



FORUM LIFE

January 2021

Happy New Year!!!!

It seems that everyone is happy to say goodbye to 2020 – so let's hope 2021 brings happiness and good health to all.

This is an exciting year for Forum members as we will be celebrating Forum's 80th birthday in July - what a wonderful milestone for our organisation!

We wonder if our founders expected their legacy to be still flourishing after so many years? When Ruth Don, Jesse Groom and Marjorie Puregger hosted the very first Forum meeting, they did so in the midst of a World War. Now the world is in the midst of a far different dilemma, but nonetheless it is one which has caused much upheaval and sadness in our lives. Despite this, our Forum members have stepped up and shown their resilience during the months of lockdowns and restrictions on social gatherings, with nearly all of our Forums transitioning to online meetings. In doing so they have kept the spirit of Forum alive and we are all hoping that we will be able to resume 'business as usual' in 2021.

Combined Zoom Meetings

Our monthly combined Zoom meetings will be resuming in February 2021. These were a great success with our members last year and as we continue with the online format, we will also be inviting external groups to share all that Forum has to offer with a wider network.



Forums meet regularly in the following areas:

[Ashgrove](#)

[Chermside](#)

[Cleveland](#)

[Dalby](#)

[Ipswich](#)

[Gold Coast](#)

[Wynnum](#)

Do You Need More Information?

www.beconfident.org

or email:

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.

Happy 25th Birthday



Palm Beach Currumbin Forum

Members of Palm Beach Currumbin Forum celebrated their 25th birthday online recently. As you can see – everyone had a lot of fun and were very pleased to have THREE life members join in.

There's never a dull moment with these Forum members!!

Does Your Forum Have a Speakers Kit?

- A rubber band to s.t.r.e.t.c.h your imagination
- An eraser to rub out irrelevant material
- A paper clip to hold your points together
- A piece of string to tie it all together
- A tea bag to help you relax
- A sweet to remind you of the Assessor

These kits are great for new members!



Dalby Forum

Dalby's combined Xmas party and AGM was a very social affair. With a new committee for 2021 - President Maureen, Secretary Penny, Treasurer Jenny and VP Tracey sorted into their roles and reports recorded, it was time for merry-making!! During a lovely Xmas lunch, members explained Christmas festivities held in the country allocated to them. From Azerbaijan to the Maldives to Canada, fascinating information was to be heard. Jenny also provided some comic relief with an illustration of Santa and the reindeer to which members had to add appropriate words to the speech bubble. Congratulations to all members for a great speaking year - despite the lockdown!!

Featured Member

Sarah Scarffe – Dalby Forum

Sarah joined Dalby Forum in early 2020, after attending a few meetings as a guest in 2019. Having done some public speaking in the past, Sarah wanted to continue to grow her skills as a speaker and communicator.

Since joining Dalby Forum, Sarah has found herself amongst a group of incredibly accomplished women, with an absolute wealth of knowledge to share about all sorts of topics including life and speaking. Sarah is relatively new to the Dalby area, having moved to her husband's family farm in 2018, and Forum has given her the opportunity to meet and get to know new people while also developing her communication skills. Sarah attended the Forum Summit and AGM in October 2020 and spoke in the 'New Member' category. After delivering an exceptional speech at this event, Sarah won the coveted 'President's Choice' award - an amazing achievement for such a new member!

"In 2019 I was honoured to represent South West Region at the Ekka as a Rural Ambassador. This experience really highlighted for me the importance of speaking and communicating in order to be an effective advocate for the issues close to our hearts. Being a member of Forum has been an encouraging and educational experience, and I hope to continue to grow my skills as a communicator in order to become a better advocate for agriculture and our rural communities.

I am looking forward to continuing as a part of Forum in 2021, and I can't wait to see where Forum will take me in the future. "



Congratulations to Sandra Tam

Chermside Forum are very proud of one of their members, Sandra Tam (pictured below), who has recently written and published a memoir about her mother. Sandra's mother was part of the aristocracy in China who had to flee to Hong Kong after the Communist Revolution in 1949, and then on to Australia in 1991 prior to the impending handover of Hong Kong to China in 1997. This is a story of amazing resilience and Sandra's wonderful book has been very well received. More information about Sandra's book is available [here](#).

Congratulations Sandra – what an amazing achievement!



Pictured above are members of Chermside Forum enjoying their Christmas lunch at the Marinara Restaurant, Clayfield.

As soon as the Covid restrictions were eased these Chermside members happily returned to face to face meetings, and since then the mood amongst the group can only be described as 'very upbeat' with a constant flow of enthusiasm and innovation.

