



January 2019 Newsletter



Message from our President Joy

NEW YEARS ARE FULL OF FRESH HOPES,
DREAMS, GOALS AND LIVING FOR MOST OF US.
WHAT'S YOUR OUTLOOK FOR 2019?

AND HOW CAN WE IN FORUM MAKE IT HAPPEN
FOR YOU??

I love the quote from Winnie the Pooh's A.A. Milne – "You are BRAVER than you believe, STRONGER than you seem, and SMARTER than you think".

The quote is all about confidence, and leaves you pumped to face whatever life throws at you! That's exactly what we need to face the coming year, which many of us find will be sure to throw us a few curved balls.

Forum concentrates on helping men and women communicate confidently, so we're ready to face those curved balls. So many times we hear "I wish I'd said something different" – "I wish I'd expressed myself differently" – "my mind went blank".

Forum doesn't literally have all the answers, but it DOES equip YOU to face it all, with confidence and style.

Check out our website. Check out our list of meetings at the various Forums (held both night and day) in south east Queensland over the next six months. Visit – it's FREE.



On visiting a meeting, you'll find a bunch of friendly people ready and willing to help you find your verbal feet in an incredibly supportive atmosphere that is designed to connect you with the right info, and where you can grow both personally and professionally.

What's in it for you?? With Forum at your side, we can help make 2019 YOUR YEAR TO SHINE!

The following are a few highlights from October to December 2018.

Travel to Clermont Forum

In October a group of experienced presenters travelled to Clermont to present a Workshop entitled Be Confident Understanding Modern Meetings followed by an upskilling of Assessors with analysis of demonstration speeches.

The programme included the Elements of Everyday Community Meetings, followed by Chairmanship and the Human Factor of working together.

A mock meeting showing an ineffective meeting and then an effective meeting. There were many questions asked and answers given. That evening a huge storm delivered the first rain in Clermont for nine months. The travellers claimed bragging rights for bringing the rain with them.



Bayside Forum (and Ashgrove)

Bayside's recent Public Speaking Course was voted "Awesome" as we reviewed the multiple opportunities for achievements. The course plus regular meetings gave us a chance to extend our knowledge, looking at debating, putting the audience at ease with humour, NO notes, interviewing and Soapbox Opinions – all of which extended our members' enjoyment and experience and gave them an avenue to show how well they could present using their special skills.

On Dec 8th Bayside Forum was invited to share in Sister Forum Ashgrove's Christmas meeting, lunch and party.

Ashgrove's President, Ann, chaired a fun and fascinating segment on 'The Christmas Carol' with interesting tales of good King Wenceslas, Australian carols, church Christmas carols and their history.

Another relevant topic was family Christmases past – including one where the family provided for devastated families who had their houses wrecked in a cyclone just before Christmas in Townsville.

They cooked other people's Christmas dinners in their oven and boiled their plum puddings in the copper, and all the families gathered together and sang carols on Christmas evening. It was a tale of togetherness and generosity that really brought the Christmas spirit alive. All of the speeches were entertaining and informative, highlighting the spirit of giving and joy of Christmas.

Loads of laughter and conversation came from all the tables during clever mind games which Ann had prepared. Kris Kringle present-giving was again full of laughing confusion with the gifts going left, then right and left again according to the words of the story being told, and was thoroughly enjoyed by all. Thank you Ashgrove for your hospitality.

Looking to extend your knowledge and experience in 2019? Bayside Forum meets 2nd + 4th Wednesday of each month at the Wynnum Library's meeting room above Woolworths in Florence Street Wynnum. Come + visit – it's free!

Cleveland Forum

One meeting in Session 2, 2018 was a research topic entitled Passport to Norway. 4 members spoke on different aspects of Norway including geography, culture, history, population and climate.

Cleveland Forum ended the year with an international flavour celebrating Christmas around the world. Members represented various cultures in their speeches, dress and lunch contributions. Members and guests learned how to say Happy Christmas in German, Hungarian, Japanese, Mandarin, Cantonese and more.....

The costumes were amazing representing the Danish Vikings (Jo), Germany (Verena), PNG (Myrna and Glenda) and Africa (Annette).



Fortunately it wasn't too hot on the day, as two members were regaled in beautiful costumes from Japan (Kimono - Pam S), and Vietnam/ China (Pam T). We were joined by our State President, Joy, for her official visit, and other Forum friends and guests,

Bremer Forum

IMPROVEMENT in CONFIDENCE and speaking skills were evident in both members and community participants in the recent Public Speaking Course conducted by BREMER FORUM. The course was combined with 6 regular meetings between July and October.

