



# FORUM LIFE

April 2021

## And Jack Makes Three!



**Congratulations** to Richard and Megan Hallson of Bayside Forum on the birth of their baby boy Jack Elliot Hallson, who arrived on the 24<sup>th</sup> of February. Everyone is doing well except for the fact that they haven't had much sleep since then!!

## E-Forum

Our first E-Forum meeting for 2021 took place in March with 'new' members attending along with existing Forum members. It is great to see so many of our Forum friends supporting this initiative and we look forward to welcoming more new attendees in the future.



*“Everything was impossible until somebody did it”*

*In a recent TED talk, Scott Dinsmore said: “There are two reasons why people don't do things. We tell ourselves we can't do them, or people around us tell us we can't do them. Either way we start to believe it – we give up or never start in the first place”. Lucky for us – we have Forum where we are supported by other members to step out of our comfort zone and follow our goals!*

## Forums meet regularly in the following areas:

[Ashgrove](#)

[Chermside](#)

[Cleveland](#)

[Dalby](#)

[Ipswich](#)

[Gold Coast](#)

[Wynnum](#)

## Do You Need More Information?

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

or email:

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

## 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

*Forum is a QLD wide organization of local, friendly groups that meet regularly to help each other be confident and effective communicators for their professional and personal lives. We provide essential personal and professional development for people who want the 'communication edge' no matter what your stage of life or career.*

## Ashgrove Forum

In January, members were very excited to hold their first face to face meeting since March last year. The topic for this meeting was 'Humorous Poetry' which led to the creation of Ronda's limerick below.

***The rules of our speaking club Forum  
Demand we all show some decorum  
Our speeches should be  
Educational you see  
Inform, inspire, but don't bore 'em***

Limerick penned by: Ronda Nix

## Bremer Forum



Bremer member Toni Risson is a successful author, cultural historian and artist. To add to her many accolades, Toni was this year's recipient of Ipswich City's Australia Day Cultural Award. Congratulations Toni – you are an inspiration to us all!

## Chermside Forum

Chermside Forum has started 2021 well, with the induction of new member, Graham Zimmerlie, which brings the total of men up to five – a record for this Forum.

This session Chermside Forum are having a series of 10 minute tutorials on the 'basics of public speaking' for the benefit of newer members. Chermside's membership now includes a few new members plus three devotees who have been members for over **50 years!** Last year, past President Bruce Kent started a new segment called Word Quiz. Members enjoyed it so much that current President, Barbara Mills, decided to include it this year too.

The quiz is from the Readers Digest where a word is given and you guess the meaning from three choices, A, B or C.

The person who answers the most questions is rewarded with chocolate.....the competition is fierce!



## Featured Member

### Elaine West – Bayside Forum



My early years were spent on the Darling Downs, on a farm and in a small town which has left me with a love and understanding of all things country. Marriage, children and a lack of employment on the Downs saw us move to Brisbane in the early 1970s where I moved away from nursing to take on clerical work which had more suitable hours for a working mum. Buying our dream home a few years later, we moved to the Redlands and still live in the area. It was in the Redlands where I sought assistance from Blue Care in 1987 to care for my frail mother-in-law and, not long afterwards, began my 23 year working life with this inspiring organisation. During this time I saw the construction and development of the Nandeebie Centre and independent living units, and overlapping this were many avenues which opened up for me. These included compiling the 20 year history of the Centre as well as compiling and producing 'Nandeebians of Note' a book on the personal histories of all residents which included over

130 entries and 55 interviews. The book spanned 2 centuries and 2 millenniums in the year 2000! **Forum** came into my life nearly 20 years ago when I needed to learn to run residents' meetings effectively and speak confidently in front of senior staff and committees. That's when I was invited to come to a Forum meeting – how opportune! The rest is history, so the saying goes. It wasn't long before I realised how much I could learn through Forum, as it is a multi-faceted organisation with so many opportunities to grasp. Being encouraged to step up to the State Committee and then into the President's role was a steep learning curve for me - but the support was fantastic. That support was also there for me when I became an accredited assessor of speech and procedure, and I have enjoyed being able to assist and mentor new members throughout the last 20 years. Being nominated by Bayside Forum for two Redlands Australia Day Awards was a great honour. Also, working with Maureen Whitehead on the final stages of the Forum history book "Never be Silent" was enlightening and I am currently the Forum Historian. On retirement from the paid workforce, we moved to Nandeebie Retirement Village where I now divide my time between the Residents' Committee, liaising with management & supporting residents with events, functions & activities as required. I keep the lines of communication open with the monthly newsletter and am currently working on a new book of residents' short stories.

