speech opportunities that E-Forum provide are of great benefit and they also enjoy the opportunity to meet up with members from other Forums, which would otherwise not be possible due to the travel involved.

Newcomers who are not already Forum members are welcome to join in for a couple of meetings to see how much benefit and enjoyment can be gained from the varied program we offer.

Every meeting has a plethora of information, with our learning segments this year covering such things as *Overcoming Nerves*, *Developing Confident Body Language*, *Presenting Well on Zoom*, *How to Construct a Great Speech* plus many other topics.

Forum has been mentoring great speakers and confident leaders for over 80 years and now that E-Forum can bring this wonderful resource into **your** home, we invite you to join us and take the first step towards a 'new confident you'.

Want to know more? Contact: forum@beconfident.org.au

**DO SOMETHING TODAY
THAT YOUR FUTURE SELF WILL THANK YOU FOR!**

HAPPY 60TH BIRTHDAY CHERMSIDE FORUM

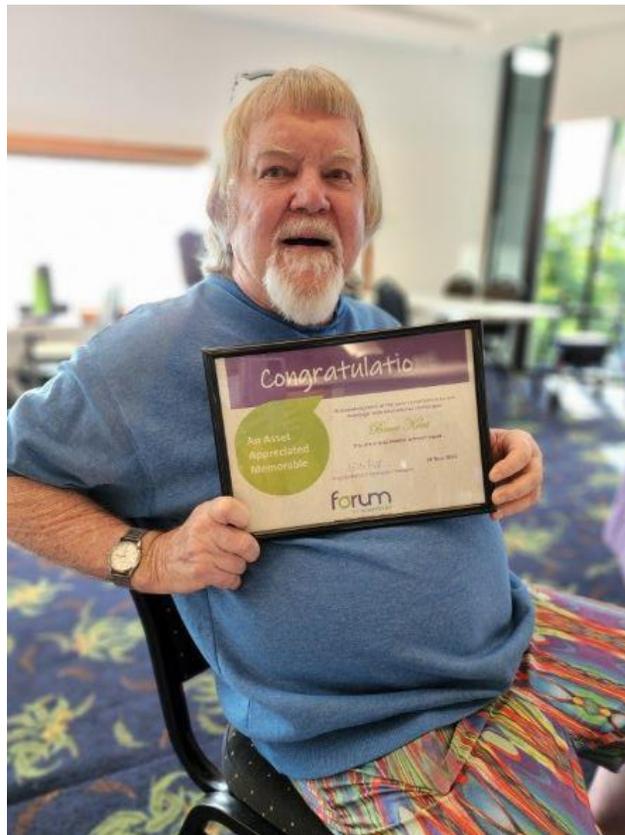
Chermside Forum celebrated their 60th birthday in May and what a wonderful celebration it was! It was obvious to everyone who attended that a lot of time and effort had gone in to planning this milestone, which really was an outstanding success. Merle Henderson and Joy Mann (pictured right) who have been members of Chermside Forum for 45 and 52 years, respectively, entertained us with a skit called 'Keeping Up Appearances', in which they shared their recollections of Forum in the days of old, when women had to dress appropriately (as they are in the photo) and were referred to by their husband's first names instead of their own. Stockings were a must back then, trousers were a definite no-no, and hats and gloves were encouraged! Merle and Joy were very entertaining and their memories were thought provoking, reminding us all just how much our society has changed in the last 60 years.



Marian Reynolds, who has been a Chermside member for 53 years, also reminisced about her years of Forum membership and kept us all entertained with her witty recollections. Margaret Townsley, Barbara Mills (pictured left) and Kath Bertrand also spoke beautifully on the day. Special acknowledgement was also made to long-term members Maureen Whitehead (who joined Forum in 1991) and Frances Clark (Chermside member since 1964) for their wonderful contribution to Forum over many years, they are true DIAMONDS.

HAPPY 60TH BIRTHDAY CHERMSIDE FORUM

Of course, no birthday is complete without a cake, and we were fortunate to have Forum's State President, Anna Bowman, on hand to assist Chermside President, Reg Bertrand, with the important task of cutting the cake.



