



FORUM LIFE

January 2022

As we welcome in a New Year and are once again surrounded by the uncertainty of Covid, at least we all know we have the fond embrace of Forum to return to!

In September 2021 a new State Committee was elected to spearhead our organisation for the next two years, and, if you haven't met the members as yet – now is your chance! Pictured left to right are Elaine West, Rosie Arnold, Anna Bowman, Irene Henley and Joy Martin.

Elaine West joined Bayside Forum in 2002 and was an active member of the State Committee for 10 years, including serving as State President from 2011 – 2013. Elaine currently holds the dual roles of State Treasurer and Forum Historian. Elaine has now retired after working in the aged care sector and her interests include Forum, postcard collecting, family history and travelling.



Rosie Arnold joined Bremer Forum in 2011 and has been on the State Committee since 2017, serving as Secretary from 2017-2019 and taking on the role of Marketing Officer since then. Having retired from the workforce, Rosie is now a Marriage Celebrant, and enjoys music, writing and gardening.

Anna Bowman joined Bayside Forum in 2007 and is our newly elected State President. Anna works for the education department as a Teacher Aid within a Special School which gives her a wonderful opportunity to see the students learn and grow. Anna also has three sons to look after so she's a busy lady!

Irene Henley joined Cleveland Forum in 2020 and is now our State Vice-President. Irene is a Nurse Therapist and Nurse Advocate and is also very active in the community as a member of many organisations including Redlands Lions, Zonta, Donald Simpson Centre, Redlands National Trust and the Redlands Chamber of Commerce. Another busy lady!

Joy Martin has been a member of Bayside Forum since 1998 and served as State President from 2017-2019. Now in the role of State Secretary, Joy is also enjoying her new job as a Receptionist at a local Physio, which is a huge change from her previous career in advertising. Joy is an active member of Rotary, and in her downtime enjoys spending time with her family – especially her new Grandson Jack, and also loves to get out in the garden and curl up with a good book whenever she can.

Looking Back

This poem was included in a Forum newsletter in November 1975, when Forum membership was only open to women:

Take time to play, it's the secret of youth.

Take time to be friendly, it's the road to happiness.

Take time to laugh, it's the music of the soul.

Take time to work, it's the price of success.

Take time to dream, it's like hitching your wagon to a star.

Take time to read, it's the foundation of wisdom.

Take time to think, it's the source of power.

Take time to speak, language most shows a woman

The Origins of Forum

Forum was founded by three women who had an incredible vision for the future and an understanding of what was needed in our community.

These three women, Lady Jesse Groom OBE, Marjorie Puregger and Ruth Don OAM, called a public meeting in Brisbane on the 22nd of July 1941 for women interested in the formation of a club to foster public speaking amongst women. Ruth Don was the first President of Forum, and the three original founders remained active members throughout their lifetime.

During 1945 a movement grew for the establishment of further clubs, and as the organisation grew throughout Queensland it became apparent that a supervising committee was necessary.

In October 1947 the Association of Queensland Women's Forum Clubs was formed and referred to as Dais. This governing body is now known as the State Committee.

What Forum is Today

After initially being formed to help women find their voice in the community, Forum membership is now offered to men as well, and our clubs are enriched by the diversity of all our members today. Not only do we promote the art of communicating well, our members also learn correct meeting procedure - a skill which is required in most social and sporting organisations. Forum Clubs also enable their members to take on the roles of Office Bearers for their individual committees, allowing these members to fully understand the workings of a committee, which in turn is beneficial for the many outside organisations our members contribute to.

WHAT OUR FORUMS HAVE BEEN UP TO:

Bayside Forum

In November last year Bayside Forum held a Symposium entitled “*Creating a Better Society*”. Four Forum members each took on a slightly different persona to present their own views on how we can actually achieve a *Better Society*.

The first speaker was ‘Dr’ Joy Martin, Anthropologist (Cultural Studies) who enlightened the audience to a world made better by those with an idea or vision to help by making it *Better, Kinder, Richer*. People like the man who invented a pill bottle especially for Parkinson sufferers & opened its patent up for anyone to use or change as the need arose, or the two lads who started Orange Sky – in both cases, blue sky thinking was brought to fruition to make a better world.

The following presenter was Irene Henley, speaking as a Political Analyst, who compared our political systems with the work of bees and their structured industry. Mankind cannot live without bees so is the *Beehive of the Future* the way forward, where collective roles = a better society?

Elaine West took on the persona of Lane Westerman, TIME Magazine Investigative Journalist, and took the audience on a journey to the Svalbard or Doomsday Vault north of Norway, which is *Preserving Global Bio-Diversity through Seed Banks*. She spoke of the purpose of the vault in backing up every seed bank in the world before natural or man-



made disasters, diseases or pests destroy valuable crop varieties. It is truly a global endeavour encompassing every country in the world.