Benefits of greater understanding, experienced feedback and opportunity to put these newly learnt strategies and skills into regular practice will ensure this confidence is taken forward by all who participated.

Individual experiences were enhanced by the speaking programme within regular meetings which took us all on an interesting journey of awareness through many countries of the world including China, Canada, Spain, South Africa/Morocco, France and Ireland and whatever we considered to be our favourite destination. A most invigorating session overall.

If you wish to 'FIND YOUR VOICE' and become your 'BEST SELF', please don't hesitate - come join us in 2019. We have another exciting session about to start on 12 February and every 2nd and 4th Tuesdays at the Ipswich Sports Club, Leichhardt (Golf Club). HAPPY NEW YEAR everyone.

Chermside Forum

An enjoyable lunch for the end of year, and to celebrate Christmas for Chermside Forum. It gave a bit of cheer to all those who attended. We had a very tasty lunch at the Sultan Turkish restaurant, and were entertained with stories, a secret Santa, and a Christmas themed quiz.

Thanks to the Francine and Margaret for organising and Reg being MC in his natty white hat. A tradition that should surely continue and lovely to have our new recruits with us, Sandra and Kath



Ipswich Forum

IPSWICH FORUM has had much to be thankful for out of 2018, especially for generous support by other Forum members. Our group welcomed a total of 44 visitors over 8 meetings resulting in an increase in membership of 6 for the session.

Our programme was vibrant under the theme of Notable Quotes & Sayings – and the segment, The Burning Question, provided opportunity to raise some interesting topics, including the hot issue of abortion.

A favourite highlight was the meeting Poetry in Motion which featured Forum 'legend' and Life Member, Coral Cogzell, who entertained the audience with two of her unique humorous pieces of Bush Poetry.

Coral was joined by a further 9 speakers – some who came from near and far to present their own work or that of their chosen poet and the reasoning behind it.

Another meeting with a difference arose from the title – Don't Judge a Book By Its Cover. This featured a guest who shared her personal journey of becoming an Author and online educator in English as a Second Language. This drew keen interest from a local longstanding group with similar interest.

With every meeting providing unbelievable surprises, confidence boosting challenges and most of all, the stimulation of intellectual rigour – IPSWICH FORUM is highly excited about the New Year and the promise of even more to come.

St Lucia Forum

St Lucia Forum enjoyed an interesting and stimulating couple of months at the end of Session 2, 2018 with all meetings well attended. The meeting on 15 October had guest speaker, Sebastian Buchanan, a qualified podiatrist. Sebastian spoke about foot problems, what can be done about the more common ones, and choosing the right shoes.

The final meeting for the year was our Christmas lunch. The President of the State Management Committee, two Forum Assessors as well as some past and all present members attended. The theme was "Celebrating 2018" which was done in style with several poems and stories contributed by members.

As 2019 is St Lucia's 60th year (we are the oldest remaining Club in Forum), we are all looking forward to Session 1, 2019 when our theme will be "The Sixties".

An update on our Bursary Recipient Madison Burtchnell



On 12 October 2018 Madison was presented with the Youth Category (25 years and under) by Queensland Mental Health Week Awards at Brisbane City Hall. The above photo and article was in the Redland Bay Bulletin of 13 October 2018.

The Bulletin reported that Ms Birtchnell has been involved in efforts to reduce stigma, while providing support and empowering people living with mental illness. She said "that every person should be valued, respected and included and that people should always show another person kindness and understanding " .

But wait there is more.

Also in October Madison was one of five finalists for a Human Rights Award. The Australian Human Rights Commission considers its Human Rights Awards as the pinnacle of human rights recognition in Australia. Within these awards, The Young People's Human Rights Medal is awarded to an individual, under the age of 25 years, who has made an outstanding contribution to advancing human rights in Australia.

Her citation reads: "Madison is a passionate young advocate for human rights and freedoms particularly gender equality and the rights of people with a disability. Madison holds multiple community-based volunteer roles in Queensland and this year she held a series of events to raise awareness about mental health issues in young people. Madison also champions equal access to public spaces in her community for people with a disability."

Congratulations and well done Madison. We are very proud of you.

If you want to find out more about public speaking, to find your voice and meet likeminded people come to a Forum meeting where you will be most welcome.

See Find a Forum on this web page.