Bruce Kent (pictured left), who is known as Chermside's 'Quiz Master Without Equal', challenged everyone with a word quiz to finish off the day. Bruce was also presented with a Certificate of Appreciation from the members of Chermside Forum for introducing his quiz to them. In fact, they enjoy it so much, it is now a regular feature of their meetings.

LOOKING BACK

- *The first Procedure Meeting "Procedure for Forum Occasions" took place on 15th October 1947*
- *Reading a speech was "not done" in 1962 as it lessens the vitality of the speech.*
- *In May 1967 the New Forums' Officer was reimbursed \$67, this being the cost of her airfare to and from Mt Isa - which would cost \$900 today!*
- *At the November Dais meeting of 1967 it was moved that "Mrs. Carson Cooling be reimbursed for the cost of hiring a typewriter for typing stencils for the newsletter, this to apply in the case of each issue".*
- *Club 36, Lautoka, Fiji was looking forward to their first Forum Christmas celebration in 1966. Husbands and friends were invited and an exciting night was planned in the form of a moonlight cruise. During the late afternoon, the sea became unsettled and by departure time it was a rough and angry sea. To the bitter disappointment of members and guests, the trip was cancelled.*

FEATURED MEMBER

Peter Clem – Bremer Forum

I have been retired now for two years after working as a Groundkeeper at the Bundamba (Ipswich) T.A.F.E. for over 26 years. I am certainly enjoying retirement as it gives me lots more time for my main two hobbies of gardening and music. I play the pipe organ at Ipswich City Uniting Church regularly and play the piano for services there as well. I also play piano as a member of a band and at home for my own enjoyment. Live music is also something that I enjoy and I am always going somewhere to see a good show. Gardening though is my main pastime and have a rather extensive garden to enjoy. At the front of my house is a cottage garden

which is home to over 60 roses. At the rear of the house I have six shade-houses and quite a large rainforest filled with Crowsnest Ferns, Staghorns and Elkhorns, Palmtrees, and lots of other shade loving plants. The house itself was built by my grandparents in 1914 and has been passed down in the family. My son Warren lives with me and I have lived here all my life - except for a few years in another suburb of Ipswich. My late wife Angela passed away 10 years ago this month after 34 years of marriage. Even though I have rarely had the need for public speaking in my life, I went along to Bremer Forum at the invitation of a good friend. I liked it, I joined and I have now been a member for about 5 years. This last session was my first

as President, which was a most enjoyable and rewarding experience. And yes, I learnt a lot during that session. Forum is not only about learning to be a good speaker and how to run a good meeting, it is also about making good friendships. I can highly recommend Forum to others, as I have found that experienced members are always there to guide me and help out whenever assistance is needed. I am so glad that I discovered Forum and became a member! I have made so many friends, not only within Bremer Forum but from other Forums as well.



WHAT HAVE OUR MEMBERS HAVE BEEN UP TO?

Toni Risson – Bremer Forum

In her role as President of Women Writers Queensland, Toni Risson hosted a Literary Luncheon this month for members of various writing organisations and of course, writers and speakers from Forum Communicators. Award winning author Kris Olsson was the guest speaker at this event, and she shared her thoughts on writing great memoirs and being able to understand the important difference between people's memories and the 'actual truth' of what happened in the past. For some extra light hearted entertainment, members of Bremer Forum convened the "Liar's Club" - which involved three members, Jannene Wall, Toni Risson and Rosie Arnold (pictured) each giving a different meaning for a seldom used word and the audience having to guess who was telling the truth and who was not....and no.....they didn't guess correctly!



This event was a lot of fun, and apart from enjoying the entertainment and the delicious high tea that was served, everyone had a fantastic time meeting new friends, renewing acquaintances and of course - spreading the word about Forum (note the Forum banner on the right hand side of the room).

FORUM HANDY HINT

If you are using a data projector or PowerPoint Slides in your presentation, be sure you know how to use the equipment in the room in which you will be presenting. Practice with the actual equipment if possible and always have a backup plan in place, in case of a technical glitch – this may include a hard copy of your PowerPoint Slides.