‘Dr’ Anna Bowman, Specialising in Wellness & Self Care, made the audience look inwards with her topic of *Looking After Yourself*. In today’s world where good mental health is so important, it is all about self-appreciation, gentleness and bringing a kind and loving intent to everything we do. Anna advised that the quality of presence, being in the moment and being your own best friend are ways to care for ourselves and in turn make a better society.

All four of our speakers researched their topics intricately and their presentations were wonderful - we do love our symposiums at Bayside!

***Pictured above are our Symposium Speakers:
Anna Bowman, Joy Martin, Irene Henley, Elaine West***



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

Ashgrove Forum

On 12 December Ashgrove Forum held a Christmas Lunch at the Belvedere Hotel in Woody Point at the northernmost tip of Bramble Bay. The lunch was attended by all current Ashgrove members along with several partners and relatives. We were delighted to be joined by four members from our sister club Bayside (Anna Bowman, Joy Martin, Nora King and Paul Barry) who made the long trek up the coast from Wynnum to celebrate with us. It was a very happy and convivial afternoon with Ann Davies' famous quizzes, much laughter and conversation, and a Secret Santa. We were all too busy enjoying the present without worrying about the past, but we were celebrating in a very significant Queensland location.

Bremer Forum

2021 was an interesting and enjoyable year for Bremer Forum members. We had two different sessions throughout the year, each driven by a different President, so the topics we spoke to and the learning segments were diverse. At the end of each session the President of Bremer Forum presents the *Rex Hills Encouragement Award* to one member who has gone above and beyond during the session. This award honours our dear friend Rex who we lost in 2018. Rex was a mentor to us all and always sought to encourage us in our Forum journey, so now we get to share a little bit of his encouragement with all of our members on a regular basis. Lorraine Foran was presented this meaningful award at our last meeting of 2021 in recognition of her outstanding contribution to our Forum.



Bremer members are looking forward to 2022 with a brand new incoming President, Peter Clem, leading the club for the first time. Peter is a musician, and his theme for this session is "Waxing Lyrical" so no doubt we are in for a musical treat over the next few months.

Chermside Forum

Lots of fun and laughs for all were had at the end of year Christmas party for Chermside Forum which was held at the Geebung RSL. Anna Bowman (our lovely State President) joined us and we also had three other visitors, two of whom are completely new to Forum.

Our management committee for 2022 has two new faces - Sandra Tam (Treasurer) and Michael Lavarack (General Committee). Neither of these members have served on the committee before and they are both welcomed for their unique talents and ideas, particularly with planning our 60th birthday celebration which will be held in May this year – stay tuned for more information!



Ipswich Forum

Ipswich Forum members continued to meet every challenge with ever-increasing confidence throughout the session leading up to the Christmas break. Based on the theory *'a sure way to increase knowledge on any subject is to teach it'* – our members stretched their knowledge by creating quiz questions on subjects such as: *The role of Secretary, Standing Orders, Duties of the Management Committee*, and how to present *Toasts & Responses*. Regular speech contributions at meetings continue to entertain and amaze the audience - on such a vast array of subjects – while providing special opportunity for our members to share their knowledge of diverse interests with others.

We are feeling optimistic that 2022 is sure to start with a buzz of excitement! Our 1st meeting on **Thursday, 10 February** – will include a valuable workshop on ***Keeping Historical Records*** – presented by the Ipswich Historical Society. We believe that the community and our members will find this information useful for preserving their personal records, as well as for keeping the vast files of valuable records of Ipswich Forum's 60 years of history. Visitors are most welcome to join us at the **Ipswich Trades Hall, 3rd Floor** – starting 10:30am.

Ipswich Forum's 60th Birthday will be proudly celebrated to the theme ***'NEXT CHAPTER'*** on **Saturday, 12 March** – at the Ipswich Sports Club (Leichhardt Golf Club) 1a Samford Road, Leichhardt from 10:30am to 1:30pm. We are keen to ensure this special event is a memorable occasion – shared with many Forum members – including past members, family, and friends. Cost is \$30.00 per head. Please contact for details –Lorraine L4n44m@bigpond.com.

Featured Member

Pat Pepper, a member of Ashgrove Forum since 1980, comes from a Forum family. Her mother, Mary Pepper, joined Proserpine Forum in 1963 and was President of the Northern Region Council from 1971 to 1973. Pat's sisters, Dorothy Cavill and Gay Gray, have been members of Ashgrove and Cairns Forums, and her sister-in-law, Linda Pepper, was also a member of Proserpine Forum. Pat has held all offices in Ashgrove Forum many times. She has served on the State body (Dais) as Treasurer (1990-93), Chairman of Finance Standing Committee (1994-95; 2006-07), Secretary (1996-97), Vice President (1998-99), President (2000-01), Immediate Past President & New Forums Officer (2002-03); Delegate to National Council Of Women Queensland (NCWQ) for Forum: 1997-99; 2008-present.