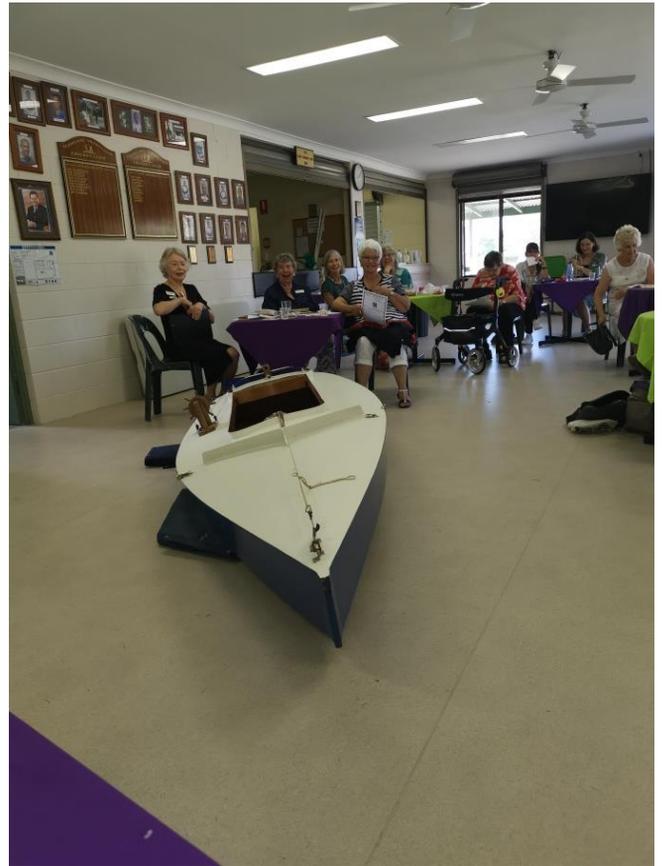
Chermside members are now waiting impatiently for their first meeting for 2021 which will be held on Thursday morning, 28th January, at the Geebung RSL.

Public Speaking Tip

There is nothing as powerful and simple as a smile. If you are nervous - SMILE. Smile before you move to the lectern and smile at your audience before commencing your speech. When you smile you will create a connection with your audience, you will feel more confident and your speech delivery will be more natural.

Cleveland Forum

Cleveland Forum held their Christmas party in December with a very nautical theme. They were graced with the presence of an excellent guest speaker, Jean Florence, who spoke about her mother, who was a qualified ship's captain and a very remarkable woman. In keeping with the theme of the day, the main decoration for the party was a small but very impressive boat which was provided by member Myrna Levick (courtesy of a friend). Myrna also organised a competition which required members in teams of 2-3 people to make up their own stanza of a poem about the sea in a very limited time. Myrna read out the first stanza of the poem for members to respond to, which was "I must go down to the sea again to the lonely sea and sky, and all I ask is a tall ship and a star to steer her by. And the wheel's kick shaking, and a grey mist on the sea's face, and a grey dawn breaking." The prize winning stanza written in response to this was: "I must go down to the sea again to the lonely sea and sky, and all I ask is a Chinese meal but I'd prefer some Thai. The spice and chili, prawns and rice all went down my gullet. Maybe I overdid the spice and should have stuck to mullet. I won't go down to the sea again for my tummy's feeling funny. Now I'm heading back to the shore again for the boat has got no dunny". The winners were Annette Nicholls, Betty Kenny and Rob Watson. *Congratulations to these three wordsmiths – it's great to see your poetic skills are flourishing!*



Looking Back....



In 2007, Carindale Forum had a very special guest speaker – Sianga, a Maasai Warrior, who had recently moved to Brisbane to marry the love of his life, who also happened to be the daughter of a Carindale Forum member.

Sianga spoke to members about his life within the Maasai Community, the warrior's role of herding cattle, defending the security of the village against neighbouring marauders and protecting their precious cattle against attacks from wild

animals. Members were in awe as Sianga vividly described and demonstrated how he had killed three lions who were threatening cattle. What a great thrill it was for our members to meet this wonderful man.

You never know what you are going to learn at a Forum meeting!!

VALE – JAYNE KRIEGER

Forum member's are mourning the loss of their dear friend and fellow member Jayne Krieger. A very valued member of Ashgrove Forum since joining in 1990, Jayne has always

been a wonderful friend to her fellow Forum members, always ready to support them and give them helpful advice. Although humble and unassuming, she possessed a wealth of knowledge which she willingly and confidently shared. Jayne has held all offices of Forum at the club level; President, Vice President, Secretary, Treasurer, Delegate, Deputy Assessor, Assessor many times, and in particular – Treasurer. In whatever role she



undertook, Jayne always gave her best. In her quiet modest way, she led by example, commanding our respect and admiration.

Jayne also displayed these qualities at the State level, when she served on the State Management Committee (which was then called Dais), from 1993 to 2015 – 22 years in total – making her mark in many roles, including Dais President (2003 – 2005), Dais Secretary (1999 – 2001), Assistant Treasurer for 2 years, and Treasurer for two 3 year periods. Jayne was also a member of the Constitution Standing Committee for 7 years, with five of these years spent in the role of Chairman.

As Dais President, Jayne visited many Forums to encourage and enthuse members – which was not an easy task for Jayne as she was working full time and did not drive, so she relied on public transport and/or the driving skills of her fellow members.

In 2007, Jayne became an accredited Speech and Procedure Assessor, which for her involved travelling by train to Ipswich and the Gold Coast to assess and encourage members of those Forums. Her attendance at these meetings was always appreciated and her kindness never forgotten. As you can deduce from the number of times she served as Treasurer, Jayne was a wiz with figures and accounting, which Forum took full advantage of!

Taking up the mantle of Ashgrove Forum's legendary late Life Member, Lettie Morelle, Jayne's expertise on Meeting Procedure became second to none and she was able to clear up many contentious issues for us over the years.

A major activity at Forum functions is, of course, speeches. Who can forget Jayne's speech about the trials of assembling Flat Pack Furniture? Jayne had the audience in stitches with her dry humour with which she entertained us at many meetings and conventions.

Jayne's loss leaves a great hole in the lives of all those Forum members who knew her. We were blessed to spend many happy and stimulating hours in her company. Your fellow Forum members thank you, Jayne, for being such a rock and inspiration.

Rest in peace, dear, dear Jayne.

