



FORUM LIFE

April 2023

E-FORUM

*Providing access to Forum Membership
no matter where you are!*

WHAT IS 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.

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 *How to End a Memorable Speech*, *How to deliver a High Impact 'Elevator Speech'*, *Interviewing Techniques*, *The Rule of 3*, 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'.

Continuing E-Forum dates for 2023 are Monday:
17 April, 8 May, 12 June, 10 July, 14 August,
11 September, 9 October, 13 November, 11 December.

FEATURED MEMBER

Denise Retchford

Hello, my name is Denise Retchford and I'm a proud member of Ipswich Forum which celebrated its 61st birthday in March of this year.

Many years ago when I wore a much younger woman's shoes, I was a member of Ashgrove Forum. This was in the days when the legendary Lettie Morelle OAM was Ashgrove's President. I remember that Forum, at this time, was a much more formal association than it is today. However, I was able under its tutelage to learn how to run a meeting effectively and during my membership of Ashgrove Forum I took on the role of Treasurer and eventually that of President.

The picture on the right, taken not long after I joined Forum, shows me (left) and Lettie Morelle at Forum's Annual Conference, which was held



at Lennon's Hotel in George Street, Brisbane. Lettie Morelle co-authored a book with Elise Rathus titled *Speaking in Public*, and although it was first published in 1973 it is still an invaluable guide to all who wish to become good Public Speakers. I believe I have lived, as A.B. Facey writes "a fortunate life". I've been happily married with three children for many years. However, in 1974 my husband was critically injured and consequently became a paraplegic. I feel the strength of mind and confidence gained through my membership of Forum helped me through those early, terrible days. As time went on I let my Forum membership lapse, however



in 2018 I was at a luncheon where I heard a group of ladies speaking about their Forum meeting. I went over and introduced myself to one of the group, Lorraine Foran, who was the President of Ipswich Forum at the time, and as they say "the rest is history".

Pictured left, Denise (front), Lorraine Foran and Aileen Adkins, also from Ipswich Forum

FEATURED MEMBER – Denise Retchford ...continued....

Today I live on beautiful Bribie Island and despite the “Tyranny of Distance” I travel to Ipswich Forum for our fortnightly meetings. I believe it is essential to keep my mind active - and Forum meetings and speeches do exactly that!

My other interests include Classical Music, Gardening, Reading and lately, Acrylic Painting, which I am currently learning with U3A Bribie Island. I hope through this medium to reproduce some of the colourful and dramatic photographs from my trip around Australia with a tent and 4 wheel drive and particularly my crossing right through the centre of Australia from Warburton to Birdsville with a female friend who is also a past member of Ipswich Forum. The journey across those arid but beautiful deserts was undertaken completely alone, we saw no one else for four days, and it is one of the most exhilarating memories of all my travels.



Pictured: Denise (left of photo) with friend Lorraine Foran, also of Ipswich Forum

Looking Back

In April 1970:

- *Two invitations to Royal Functions were received – Mrs Sillett and Mrs Grimison were invited to attend the Cook Bicentenary Committee’s function, and Lettie Morelle (Dais President) and her husband, were invited to attend the Citizens’ Welcome.*
- *Five Forum members were sent letters of congratulation on winning a place in local government elections. Mrs Mathison (Warwick Shire Council) and Miss Gibson (Emerald Council) were both elected for the first time, while Mrs Bloyce, Mrs Peady and Mrs Bosley were re-elected.*

What have our Forums been up to?

Ipswich Forum



Members of Ipswich Forum celebrated their 61st birthday in March with a great event which showcased the many talents of their members. Speeches, poems, singing and yodelling were all on display – and they were all FANTASTIC! Congratulations to all Ipswich Forum members on reaching this wonderful milestone!

Pictured right: Aileen Adkins (left) who has been a member of Ipswich Forum for 53 years, with current President Rae Buchanan who first joined Forum 48 years ago.



Ashgrove Forum

Ashgrove Forum held its 981st General Meeting at the Ashgrove Library on Wednesday 15 March. At their previous meeting held in February, Ashgrove members were very pleased to induct their newest member Helen Spencer to the fold, and they have also welcomed several visitors to recent meetings who have been seeking assistance to present confidently in their corporate roles.