Pat has been a keen advocate of the Forum Sister concept. When Brisbane Clubs were paired with country clubs, Ashgrove Forum would meet with their Sister Club at a site between their venues and invite the Forum nearest that location to join them, along with their own Sister Club for a combined meeting. For example, when Ashgrove Forum met in Bundaberg with Sister Club (Capricorn Coast Forum), Sister Clubs (Brisbane City and Bundaberg Forums) contributed to the combined meeting. Another innovation she promoted was the Forum Parliamentary Sessions in the Old Legislative Assembly Chamber, Parliament House. These were possible under the auspices of Mr Jim Fouras, then Member for Ashgrove.

During her Dais Presidency, Pat made a concerted effort to de-mystify Dais and involve other Forum members in the decision making process.

Dais meetings, graciously hosted by local Forums, were held in Emerald, Beenleigh, Ipswich, Mitchell, Gympie and Dalby, as well as at Garden City and Women's Infolink in Brisbane. The Emerald meeting was actually held in two parts: the first in the Stockman's Bar on the Spirit of the Outback on the way to Emerald – much to the amusement of fellow passengers. One chap thought it sounded like such hard work he offered to buy us a drink!!

The highlight of Pat's term of office as Dais President was celebrating the Diamond Jubilee with the **Forum Speaks Out** campaign aimed at lifting Forum's profile and increasing public awareness in an endeavour to increase membership.



Featured Member - Pat Pepper continued....

The campaign was successfully launched with a Cocktail Forum on 2 March 2001 at the Irish Club in Brisbane, and followed up by an Office Bearer's Workshop on 3 March at the State Library Theatrette. Forums throughout the State conducted a great variety of events and some Forums obtained a grant from a local source to assist funding events. Pat was in awe of the incredible drive and enthusiasm of her fellow campaign team members, Lorraine Foran, Pam Tranter and Norma Knight and the wonderful response from all Forums involved.



Pat Pepper with Ruth Don cutting Forum's 60th birthday cake

When Ashgrove Forum's membership was dwindling, Pat organised "Home" and "Away" meetings with other Forums who were very supportive. These meetings gave members of both clubs the opportunity to speak to a larger and different audience.

A science graduate from the University of Queensland, with higher degrees (M.Sc and PhD.) from the University of Southampton, Pat spent most of her working life consulting in biometrics, experimental design and analysis, and simulation modelling for the Department of Primary Industries and Fisheries.

Pat has authored and co-authored over fifty scientific and peer reviewed papers, and in 2009, the Department awarded her an Australia Day Award in recognition of her outstanding contribution to QLD Primary Industries. Pat retired in 2012 as Senior Principal Scientist (Biometry). Over the years, Pat has held leadership roles at the State level in various community or professional organisations e.g. Treasurer, Australian Federation of University Women – Queensland; Secretary and President, Australian Society of Animal Production, Queensland; Treasurer, National Council of Women (NCWQ). She is currently the State Environment Adviser and State Coordinator of Advisers for NCWQ, National Environment and Habitat Adviser (NCWA), and Coordinator of four NCWQ bursaries (including the Forum Bursary). When not involved with Forum and NCWQ activities, Pat enjoys the theatre and ballet, playing bridge and golf, and walking her dog. Pat has found the training in Forum very helpful in her working and community life not only to gain confidence when delivering papers, but also to run meetings more effectively. But she is still learning! While Forum provides a supportive and encouraging environment, it can also contribute to our development with challenges. Pat looks forward to tackling those challenges, which she is confident the wonderful camaraderie and friendship she has found in Forum will sustain her in confronting.

Vale Jewel Rose-Thomas

Past members of Gympie Forum lost a treasure when their dear friend and long-time Forum member, Jewel Rose-Thomas, passed away recently. Jewel – as her name suggests – was a precious commodity. She was loved by all who knew her and brought a ray of sunshine along with her when she attended Forum functions - greeting everyone with her beautiful smile and cheery disposition. Jewel attended many events that were hosted by other Forums and our members have fond memories of her speeches which were always thought provoking and entertaining.



Jewel joined Forum in 1997 and was an enthusiastic and valued member from the very beginning; actively participating in Gympie Forum's Management Committee as well as serving on Forum's State Committee (then known as Dais) in many roles. In 2006 Jewel became Assistant Secretary of Dais and stayed in that role until transitioning to the position of Dais Registrar in 2007. In 2008 Jewel took on the task of Honorary Treasurer of Dais and also served on the Finance Standing Committee at the same time. Jewel held both of these positions for the next two years. Despite her active involvement with the State Committee, Jewel continued to contribute to Gympie Forum's local Management Committee, and from 1999 until the end of 2017 she helped support the club in many ways - taking on the roles of President, Vice President, Secretary, Treasurer and Dais Delegate many times. Jewel was a

shining light in both the Gympie community and the Forum family and will be dearly missed by everyone who knew her.

Vale Jewel – thank you for your wonderful friendship and support.

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

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](#)