



## Message from the State President Joy Martin

Hi everyone!

Thanks for visiting the Forum website – I hope you find what you're looking for!  
IF YOU DON'T find what you're after, can you tell me??

Email me at [jndmartin@optusnet.com.au](mailto:jndmartin@optusnet.com.au) and say “this is what I need to learn, to expand my horizons / get me into a better career position / improve my confidence. Can you help me?” and we'll find a way!

Because as many ideas that we have about what we think will suit everyone, there's going to be more ideas and needs than we can ever imagine.  
So please, help us to help you.

In the last few months there have been some great workshops held at various Forums, such as

- Takeaway Confidence – Speech Presentation & Delivery
- What Not To Do
- Persuasive Speaking
- Story Telling
- Language - Debates, Expressing Ideas, Representing Experiences
- Your Secret “Sauce” as a Presenter
- Tips for Composing Memorable Speeches and more!

If you're looking for personal development, looking to grow in confidence for work presentations, or even looking for inspiration before you make a wedding speech – Forum is for you.

# Message from State President Continued

Little steps, big steps, practising along the way in a supportive environment... being inspired, being mentored, loving growing in confidence and experience – Forum is for you.

Make sure you check out our syllabus for the coming 6 months, so you can find the nearest Forum location and meeting details.

It's FREE to visit Forum – and as they say “Do something today that your future self will thank you for.

## News from the Forums

### Bayside

The mission for this session at Bayside Forum was to **Live, Learn and Inspire** – and our members certainly delivered successfully.

From Beautiful Minds that inspire others to Icons, Geniuses and Mavericks, Bayside Forum has explored the inspiring nature of life and the individuals within it.

We've also learned a lot about Australian History and our amazing Icons while at the same time exploring important issues such as conservation and the environment.

We've tackled Blue Sky Thoughts with our first 30 minute lecture and taken on some other new challenges such as practicing more procedure, one on one debating, improving our vocabulary and grammar with a new language segment, and a brand new tutorial on storytelling.

On the 21st of August you will have the chance to join our amazing learning journey with our very first open training night: How to be Confident. Come along and brush up on your skills and make sure you bring along some friends! A great opportunity for anyone who wants to develop some confidence but perhaps doesn't want to sign up for a whole session just yet.

Everyone is welcome!!

## Dalby Forum

Dalby Forum celebrated their 55th birthday in style with their Be Confident @ Twilight event in partnership with Gallery 107, hosting 60 people to enjoy the ambience of the Gallery and the exhibition "Recovering the Past".

Attendees were entertained by an impressive range of speakers including ABC Southern Queensland's, David Illife who shared a snippet of sound bites over the years demonstrating the extraordinary lives lived by ordinary people.

Tracey Hartwig from Gallery 107 took us on a journey through the exhibition which showcased old wartime photos from local country towns superimposed on the present day images.

The evening was topped with bush poetry and the cutting of the magnificent cake by our longest serving member, Jocelyn Milne and our newest member Judy Edwards.

The Be Confident series have been popular with our Dalby residents and Dalby's first foray into the twilight zone was very successful.



Twilight speakers David Illiffe, Tracey Hartwig and Brian Weier

## Chermside Forum

Chermside Forum had cause to celebrate the long membership of one of its members Marian Reynolds.

Marian has been a member for 50 years. Yes 50 years! During that time she has made some truly memorable speeches with humour and style.

Marian is never at a loss for words, no matter what the occasion. Marian was presented with a certificate to commemorate this amazing milestone in her Forum journey.



President Margaret Townsley presenting Marian Reynolds with a certificate to celebrate 50 years of Forum membership

## Cleveland Forum

After a publicity campaign on local radio and in their local paper, CLEVELAND FORUM mounted a highly successful Speaking in Public Course which operated for six weeks from February to April. Twelve paying participants attended and contributed enthusiastically.

An innovative format was devised, implemented and led by the three CLEVELAND course presenters (Helen, Pam and Jan). Rave reviews were forthcoming at the final session! It is heartening that seven of the course participants have either joined or are attending meetings to date. Whew! Hard work pays off!

The 2019 committee is committed to having many members contribute in many different ways during meetings and a range of fresh and exciting speaking opportunities are being incorporated into meeting agendas; watch this space for some of CLEVELAND's ideas. Please consider making the journey to CLEVELAND to join one of their meetings on the first and third Thursdays of each month. Their informal pre-meeting lunches (12 noon for their meeting at 12.30) are legendary!

**But wait there is more!**

**CONGRATULATIONS to Cleveland Forum's Pam Tranter who has just been chosen as an Inspiring Senior for Redlands Coast. Every year one person from each of the city's 10 Council Divisions is selected from nominations and Pam was a more than worthy winner.**

**Her involvement in the local Cancer branch, BayFM and many more organisations enriches the community immensely.**

**"You have always been an inspiration to us at Forum, Pam."**

