



# FORUM LIFE

April 2022

All Forum members attribute their experience in Forum as a major contributing factor to their success. The ability to speak confidently in public and to be proficient at meeting procedure are valuable tools in all other areas of life.

The Forum pledge states: *I promise to uphold the rules of Forum; to advance its ideals and to promote comradeship among members. I will defend freedom of speech in the community; and at all times will try to think clearly and speak truly. I promise never to be silent when I ought to speak.*

Looking back at the history of this organisation it is clear that many of our members have taken that pledge very seriously and committed themselves to standing up and speaking out when necessary.

Since Forum's inception in 1941 it has been common for our members to give to the community. Some have received very well deserved awards for their service but for each and everyone of these, there are many more members who, throughout the decades, have given willingly and with compassion to many causes to help those in need.

They work quietly away from Forum whilst always adhering to the strict code of the founders that Forum is not an organisation that raises money. Forum members come from a diverse background and support their own causes outside of Forum. Forum is a haven for members to share their love of speaking and in so doing grow in confidence, which serves them well to help in the community.

Forum members have represented their State at all three levels of government – local, state and federal. They have been represented in the Australia Day and Queen's Birthday Honours lists, and received honours from well-known organisations such as Red Cross and School of the Air, and many have been locally recognised for their contributions to various community organisations, charities and causes. Many members have also achieved success academically and in the workforce.

***I PROMISE NEVER TO BE SILENT WHEN I OUGHT TO SPEAK***

Excerpt from Forum's History Book

*Never Be Silent ...the story of 76 years of speaking up*

Written by: Maureen Whitehead

# AUSTRALIA DAY HONOURS 2022

This year, Chermside Forum member Charles Clark and former member Louise Quinn were both honoured to be awarded the Order of Australia Medal for their service to the community through a range of roles.



Charles is pictured (left) with his wife Frances. Frances has been a member of Chermside Forum for 58 years and Charles joined Forum two years ago to support Frances. Charles is an inspiration to us all and after working very hard over many years in several organisations, he has now been officially recognised with this OAM for his work in a range of roles including:

- Music Teaching
- [The Order of St John of Jerusalem, Knights Hospitaller](#)
- Engineering
- Member – Chapter of St John’s Cathedral 1990-2009
- [Citizens Air Force](#) – Queensland University Squadron
- Royal Australian Airforce 1952-1959

Louise Quinn was a much loved and valued member of Forum for 30 years, and during that time she held many executive roles including that of State President from 1975-1977.

Louise has been very active in the community throughout her life and has been awarded the OAM for her work in a range of roles including:

- Forum Communicators
- Mount Coot-tha Botanic Gardens, where she has been volunteering her time since 2004
- YWCA – Young Women’s Christian Association of which she was awarded Life Membership in 2009
- Queensland Art Gallery, volunteer guide 1985-2004



# FEATURED MEMBER

## Pam Tranter – Life Member

*"I'm passionate about public speaking. This is because as a child I stuttered. As a teenager I stuttered. As a young mum I stuttered. I read a book about stuttering which talked about floating on a magic carpet that flows smoothly in the air currents when speaking, and found out that a tune helps because you don't stutter when you sing. Eventually I joined Toastmistress at about age 32 and quickly took on the role of Secretary. But when it came to reading the Minutes (out loud in those days) I froze. Completely. Silently. Utterly frozen. I passed the book to another member, who read the Minutes for me. I vowed to get over it. I was achieving in many areas of life – but my speaking was holding me back. Toastmistress club closed, so I joined a public speaking club at work, then, over 32 years ago I joined Forum Communicators. I have loved it ever since.*

*During my working life I found that having speaking and listening skills helped me enormously to get my point of view across and to listen for the key points needed for my job. These skills also helped me to advance to more responsible roles. In 2016 I was awarded Life Membership of Forum Communicators being only the 9<sup>th</sup> person in Forum's 75 year history at that time to receive Life Membership. Now, in my retirement, I look back at my achievements of starting three new Forum clubs, presenting speaking courses and workshops at Griffith University and many other organisations with pride.*

*I presented a radio program on community Radio BayFM for over 15 years, where I enjoyed voice-over work and got to interview some very special people. I now*

*present a regular segment on air for the Cancer Council for 15 minutes, once a week. Within the Cancer Council – Redlands Branch, I was secretary for 14 years and am now the Vice President. I regularly 'MC' Cancer Council events which I enjoy. I also belong to Night Ninjas, a group that helps the homeless and those in need where I am the Minute Secretary and also a member of their public speaking team. In the Redlands community I was awarded Senior Citizen of the Year in 2011, a great honour for the many organisations I've been involved with. All these activities need a fair bit of experience and confidence. Forum Communicators has allowed me to achieve this. Thank you Forum."*



# TAKING FORUM INTO OUR COMMUNITY

Irene Henley (Forum State Vice President) and Joy Martin (Forum State Secretary) shared an informative and enjoyable morning as *Soroptimist International Bayside* celebrated “International Women’s Day” with the theme [#breakthebias2022](#), along with local school students, Soroptimist members, associates and friends.

