



# FORUM LIFE

April 2020

## Congratulations to Ashgrove Forum



Ashgrove Forum was the 15<sup>th</sup> club to form under the official Forum banner and this year marks Ashgrove Forum's 60<sup>th</sup> year! Ashgrove members celebrated this milestone by hosting a Diamond Dinner which was attended by many other Forum members and representatives from the National Council of Women Queensland. As promised, this was a great night of speaking and reminiscing, with many former members coming along to share in this special event.

State President Jannene Wall addressed the crowd with an inspirational birthday message which was followed by a wide range of Forum speakers who showed us what Forum is all about – brilliant, confident speaking!



## A Message from our State President

These are uncharted times and I hope that you and your families are adapting to the changes we now face. To ensure the safety of our members, all of our Forums have now decided to cancel Face to Face meetings until further notice. As a result, many of our Forums have now moved to online meetings which are working really well. We have found that the online format enables many other people to join our meetings, which is not always possible when we are hosting traditional meetings in set venues.

If you would like to join an online meeting hosted by any of our Forums, whether you are already a Forum member or not, you are very welcome to do so. You may contact your preferred Forum by following one of the hyperlinks below:

- [Ashgrove](#)
- [Chermside](#)
- [Cleveland](#)
- [Dalby](#)
- [Ipswich](#)
- [Palm Beach-Currumbin](#)
- [Wynnum](#)

### Do You Need More Information?

If so - visit our website:

[www.beconfident.org](http://www.beconfident.org)

or email:

[forum@beconfident.org.au](mailto:forum@beconfident.org.au)

# Featured Member

Ben Cameron joined Forum in 2015 with a desire to build his self confidence and be able to speak well in public. Overcoming his natural shyness, Ben has now pushed through his fear and reached his goal of being an effective speaker in his workplace. For Ben, this self-improvement plan culminated in 2019 when he was asked to be a presenter for Awards Australia at their annual awards event. It was on this very special night that Ben delivered a speech to a crowd of 400 people as he presented the Queensland Community Group of the Year Award to 'Substation 33' for their work in helping disadvantaged members of the Logan community.



Ben says that for him, his membership of Forum has led to improved social skills, reduced shyness and his newly developed 'just do it' attitude.

Ben encourages people that tend towards withdrawal and being indecisive to know that valuing yourself does not come from others approval but from a goal of wanting to learn *with* others.

Ben feels that he still has much to learn from Forum and he values the friendship and mentorship of other Forum members. In Ben's view - Forum is a place for everyone to practice their techniques of conversation, self-improvement and de-sensitization so that you can become the very best version of yourself!

## Cleveland Forum Member Excels



Pictured left is one of our newer members, Elva Nicholson, who was recently presented with the 2019 Cleveland Forum Encouragement Award.

Elva is an active member of her Forum and deservedly received this award for constantly stepping out of her comfort zone as she worked on improving all aspects of her public speaking. **Well done Elva!**



# NCWQ - FORUM BURSARY

Forum Communicators is affiliated with the National Council of Women Queensland (NCWQ). The NCWQ was established in 1905 and today continues to represent the voice of thousands of women through its affiliated organisations and individual memberships.

The NCWQ Bursary programme commenced in 2009 and now offers a number of bursaries to Queensland women annually to assist with educational expenses. Forum Communicators sponsor one of these bursaries and we are very proud of our involvement with this programme.

In 2019, the recipient of the NCWQ-Forum Bursary was Anekah Hinchcliff, an inspiring young woman with an outstanding past and a promising future.

Anekah grew up in the South Burnett and is working towards a goal of studying in a health-related field as a result of her own experiences as a rural resident, realising the need to build a network of services that rural communities can access.

Anekah is now studying at James Cook University's Rural Health School in Townsville and intends returning to her local community as soon as she can.

A truly exceptional young woman - Anekah is a recipient of the *Gold Duke of Edinburgh Award*, the *South Burnett Young Citizen of the Year Award*, an *ADF Long Tan Leadership and Teamwork Award*, *The Fiona Carvolth Memorial Shield* and *James Patrick Bursary* (for participation in the school and local community) and the *Hilary Powy's Memorial Shield* (for Speaker of the Year).

After struggling financially while studying and working part time, Anekah found the NCWQ-Forum Bursary to be of enormous benefit to help her with the costs of completing her practical nursing placement.

Well done Anekah – you are a very deserving recipient of the Forum Bursary and we wish you all the very best in the future!



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