# Cleveland Forum

Are you confident using PowerPoint in your presentations?

Knowing how to use PowerPoint is a great way to ensure you get your message across clearly and engage your audience effectively.

Members recently learnt all about this subject in an informative 'How to use PowerPoint' workshop, presented by Pam Spence.

This workshop covered the basics of PowerPoint as well as techniques to add extra interest to your presentations.

If you would like to include a similar workshop in your own Forum's program – please let us know.



## Looking Back

Ipswich Forum hosted the inaugural Zillah Norrak Award for Public Speaking on 29 September 2005. Competition co-ordinator, Pat Molkentein, welcomed over 50 people to the Barry Jones Auditorium for the event. Eight speakers and three adjudicators from Forum, Rostrum & Toastmasters participated and Zillah presented them all with mementos. The winner was Olive Howitt, of Rosewood Toastmasters. This was a great tribute to a dedicated Forum woman, Zillah Norrak, who enjoyed the spotlight, speaking on her two loves - Forum & Cricket.

**As you can see, Forum has an interesting history!**

# BAYSIDE FORUM

## **Can you believe it? A FUN National Cabinet Meeting!**

Members recently enacted their version of a National Cabinet Meeting with members taking on the roles of Prime Minister, State Premiers, NT Chief Minister, Chiefs of Staff (COS) and a Chief Health Officer (CHO). At the previous meeting, President Elaine West conceptualised and lead the discussion on what agenda items to select for this National Cabinet Meeting, how best to make decisions – via majority vote or consensus as well as which members would represent each State or Territory. Meantime, everyone was asked to undertake homework in order to inform the meeting and make it entertaining.

Prime Minister (Joy) led the Cabinet Meeting with skill, diplomacy & an extensive knowledge of the areas under discussion. NT had submitted a letter of request to have its Chief Health Officer attend rather than their Chief of Staff. The PM had dealt with this prior to meeting (well done NT).

The 2 topics discussed were

1) **Quarantine facilities outside capital cities** – QLD was absent from this discussion but had submitted the option of a facility at Toowoomba prior to the meeting; NT Chief Minister (Paul B) gave a detailed account of the workings of Howard Springs, south of Darwin as a potential site, which were confirmed by his CHO (Nora). Other States put forth their case for or against the setting up of facilities. WA Premier (Paul G) joined us on Zoom to present his case; SA Premier (Elaine) discounted the idea of using the Woomera facility; Tasmania's Jacki Lambie (Tania) had her own suggestions for Christmas Island, while NSW Premier (Anna) was more concerned by who was to fund the new facilities – State or Federal.

2) **When to open borders to international travellers** – Discussion centred on how travel bubbles would work; would Pacific Islands want overseas travellers; will vaccines help or should Australia keep borders closed? The PM's COS (Ben) pointed out the economic opportunities within a travel bubble for all concerned. Tasmania pointed out climate refugees will be a priority soon & the PM should show leadership on that issue; NSW wanted to see overseas Uni students back & SA wanted to have small ship tourism around the States using Australian staff. WA wanted much more COVID testing & to increase the period of quarantine from 14 to 28 days. NSW COS (Michelle) brought up the likelihood of virus mutations & if the vaccines would protect against them too; while NT was happy to keep its border closed.

The PM gave clear direction as to what had to be done before the next National Cabinet Meeting - prepare a cost analysis and options for quarantine facilities, and draft a report on National Border Policy.

This was an excellent exercise in the preparation of subject, innovation, teamwork & leadership. Well done Bayside members.

**YOU NEVER KNOW WHAT WILL HAPPEN AT FORUM!!!!**

# Extra Curricular Activities

In February, Helen Hinwood from Cleveland Forum and Elaine West from Bayside Forum were honoured to be selected as judges for the prestigious Lions Youth of the Year competition for the Redlands area. This competition includes a Public Speaking component – so who better than our own Forum members to adjudicate an event like this! The overall winner of the day was Olivia Chissel of Cleveland District State High School – a huge congratulations to Olivia on her success.



Following on in March, Anna Bowman from Bayside Forum and Pam Tranter from Cleveland Forum were asked to judge the finals of the Redlands Lions Youth of the Year competition. On this occasion, Helen Hinwood was timekeeper. Once again Olivia was the overall winner of the day, and although Olivia did not win the following round due to strong competition from other SE QLD regions, she and all of the Lion's YOTY contestants are sure to be 'winners' in life with their skills and achievements to date.

