



FORUM LIFE

October 2021

Forum Communicator's 32nd Biennial Conference was held in September and it was a fabulous festival of speaking, learning and laughter. Organised by our out-going State President, Jannene Wall and her State Committee, the Conference brought Forum members together from far and wide to discuss the future directions of Forum – via changes to our Constitution, and to compete in our Forum Speaking Awards. We also welcomed in our new State President, Anna Bowman and her State Committee who have hit the ground running with plans for the next biennium.



Our new State Committee and Support Officers are pictured above, left to right: Jannene Wall – Constitutional Advisor, Helen Hinwood – Syllabus Officer, Margaret Townsley – Forum Support Officer, Elaine West – Treasurer & Historian, Irene Henley – Vice President, Anna Bowman – State President, Rosie Arnold – Marketing Officer, Richard Hallson – Web Co-ordinator, Pam Tranter – Chief Assessor, Joy Martin – State Secretary



Laura McLennan, winner of this year's Forum Bursary was guest speaker at our Conference dinner and all of our members were very impressed by Laura's outstanding list of achievements to date, and her desire to continue to work hard to fulfil her dreams. Laura was presented with Forum recognition by our incoming and outgoing Presidents, Anna and Jannene.

Forum Speaking Awards

The Forum Speaking Awards (FSA) are held every 2 years at our Conference. There are three coveted awards that members vie for: The *Jessie Groom Award* - for the best speaker and speech on the day as chosen by the members present; The *Ruth Don Award* - for the best speaker and speech on the day as decided by a panel of Forum Assessors and the *Marjorie Puregger Award* for Impromptu Speaking. One member from every Forum is invited to participate in the FSA, and as always, the competition this year was fierce. Everyone who took part delivered a fantastic speech which makes it really hard to choose an overall winner, and all of our FSA speakers should be very proud of themselves. The speakers who competed in the two 'Prepared Speech' categories are featured below.

FSA Participants



Julieann Caffery – winner of the Ruth Don Grand Champion Award - has been a member of Dalby Forum since 1994 and served as State President from 2015 - 2017. Julieann is a well seasoned traveller to exotic places and can often be found on board a ship to Antarctica, teaching children in the Galapagos Islands or searching for pandas in the wilds of the Chinese forests.

Ben Cameron – winner of the Jessie Groom Members' Choice Award - joined Bayside 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. 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.



Rae Buchanan – winner of the newly introduced President's Choice Award - spent her career as a teacher, a job she loved. For the majority of her teaching years, she worked in small country schools in composite classes, that is, teaching 2 or 3 year levels in the one room. She was very active in retirement for nearly 20 years, travelling, volunteering in various local organisations and social dancing. Just on three

years ago, she opted for an even quieter lifestyle and joined Ipswich Forum, where she is currently Club Secretary. Researching and preparing speeches is one of her favorite pastimes. Rae says, 'Some old schoolteachers just can't stop talking!'

Jane Gilpin: "I first heard about Forum in the early 1990s, but it wasn't until I retired from my job at UQ in 2008, that I joined St Lucia Forum. Although always nervous, I liked researching, preparing and delivering speeches, and slowly gained confidence. I was an active member of St Lucia for 11 years and was delighted to win the Jessie Groom Members' Choice Award for my speech on 'The Power of Three' at the 2017 Conference which was held at the Bunya Mountains. I transferred to Cleveland Forum in 2019 and have been a member there ever since".



Ann Davies: "When I was living in Blackall I needed something to occupy my mind and help me to meet people. I saw a notice in the library advertising Forum, so I went along to a meeting and the rest is history as they say. On a move to Biloela I was able to transfer Forums and meet another group of like minded people, before moving to Gympie and meeting yet another group of lovely members. My final Forum home has been Ashgrove where I have been since 1998. My regret is that Forum was not part of my life earlier than 1993. Thank you Forum and indirectly, the founding members, for making me a more capable person".

Dr Toni Risson is an accomplished artist, a published author and lauded researcher. Having recently curated an exhibition about Greek cafes in Queensland at the State Library, Toni was able to call on her Forum training when she was invited to participate in TV and radio interviews about her fields of expertise. Toni says that after 12 years in Forum she is still learning and finds the meetings are always stimulating and informative.



Francine Field: "I have been an active member of Cherside Forum for over 20 years and have held all positions on the committee during that time. From being on the committee to chairing meetings and making speeches, my Forum membership has assisted me in my everyday life. Exploring material for speeches has expanded my knowledge greatly, and for me, reading about the marvellous history of yesteryear highlights how very similar we are to the historical figures on the page. Doing this research keeps my mind active and stimulated. I prefer reading non-fiction and I like keeping up to date on current happenings, doing gardening, socializing and going on picnics as the photo shows".

WHAT OUR FORUMS HAVE BEEN UP TO.....

Bayside Forum

Bayside Forum has much to celebrate with three of its members stepping up to the State Committee – Anna Bowman as President, Joy Martin as Secretary and Elaine West, Treasurer. Also at our recent Conference, Ben Cameron won the prestigious Jessie Groom Members Choice Award for his presentation of “At Risk – Sole Parents and Women over 55”. It was a thought-provoking speech looking at the issues and offering possible solutions for those who find themselves in this homeless situation.



