



FORUM LIFE

January 2023

HELLO & WELCOME TO 2023!!

As we welcome in a New Year and reflect on the events of 2022, we all hope that 2023 is a time for healing, rebuilding and new beginnings. At Forum we are optimistically looking forward to the next twelve months, with plans for birthday celebrations, our biannual conference and other exciting events already underway. We hope to see many of you at these festivities throughout the year and wish you all a very happy and healthy 2023.

WHAT IS FORUM?

“Forum was founded in July 1941 by three women who felt that all women should have a voice in what was a male dominated society. Most of the cultural and intellectual life of Brisbane seemed to have come to a standstill, yet a small group of women believed that now, in the midst of war, was the time to prepare for a world of peace, to keep their minds active, to think constructively, to train themselves to be ready to take on responsibility in the post-war world”.

Today Forum is thriving, our membership is diverse and our meetings are innovative. As we celebrate 82 years this year, take time to remember our founders Jessie Groom, Ruth Don and Marjorie Puregger and the struggles they faced when their efforts to form this organisation were met with derision and even anger by both men and women. Times have changed, thanks to generations of trailblazing women such as our founders and we are now the lucky ones who are reaping the benefits.

Excerpts taken from Forum’s history book “Never Be Silent”
written by Maureen Whitehead, Historian

WHAT ARE 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 SUMMIT 2022

Forum's biennial Summit was held in October and this was a wonderful opportunity for our members to connect with friends both old and new. The program for the day included two speaking competitions, one for prepared speeches and one for impromptu speaking (everyone's favourite!). As always, those members who took part in these competitions were outstanding and showed just how valuable Forum training can be for those who want to deliver engaging, confident presentations and speeches. Choosing who to award the trophy to for each category was a very hard task indeed as all of the speakers were fantastic, so those who did walk away with a coveted trophy were very proud of themselves – as they should be!

Pictured below are the competitors in the Prepared Speaking Competition.



*Left to right:
Penny Hamilton,
Dalby Forum;
Barbara Horsburgh,
Ipswich Forum;
Kate Gilloway,
Bayside Forum;
Jan Scott, Cleveland
Forum; Willo Riley,
Ashgrove Forum;
Andrew South,
Bremer Forum and
Reg Bertrand,
Chermside Forum.*

Pictured below right are the talented members who participated in the Impromptu Speaking Competition.

*Left to right:
Julie Rodgers, Bremer
Forum;
Kate Gilloway, Bayside
Forum;
Michael Laverack,
Chermside Forum;
Irene Henley, Cleveland
Forum;
Carmel Towler,
Ashgrove Forum and
Joy Mathie, Ipswich
Forum.*



SUMMIT PHOTOS



We also celebrated Forum's 81st birthday at the Summit! Pictured left are Life Member Pam Tranter and State President Anna Bowman preparing to cut the cake.

Happy Birthday



Left: Penny Hamilton, representing Dalby Forum, was thrilled to win the Assessor's Choice award in the Prepared Speaking Competition, speaking to the title "A Moment In Time".

Pictured right: Julie Rodgers from Bremer Forum was very excited to be awarded the trophy for being the best impromptu speaker on the day.



Pictured left: Barbara Horsburgh, Ipswich Forum, won the Members' Choice award in the Prepared Speaking Competition, also speaking to the title "A Moment In Time".

WHAT HAVE OUR FORUMS BEEN UP TO?

Ashgrove Forum

After a busy but exciting year, Ashgrove Forum members celebrated the end of 2022 with an informal Christmas gathering. Ashgrove members and visitors (one with feathers) shared jokes, games, speeches and presents, and a great day was had by all!



Chermside Forum



Chermside Forum's Christmas party was celebrated by Chermside members and several friends from other Forums. Hosted at Geebung RSL, we had a delicious lunch, entertaining speeches, gifts and games. We have an exciting year ahead planned for 2023, with many opportunities for skill development, including giving our newer members the chance to chair meetings under the guidance and mentorship of our more experienced members.

We wish everyone a happy and healthy new year!



Bayside Forum

Bayside Forum was well represented at the recent Summit with Bayside member Anna Bowman (who is also our State President) conducting the proceedings, and Kate Gilloway (pictured right) representing us in the prepared speaking competition – and what a fabulous job she did too. On the day, our nominated representative for the impromptu speaking competition was unable to attend due to family reasons, so Kate stepped up and spoke in that competition as well – what an absolute legend!