Keynote speaker, Mimi Robinson founded “[Reform Recovery](#)” after her lived experience of severe trauma at the age of 14, which led to heavy use of prescription and illicit drugs (marijuana, then ‘ice’) for seven challenging years, until another extreme event caused her to shift perspective. Since then, Mimi has transformed her life and has remained sober for seven years. As a mother of two children, she remains with her mutually committed partner, while working to assist others.

“[Reform Recovery](#)” has created “a vision to create a safe lived experience hub as well as education and life skills programs for released prisoners, disadvantaged youth within (our) community as well as informing the uninformed, such as families with drug addicted family members or friends”.

*Soroptimist International Bayside* works to support women, girls and families toward a more educated, empowered and equitable world for all of us.

<https://www.facebook.com/SoroptimistInternationalBaysideInc/>

<https://www.reformrecovery.org>

<https://www.facebook.com/reformrecovery1>



Pictured above (L-R) are Joy Martin, Mimi Robinson and Irene Henley



# TAKING FORUM INTO OUR COMMUNITY



Continuing with the International Women's Day celebrations, Forum's Vice President Irene Henley attended Zonta International's Women's Day dinner, which was held at the Alexandra Hills Hotel. This event also included the presentation of Zonta's *Young Women in Public Affairs Award (YWPA)*.

Irene is on the interview selection panel for the YWPA and was amazed at the high quality of all the young women who were contenders. The winner of YWPA for 2022 was Olivia Chessell - a focussed, intelligent young woman with high political aspirations and a successful career ahead of her - no matter which path she chooses to follow.

***Pictured right: Forum Vice President Irene Henley and Olivia Chessell, YWPA winner 2022***



## 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.*

## LOOKING BACK

At the November Dais (State Committee) meeting of 1967 it was moved that 'Mrs Carson Cooling be reimbursed for the cost of hiring a typewriting for typing stencils for the newsletter, this is to apply in the case of each issue'.

Editor's Note – thank goodness technology has improved!!!

# WHAT OUR MEMBERSHAVE BEEN UP TO.....

## Janette Hvistendahl – Palm Beach Currumbin Forum

For some years prior to Covid's arrival in early 2000, Janette Hvistendahl (2022 President, PBC Forum) had been running weekly art classes on the southern Gold Coast. Around 10 students would work on their own individual projects, with Janette's guidance. At each class, she would present a mini tutorial on some aspect of drawing or painting. Those short presentations were very much enhanced by Janette's PBC Forum training. When art classes were sadly cancelled due to Covid,



Janette continued to tutor by electronic means, but students soon needed new projects. In response, she issued a paint challenge to the whole group. That initial challenge resulted in 10 entries which were published in a pdf document and circulated back to participants. As everyone was self-isolating at that stage, Janette was asked to keep going -- please! A second challenge was issued and the group gradually started expanding. 25 Challenges later, each one now fields over 60 entries. Free to enter, open to beginners and experienced alike, with no judging, each new challenge is accompanied by high quality tips

tips and suggestions. The twin benefits of training in public speaking **and** classical art have made tutoring so much more satisfying than it might otherwise have been. Thanks to PBC Forum, Janette is now looking forward to (rather than dreading!) presenting a series of short art tutorials at a Seniors' Week open day in early April.

## Toni Risson – Bremer Forum

Toni Risson - accomplished speaker, famed cultural historian and published author recently won second prize in the Marj Wilke Short Story Award. Her tale, entitled *A Friend Called Ducko*, is about a little boy called Alfie whose best friend is a chook. The story begins with "*If Ducko can't go then I'm not going either*". If you enjoy short fiction, Toni plans to publish a short story collection entitled *The Crow: A Collection of Short Stories* in time for Christmas. Toni is taking advance orders for her book if you would like to get in early!



# Toni Risson – Women Writers Queensland

Toni Risson has been sharing her experience as a wordsmith through workshops at Forum. She is now President of Women Writers Queensland (WWQ), an organisation that is open to women who live anywhere in the state and write in any literary genre. You are a writer because before you deliver your speech you must first write and refine it. Toni extends to all Forum members an invitation to join WWQ. Membership is \$30 per year. If you live around Brisbane, monthly meetings are currently held in the Brisbane Square Library 10am-12pm on the second Tuesday of the month. Writing Workshops are part of these mornings. If you can't get to meetings you can join a small postal critique group to get help with your writing. Women Writers holds an annual writing retreat on Bribie Island. This year Toni is also planning an elegant Literary Luncheon to be held in Ipswich on Saturday 2 July – save the date as you're all invited! Email Toni if you're interested ([t.risson@mail.com](mailto:t.risson@mail.com)) or check out the new WWQ Facebook page: <https://www.facebook.com/womenwritersqld.org.au>