WHAT HAVE OUR MEMBERS HAVE BEEN UP TO?

Tania Kromoloff – Bayside Forum

Forum has been a wise investment as well as a fun learning curve for Tania Kromoloff. Thanks to Forum, Tania has become a force to be reckoned with, passionately supporting the Australian Conservation Foundation's Bayside region issues, such as the fight against the proposed 3600 unit development at Cleveland's Toondah Harbour by the Walker Group, supporting the Koala & Mangrove Walk at Cleveland to highlight the dangers faced by the local Koala population, and taking action on Climate Change. Thanks to Forum, Tania was a star on Channel 7's nightly news, speaking of the outrageous proposal at Toondah Harbour.

In Tania's own words: *"Thank you Forum, you've taught me strategies and given me the confidence to be heard."*



Never Be Silent When You Ought To Speak

Tania, pictured left, has taken the Forum Mantra to heart and now has the confidence to stand up and be heard. Well done Tania – we are proud of you for taking a stand on such important issues.

WHAT HAVE OUR FORUMS BEEN UP TO?

Ashgrove Forum

Ashgrove Forum held its AGM on 15 June 2022. Outgoing President Carmel Towler was congratulated not only for her excellent and varied program, but also for the calm and capable way she had managed such a difficult year as President with floods, family issues, work, and other responsibilities. The Office Bearers for 2022-2023 are: President, Pam Nugent; Vice-President, Rosslyn Knight; Secretary, Dr. Pat Pepper and Treasurer, Ronda Nix OAM.

Sadly, our outgoing Treasurer, Willo Riley, who has been a member of Ashgrove Forum for the past eighteen years, will not be rejoining us for the 2022-2023 year for personal reasons. Willo has been a much-loved member of Ashgrove who continued to amaze everyone with her dedication by driving the 154km from Blackbutt to Ashgrove for the monthly meetings and then driving home again afterwards. Willo's practical outlook, no nonsense attitude, and offbeat sense of humour are like a breath of fresh air. She is going to be very much missed. The members of Ashgrove Forum intend to drive up to Blackbutt for a Lunch on the 23rd July to give Willo a proper Forum send-off and to present her with Ashgrove Forum's "Most Memorable Speaker Trophy" for the best club speech in the 2021-2022 year, "New Directions".

Our outgoing Vice-President, Ann Davies, has elected to retain her membership of Ashgrove Forum, but not take on a committee position. She now will be a "casual attendee" because of her husband's health problems and the difficulty she is experiencing with driving so far to meetings at night. Ashgrove members are pleased that they will still be able to hear some of Ann's fabulous speeches from to time.



Dr Pat Pepper, Carmel Towler, Ronda Nix OAM, Ann Davies

Ashgrove Forum is proud that three of its members (Dr. Pat Pepper, Pam Nugent, and Ronda Nix OAM) each act as Coordinators of several National Council of Women Queensland (NCWQ) bursary panels, including the Forum Bursary. All bursaries will be presented at a lunch organised by the NCWQ on 27 August.

WHAT HAVE OUR FORUMS BEEN UP TO?

Cleveland Forum

A Forum outing to Minjerribah Museum started with everyone boarding a ferry from Cleveland to Goompie, on Stradbroke Island. Walking to the museum via the cemetery revealed residents' graves from as far back as 1847, and also the area where there are 8,500 unmarked graves of inmates from Dunwich Benevolent Asylum. This cemetery is the second oldest in Queensland. At the museum, we were greeted by library staff and shared a delicious morning tea that we all jointly prepared. Author Howard Guille presented great insight and interesting stories about the History of the Dunwich Benevolent Asylum and life in Dunwich [Goompie]. Howard's book, *'Paltry Paradise'*, captures the history and life of the 21,000 inmates who lived in that Asylum over its 80 years of service. On returning to the ferry everyone delighted in finding treasures in a 2nd hand shop before walking to the local pub called 'The Ships' for a delicious lunch which was enjoyed by all.