In all, six members from Bayside Forum attended the Summit and we all had a wonderful day.

In October, Paul G. presented an in-depth research topic on the Federal Government's initiative to reduce the road toll (deaths and serious injuries) to zero by 2050, called *Vision Zero*. Paul surveyed our members beforehand and included his findings as well as statistical data on how achievable this target is. As Paul said,



“everyone has a responsibility to achieve *Vision Zero* by 2050”. This was a thought-provoking topic which was very well researched and presented by Paul.

To wind up the year, three of our members attended Ashgrove Forum's Christmas party which was a lot of fun, and we all later enjoyed an evening out at Wynnum to celebrate the festive season. We look forward to welcoming in the New Year with meetings starting back on 25 January. Take note!! 2023 is a special year for Bayside Forum as we will celebrate 40 years on May 10th. SAVE THE DATE!!

FEATURED MEMBER

Pam Nugent

"I joined Chermside Forum 32 years ago. I didn't know it at the time, but my life was about to be influenced by some of the best minds and hearts I would ever meet. Thirty five members turned up twice a month on the 1st and 3rd Thursday evenings and every meeting was an amazing experience - the Chermside Forum women were eager to learn and improve themselves. There was no competition whatsoever, it was all about the support of women by women to help each other make progress. I was very encouraged to find that all members offered each other truthful insight, guidance and encouragement. Everything was learned by 'doing' and the golden rule, I was told, was, that when the President asked one to do something, the correct response was "yes of course, Madame President", and it served me well! I sometimes felt that a request was way beyond my scope of experience and quaked in my boots anticipating my imminent failure, but I always gave everything my best shot and never suffered as a result! 2003 saw a couple of years hiatus from Forum. A year in hospital followed by quite a protracted recovery meant I was not fit for purpose, but I re-joined Forum in 2006. This time I stayed



until mid 2014 when my son passed away, my father became gravely ill in Townsville and required my presence there for five months, following which I was diagnosed with cancer. When I felt better I returned, but this time I joined Ashgrove Forum because I wanted to attend evening meetings, and Chermside Forum had changed to day meetings by this time. Chermside and Ashgrove Forums had always enjoyed a close friendship and I felt at home at Ashgrove, especially because (late & much loved member) Jayne Krieger and I had become friends over the years through many activities, including our involvement on various State Committees, our travelling to and from Caloundra Forum to attend meetings together, and my willingness to drive Jayne to other Forums on the many occasions she was invited to attend as visiting Assessor. Jayne will be remembered by all as an inspirational member of Forum, having served as Dais President (now referred to as State President), and as State Treasurer for myriad terms.

FEATURED MEMBER – Pam Nugent continued....

During my time in Forum I have attended many fun filled conventions and have fond memories of my 'roomie' and dear friend Maureen Whitehead, tap dancing her heart out while I sang our introduction of Chermside Forum to members at the Proserpine Convention which was held at Airlie Beach! Of course we won the best laugh from the audience and were awarded two coconuts for our efforts. A highlight of my time in Forum was when I took on the role of Distant Forums Officer when Philomena Murdoch was Dais President from 1995 – 1997. I had a ball driving all over Queensland at



Pictured above: Maureen Whitehead and Jayne Krieger



that time, sometimes accompanied by Barbara Eutick and Philomena, staying with members of regional Forums, and sharing knowledge and information through workshops and assessments at each Forum visited.

Forum is an outstanding organisation in which I have been privileged to be called a friend by so many amazing women from all walks of life, each of whom have only wanted the best for Forum and for other members!

It cost me just \$6 a year and 50 cents a meeting when I first joined and I received the equivalent of a university education just by actively listening, participating and accepting criticism and advice when it was given constructively.

Strong women, strong values, strong ethics and a strong belief in the pursuit of knowledge and personal development are what I found in

Forum at a time when these things were of the utmost value to me.

I have seen the face of Forum change greatly over the years and I am confident that Forum is still a place in which members will be nurtured and supported as they strive to achieve success in their chosen goals and aspirations.”

FAREWELL DALBY FORUM

20 March 1964 – 23 November 2022

After 58 years, Dalby Forum's final meeting was closed by Chairman, Tracey Machin, with the words "I'll just rip the band aid off – meeting closed". And with that, an integral part of Forum and an important feature of the fabric of Dalby's community was relegated to the annals of history. It was a poignant moment which stung the eyes and brought a lump to the throat, and throughout that final meeting many memories were shared of the wonderful friendships which had been formed over the years.