*Toni is pictured here with other members of the QWW 2022 Planning Committee*

## WHAT HAVE OUR FORUMS BEEN UP TO?

Bremer Forum's current President, Peter Clem, is leading our members through an interesting and highly entertaining session, entitled "Waxing Lyrical". The term *Waxing Lyrical* means 'to talk in a highly enthusiastic and effusive way', and the session is based on a highly musical theme, with each meeting's speech topic being the title of a song e.g. *Blowing in the Wind*. At each meeting the featured song is played prior to the commencement of the meeting, and at the beginning of the speaking segment the Maestro (President), delivers a 2 – 3 minute segment revealing the story behind the words and artist of the featured song. The form of address at our meetings is 'Conductor and Members of the Choir', the thanks to the speakers is known as 'the Ovation' and we conclude our meetings with a 'Final Note' which is usually a musically themed joke. Other than the musical theme, the emphasis for the session is for us all to further our skills in impromptu speaking and assessments, with members exploring and learning new ways to enjoy impromptu and building up our assessment skills with group discussions. So far this has been very effective and a lot of fun!



# Cleveland Forum

Cleveland Forum went overseas! Despite last year's travel restrictions, Cleveland Forum members crossed the waters as we boarded the Redland Bay Ferry for the 15 minute trip to Karragarra Island. Karragarra is a small residential island in the southern part of Moreton Bay. The island covers 2.4km and has 204 residents. There are no commercial venues, although fire and ambulance services are provided. There are pleasant walks, little beaches (there is even a swimming enclosure) and delightful waterside picnic areas. We had heard that there was a vibrant



community garden on the island and that was one of our destinations – and wow!! What an amazing garden we found. Delightfully set out and so well organised with lots of raised and ground beds, all full of exciting and vibrant produce – fruit, herbs and veges. A tour around the garden saw us tasting many leaves with different flavours – mushroom, aniseed, snow pea, various spinach, garlic, and even a raspberry hibiscus.

We feasted on abundant white mulberries and enjoyed a few raspberries as well! After our picnic lunch at the beachside - for those still keen – we took a stroll through bush at the water's edge to see the island's Bush Care site. We then enjoyed a return cruise round the islands, arriving home after a very happy and satisfying day for our keen gardeners, environmentalists, Forum members and friends who were able to join us.

*Public Speaking Tip: Preparation is the key to delivering a great speech, therefore – if you are confident in the knowledge that you have written a well-crafted speech, you are familiar with the topic and you have practised your speech delivery – your presentation will be awesome!*

*Forum can help you develop these techniques, so why not come along and find out how Forum can benefit you!*

# HAPPY 60<sup>th</sup> BIRTHDAY – IPSWICH FORUM

The next chapter of Ipswich Forum has already commenced with a special celebration of their 60<sup>th</sup> Birthday - held on Saturday 12 March 2022 at the Ipswich Sports Club, Leichhardt. Ipswich Forum members shared this significant event with Forum's State President, Life Members, members of the State Committee & Support Officers, plus members of other Forums, former members and family. It was a most memorable occasion. The generous gift of a special glass bell was presented to Ipswich Forum at this event in honour of former member, Jeanne Wardle, by her daughter, Joy. The audience was entertained throughout the birthday celebration by experienced Forum speakers and an additional eight audience members who bravely stepped up to accept the challenge of speaking 'impromptu' to words highlighted in a chapter of a randomly chosen book – which was then their reward - as each speaker got to keep their book.



**Pictured above: Forum State President Anna Bowman & Ipswich Forum President Lorraine Foran, and Ipswich Forum members pictured below:**



COMING UP at Ipswich Forum: Members of the community and other Forums are invited to attend a one hour workshop... on **Keeping Historical Records**. This will be presented by the Ipswich Historical Society and hosted by Ipswich Forum on **Thursday 28 April 2022** at the Ipswich Trades Hall Building – 3<sup>rd</sup> Floor. Arrival time is 10am, starts at 10:30am –and finishes at 12noon. No cost involved. Visitors are most welcome! If you are interested in attending - please contact President, Lorraine at 0448 377 543.

# The Objects & Values of Forum

## 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

**“If you can speak you can influence.  
If you can influence you can change lives.”**

**Our Online Forum meets regularly if you are  
unable to travel to face to face 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?
- 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](http://www.beconfident.org.au)

or email:

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

Forums meet at the following locations:

[Ashgrove](#)

[Chermside](#)

[Cleveland](#)

[Dalby](#)

[Ipswich](#)

[Gold Coast](#)

[Online](#)

[Wynnum](#)