Bayside members on the State Committee: far left Elaine West, centre Anna Bowman, far right Joy Martin. Also pictured are Rosie Arnold (Bremer Forum) and Irene Henley (Cleveland Forum).

INTRODUCTION	MAIN BODY	CONCLUSION
"Tired of appalling headlines?" "Can we stop talking about it and DO SOMETHING??!"	Research Examples Statistics Socio-economic demographics	Employ emotion. Be powerful. Need to STOP TALKING. Need to START DOING. "What can YOU do?" Talk about it in your social circles BUT don't regurgitate the sorrytales – talk about HOW WE CAN CHANGE The answer, as always, is EDUCATION.

Bayside President, Joy Martin has put together a session theme of TOUGH TOPICS and last meeting's presentation by Joy covered many of society's problems, asking from a SOLUTIONS angle – what can we do; how can we help? This was exceptionally well done, covering domestic violence, ice addictions, bullying and coercive control, with more to come at future meetings – such an inspiring discussion as the illustration (left) shows.

Bremer Forum

Bremer Forum member Dr Toni Risson presented an excellent Creative Writing tutorial for members at our recent Conference and is now going to present the same material to the Society of Women Writers Qld Annual Retreat, which will be held at Bribie Island. Toni was also a guest speaker at Cleveland Library recently, hosting a discussion about her book *Brisbane's Greek Cafes – A Million Malted Milks*.



Dalby Forum



Dalby Forum was very well represented at our September Conference, with tutorials presented by experienced Dalby members Julieann Caffery (State President 2015-2017), pictured left, and Penny Hamilton (State President 2007-2009), pictured below.



Julieann's tutorial, entitled *Method Matters* focussed on speech construction, and included many great tips for writers and speakers of all levels. Penny's presentation, *Membership Matters*, highlighted strategies used by other organisations to attract, excite and retain members that we at Forum can also use. Both of these presentations were full of fantastic information – we are so lucky to have such a wealth of professional talent within our membership!

Ipswich Forum

It was a proud moment for Ipswich Forum's 2021 Conference speaker, Rae Buchanan, when the outgoing State President, Jannene Wall, made a surprise appearance at our recent Ipswich Forum meeting. Rae was Jannene's President's Choice Award Winner as a prepared speaker - announced during the Saturday Conference Dinner. Unable to be present at the night of presentations, Rae was pleasantly surprised to have Jannene make the presentation of her award at the start of our recent meeting. Well done Rae – and special thanks to Jannene!



EXCITEMENT is BUILDING with planning underway for Ipswich Forum's event of this decade... our 60th BIRTHDAY – to be held Thursday 10 March 2022. We hope that many Forum members, current and past, will gather to share in celebrating Ipswich Forum's *Next Chapter*.

Chermside Forum

Four of our members attended the September Conference and all of them found the experience to be entertaining, engaging and enlightening. It was made 'extra special' when our member Reg Bertrand won the Marjorie Puregger Impromptu Speaking Award. Reg (pictured) has now been declared the 'Chermside Man of the Moment' - we are so excited!!



Another cause for celebration is that one of our members, artist Kath Bertrand (yes – same family!) supplied some of her artwork as prizes for the Forum Speaking Awards. The two figures on the handmade ceramics pictured below were derived from an old family photo and these pieces of art are absolutely beautiful. Kath also supplied an original painting, pictured left, which was used as a lucky door prize. Kath's work is fantastic, as you can see. Thank you Kath!



forum
BE CONFIDENT

Cleveland Forum

On the 5th Thursday of the month, Cleveland Forum has a social outing. For September, a day was planned on nearby Karragarra Island, but with fierce winds and torrential rain predicted, this was changed to be an outing to the local Redlands Museum where they were having a series of scientific talks which were put on to coincide with school holidays.



Cleveland Members pictured, from left: Myrna Levick, Pam Spence, Meg Elcome, Irene Henley and Pam Tranter



The day dawned looking bright and sunny, and it was off to the Museum for 5 of our members to hear about various matters of science from early days to the present. A fantastic talk about the Periodic Tables - with fun experiments - rounded off the day and left us with plenty to ponder as we enjoyed a social sausage sizzle for lunch. We all said goodbye and wandered home in the bright sunshine.....oh well, next time we will hopefully have our island sojourn!!

Palm Beach Currumbin Forum

PBC members are still meeting via Zoom as this suits everyone – especially as our members are spread out on either side of the border and can't attend face to face meetings when border closures occur. This is serendipitous of course – as we can now accept members from anywhere in the country and we are also a great backup group for E-Forum members.

Are you keen to improve your Public Speaking skills but can't get to face to face meetings? We have the solution.....Forum offers online meetings twice a month!! Contact us for more information 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

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

YOU HAVE TO SET GOALS THAT ARE ALMOST OUT OF REACH. IF YOU SET A GOAL THAT IS ATTAINABLE WITHOUT MUCH WORK OR THOUGHT YOU ARE STUCK WITH SOMETHING BELOW YOUR TRUE TALENT AND POTENTIAL!! *credit: Steve Garvey*

[Our Online Forum is also available if you are unable to travel to regular 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?

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



Do You Need More Information?

www.beconfident.org

or email:

forum@beconfident.org.au

Forums meet at the following locations:

[Ashgrove](#)

[Chermside](#)

[Cleveland](#)

[Dalby](#)

[Ipswich](#)

[Gold Coast](#)

[Online](#)

[Wynnum](#)