Dalby members pictured left – right: Penny Hamilton, Julieann Caffery, Kathy Crump, Jenny Frith, Tracey Machin, Maureen Cesari, Judy Edwards, Jenny Wylie

For the members of Dalby Forum, closing the doors was not an easy decision, and the current members expressed immense gratitude for what Dalby Forum has done for each of them over the years and how they have used their Forum skills in their everyday lives, over and over again. Over the past 58 years Dalby Forum has inducted 213 members, held 920 meetings which delivered 506 main speeches, 4,364 following speeches and welcomed 4,022 visitors. Dalby Forum members all agreed that they have had 'the time of their lives' and will always carry with them the Forum mantra **"never be silent when we ought to speak"**.

ODE TO DALBY FORUM

The time has come, this Forum said
To do some other things
Like painting.... golf....or trips away
Whatever their future brings.

They gave their Forum all they had
And closing down feels very sad.
But there's nothing more that they can do
Because their numbers are so few.

So goodbye Agendas, and Committee
No more speeches, pitched... or witty
No more Minutes, no more nerves
No more Procedures to observe
No more correspondence noted
No more Motions moved... and voted.

But it's hard for us to say goodbye
It really makes us want to cry.

We'll miss your happy smiling faces
As you venture off to other places.

While saying goodbye means a new beginning
Those memories will have you grinning.

But though you're closing down your group
You'll remain within the Forum loop.
And the road ahead will hold no fear
'Cos your Forum family's always near.



Written by Jane Gilpin
Cleveland Forum

STEP UP & SPEAK WELL

Your journey to becoming a more confident you

Forum's **Step Up & Speak Well** Personal Development Course covers a set of skills to equip you for a range of scenarios, such as:

- Delivering business presentations
- Delivering special occasion speeches
- Presenting yourself well in a variety of situations
- Receiving constructive feedback and effectively putting it into practice

Do something today that your future self will thank you for

Contact us forum@beconfident.org.au



MEMBER'S TESTIMONIAL

"As a child and young woman, I was very nervous about speaking in front of a group of adults. Even though I was a teacher of young children, I was very self-conscious when being watched by another adult. When a friend asked me if I'd be interested in joining Forum, I knew it was a challenge I had to take, but I wasn't very enthusiastic about it!

At Bremer Forum, I could write a satisfactory speech but read it at the lectern very nervously! I progressed to the point where I could read a speech well at the lectern, but I knew I had to take the step of speaking away from the lectern, with minimal or no notes, if I was ever going to take my improved communication skills with me into the wider community. I now know how to write a good speech, and I can connect better with an audience by stepping away from the lectern to take full advantage of my body language and facial expression. Within Forum, I have presented speeches and workshops to larger audiences, and in the workplace as a Learning Support Teacher I regularly presented to teachers and parents.

Now, as a retired grandmother, my daughter asked me if I would consider presenting at a conference or webinars to advise coaches how to achieve maximum engagement of students with difficulties such as ADHD, anxiety and other neuro diversities. After an initial attack of 'imposter syndrome', I said 'yes' to both. Forum has been instrumental in allowing me to participate more fully in the workplace and life generally. I recommend Forum to anyone who wishes to say 'yes' to living more fully."

Leanne Walker – Bremer Forum



www.beconfident.org.au

Have you heard of E-Forum?

E-Forum meetings are held online on the second Monday of the month (with the exception of Public Holidays).

If you want to experience what Forum has to offer, yet are unable to attend face to face meetings, E-Forum is for you!

Our meetings are always educational and enjoyable, delivering opportunities for speaking as well as learning segments focusing on self confidence, speech writing and communicating effectively.

Visitors are always welcome and we also invite existing Forum members who wish to broaden their skills to join us.

The first meeting for 2023 will be held Monday 13 February at 7pm.

If you wish to receive the Zoom link please email: forum@beconfident.org.au

Our Online Forum meets regularly if you are unable to travel to face to face meetings

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

- 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

or email:

forum@beconfident.org.au

Forums meet at the following locations:

[Ashgrove](#)

[Chermside](#)

[Cleveland](#)

[Dalby](#)

[Ipswich](#)

[Gold Coast](#)

[Online \(E-Forum\)](#)

[Wynnum](#)

**Forum Communicators Established 1941
Celebrating 82 years of *Speaking with Confidence* in 2023**