Pictured above are Ashgrove Forum members Pat, Carmel, Ronda & Ann.

Ashgrove Forum holds meetings in the Ashgrove Library Meeting Room at 6.30pm, on the 3rd Wednesday of each month. For more information, please call Pat on 0458 696 267.

Bremer Forum



Bremer Forum now meets in the Ipswich CBD, bringing them close to many local cafés – which is always a good thing! Members are pictured left at a pre-meeting café gathering, celebrating the birthday of their dear friend and valued member, Lorraine.

Bremer Forum meets on the 2nd and 4th Tuesday of the month at 6.30pm. For more information, please call Rosie on 0417 764 459.

Forum Handy Hint

If you are going to use notes while you deliver your presentation, it is best to memorise your introduction and conclusion. These are key moments - so look people in the eye. With eye contact, the point you wish to make will strike home far better than if your head is down, reading your notes. If you work with notes, use them wisely. Refer to them - don't depend on them.

Chermside Forum

Chermside Forum is powering through 2023 with a strong membership base, and lots of interesting topics around the theme of “exploration”, with a focus on developing new skills and confidence.

Our recent recruits are bringing fresh ideas and methods of raising their voices in exciting new ways. One of our new members Janet Gover, previously belonged to Emerald Forum and she has given some amazing speeches with a twist that keeps us all entertained. Janet tells the story of attending a Forum Conference with another member, Helen, when the two of them did such an entertaining speech in the “speaking in pairs” segment that Janet’s “persona” caused a great deal of excitement in the audience – she is very believable! Our other new members, Tamra and Michelle, are keenly embarking on their Forum journey towards becoming confident speakers.

Chermside Forum is having a trial of two ‘Chairmen’ at each meeting, in which they share the meeting procedure and speech segments. This was in response to a request for more opportunities for our members to gain experience in the role of Chairman, as we only meet monthly. Last meeting we had an interesting presentation from our amazing member Bruce Kent on the topic of herbs, during which he highlighted three of major interest: stinging nettle, sheep sorrel and basil. Bruce is involved in a local herb society, so he has lots of knowledge to impart!



Pictured are Chermside Forum members, Margaret, Francine, Reg & Kath

Cleveland Forum



Pam Tranter from Cleveland Forum volunteers with many organisations, including the Redlands Branch of the Cancer Council. Thanks to the hard work of all Cancer Council volunteers in the Redlands, the Redlands Branch was recently recognised as being Queensland's Highest Fundraisers for the Cancer Council in 2022.



Cleveland Forum members always enjoy themselves at their meetings, with lots of laughter and great friends!



Public Speaking Tips from an Artificial Source

At a recent meeting of Bremer Forum, member Campbell MacGregor enlightened his fellow members with an explanation of Artificial Intelligence Applications (also known as AI Bots) which are becoming increasingly popular these days. Campbell entered four key words “Bremer Forum Public Speaking” into an AI Bot on his computer and this is the result:

As an AI language model, I cannot provide personal experiences about public speaking at the Bremer Forum. However, here are some tips and suggestions for public speaking in general.

- 1. Know your audience: Understand who you are speaking to, their interests, knowledge, and expectations. This will help you tailor your message accordingly.*
- 2. Prepare and practice: Plan your speech, organize your thoughts, and rehearse your delivery. This will help you feel more confident and make a better impression on your audience.*
- 3. Use visuals: Incorporate visual aids such as slides, videos, or images into your presentation. These can help illustrate your points and keep your audience engaged.*
- 4. Speak clearly and confidently: Project your voice, maintain eye contact, and use body language to convey your message effectively.*
- 5. Engage your audience: Ask questions, tell stories, or use humour to involve your audience and make your speech more interactive.*
- 6. End with a call to action: Conclude your speech with a clear and compelling call to action that motivates your audience to take action or think differently.*

Remember, public speaking takes practice and preparation. With these tips, you can deliver a successful speech at the Bremer Forum or any other public speaking event.