Pictured are Helen Hinwood, Meg Elcombe, Cathy Oberholzer, Pam Tranter, Myrna Levick, Adelia Berridge, Irene Henley and Verdana (Irene's much loved Poodle)

Forum Handy Hint

The minutes of a meeting are a legal record and as such must be accurate but brief. They are also an historical document of an organisation and must be kept permanently. Minutes of a meeting may be sent to members via post or email, or they may be read at the next meeting prior to being confirmed by members as a true and correct record. If minutes are sent to members prior to the meeting, a motion is required to confirm that members received and read the minutes. If minutes are read at the meeting this is not applicable.

Cleveland Forum continued...

Cleveland Forum, along with some 40 other not-for-profit and charitable organisations, joined together recently to showcase 'what we do'.

This provided a wonderful opportunity for people to come by our gazebo and have a chat with us about our Forum Organisation. We were also able to mingle and network with other groups, which gave us the opportunity to provide more information about ourselves and our Forum activities, whilst also learning more about their involvement in the community.

We found that concept of Forum was well received by the people we chatted to and we look forward to keeping in contact with some of our new friends.



The highlight of the day was the award ceremony when our own Pam Tranter was recognised as a 'Redlands Volunteer of the Year'. Pam accepted her award and responded with an exemplary acceptance speech – definitely demonstrating her Forum skills! We are all very proud of Pam - we congratulate her and thank her for everything she does for others.

Cleveland Forum continued...

A regular short segment in Cleveland Forum's last session was for someone to present a limerick at each of our meetings. This had to be either an Australian or original limerick and, as you can see, we had a lot of fun with these.

The final limerick for the program was:



*There was a young lady named Barty
An athlete.....SO hale and hearty
She won three Grand Slams
Which delighted her fans
But then she just wanted to party!*

*As we come to the end of this session
I know I have learnt many a lesson
Stand straight on the day
With confidence have my say
And I'll surely make an impression!*

THE FORUM PLEDGE

“I promise to uphold the Rules of Forum; to advance its ideals and to promote comradeship among members. I will defend freedom of speech in the community; and at all times will try to think clearly and speak truly. I promise never to be silent when I ought to speak”.

The Forum Pledge is highly valued by all Forum members and is publicly affirmed when you join Forum. After reading this newsletter you would know that our members take this pledge very seriously.

Forum provides its members with a safe space to practice the art of Public Speaking and to develop their Self Confidence to enable them to go out into the community and BE HEARD. Armed with these skills our members are a force to be reckoned with and have been a positive voice for change in our community for many years.

If you want to become part of something special, why not come along to Forum to experience what we have to offer. All of our meetings are different, our Forums are unique, and our members are diverse.

That's what makes us special!



The Objects & Values of Forum

The Objects of Forum

- To foster Public Speaking skills
- To encourage personal growth, self confidence, communication and leadership
- To practice meeting procedure and duties of Office Bearers
- To encourage ongoing self-education and intellectual stimulation
- To uphold freedom of speech

The Values of Forum

Forum is a community of individuals who are unique and diverse, providing a space for everyone

- We respect individuality
- We share knowledge and ideas
- We value a well-run meeting
- We aspire to speak well
- We support and encourage one another

**“If you can speak you can influence.
If you can influence, you can change lives.”**

**Our Online Forum meets regularly if you are
unable to travel to face to face meetings**

- Do you need to present confidently at work?
- Do you get nervous when asked to stand up and speak in front of others?
- Do you need to deliver a speech at a wedding?
- Do you attend meetings and want your opinion to be heard?
- Do you need to prepare an agenda or run a successful meeting?

If you answered YES to any of these questions – then FORUM is for YOU!!



Do You Need More Information?

www.beconfident.org.au

or email:

forum@beconfident.org.au

Forums meet at the following locations:

[Ashgrove](#)

[Chermside](#)

[Cleveland](#)

[Dalby](#)

[Ipswich](#)

[Gold Coast](#)

[Online](#)

[Wynnum](#)