**As presented by Campbell MacGregor
From Bremer Forum**

STEP UP & SPEAK WELL

Your journey to becoming a more confident you

Forum's **Step Up & Speak Well** Personal Development Course covers a set of skills to equip you for a range of scenarios, such as:

- Delivering business presentations
- Delivering special occasion speeches
- Presenting yourself well in a variety of situations
- Receiving constructive feedback and effectively putting it into practice

Do something today that your future self will thank you for

Contact us forum@beconfident.org.au



MEMBERS' TESTIMONIALS

Forum has given me a sense of belonging, an increase in personal confidence, a boost in overcoming shyness and nervousness, and is a support outlet for me to have 'my say'. Jane – Cleveland Forum

Forum gave me the confidence to go to university and complete a degree as a mature aged student. I would never have attempted it otherwise. Margaret – Chermside Forum

Forum gave me the confidence to deliver my own Mum's funeral service myself, with confidence and clarity. Rosie – Bremer Forum

Forum has made me a discerning listener, a skill I find invaluable in today's climate where everyone is putting a 'spin' on everything". Pam – Ashgrove Forum

Forum has provided fantastic opportunities for continually improving my skills, not only in speaking out; but also in leadership and organisation – all of which are so important in today's world. Elaine – Bayside Forum

Forum has provided a place for me to grow, to learn, to speak, to share, and to be an effective, compassionate and confident person. Margaret – Gympie Forum



BIRTHDAY CELEBRATIONS ARE UPON US!

Please join us for some fun, to celebrate

Bayside Forum's 40th Birthday

“A FUNNY THING HAPPENED ON THE WAY TO 40”

1983 – What were we like? Who/what was important then? What do you think of us now?

Dreams, goals, inspirations, music, politics, royalty, humour, fashion...

Bayside Forum members are gearing up to celebrate their 40th anniversary. Invitations have gone out to all Forums and past members to join in this fun night. If you wish to attend, contact the President Elaine, as listed below.

1. **1980s dress** is optional but there will be a prize awarded for best outfit.
2. **Speakers** for up to 5 mins are invited to address either “*A funny Thing Happened on the Way to 40*” or the sub-headings on the invitation eg “1983 – *What were we like*” Speaking spots will be limited so first in, best dressed.
3. **Memorabilia** – Please bring along any memorabilia either
 - Bayside Forum related or
 - non-Forum items e.g. lycra, scrunchies, film stars pic, record covers etc.... anything 80s.

Wednesday

10 May 2023

SPEAKERS INVITED

(5 mins maximum)

6.45pm for 7pm start
until 8.45pm

Light refreshments

RSVP by 25th April to President

Elaine West

west.mel@bigpond.com or phone

0499 789 881

Wynnum Library Meeting Room

(above Woolworths)

145 Florence St, Wynnum

Parking underneath the building

BREMER FORUM

Celebrating 25 Years of Public Speaking in Ipswich

YOU'RE INVITED TO HELP US CELEBRATE BREMER FORUM'S 25th BIRTHDAY

10.30 for 11am start

Saturday 13 May

Ipswich Uniting Church Hall

Cnr Ellenborough & Limestone Streets, Ipswich

Please RSVP including any dietary restrictions

by 24 April to Jannene Wall

jannenewall@gmail.com

\$18pp payable to Bremer Forum

BSB 124-001 Account 1046 1487

**Please join us for a light lunch & cake
as we reminisce, chat, laugh and sing!!**

INVITATION

Cleveland Forum invites YOU to OUR

21st Birthday Party

Thursday 4 May, 2023

Arrival 11.30 for 11.45 lunch

Cleveland Thornlands Cricket Clubhouse,
Ziegenfusz Park, Fitzroy Street

Theme: Everything Old is New Again

Other Forums – please join in the fun
& supply one speaker if you can!

Speech Title Ideas:

Back to 2002

Vintage Revival

Looking Forward

21 Things to Know

RSVP 30 April 2023 to pamt46@outlook.com or 0408 550 435

Cost is just \$10 for a delicious light lunch and birthday cake.

Pay at the door but please let us know you are coming.

Guests are always welcome!

The Objects and Values of Forum

OBJECTS

- 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

VALUES

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 I went back to college again, I’d concentrate on two areas: learning to write and to speak before an audience. Nothing in life is more important than the ability to communicate effectively.”

Gerald R Ford, 38th President of the United States, 1974 - 1977

- 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](#)

[Ipswich](#)

[Gold Coast](#)

[Online \(E-Forum\)](#)

[Wynnum](#)

Forum Communicators Established 1941

Celebrating 82 years of *Speaking with Confidence* in 2023