

FORUM LIFE

October 2023

President's Pen



The greatest vision for all People is to have Confidence when speaking.

Let me introduce you to FORUM. We know that we are the best speaking organisation in Queensland because we specialise in supporting people to gain higher levels of confidence in all aspects of public speaking, developing essential leadership skills.

No matter what stage of life or career you are living, Forum provides essential personal and professional development for people who want the 'communication edge'.

Our Association is 'Forum Communicators' and for the past 80 years we have developed a rich history specialising in all aspects of Public Speaking and Meeting Procedure.

Today, we have Forums throughout Brisbane and on-line, all of which provide access to FORUM's multiple programs, speaking opportunities, tutorials, workshops, special events. Using shared experiences in learning and practising public speaking enhances skills and techniques in preparing speeches, delivering presentations and developing professional techniques. These are delivered with fun peer to peer coaching and mentoring relationships.

Our local FORUM TEAMS are professional, skilled and innovative, intelligent communicators who inspire members and visitors to gain higher levels of confidence in public speaking and meeting procedures.

To assist you in your learning, Our FORUMs provide supportive environments that are safe places, which encourage and enable people to join our community. Bringing together different perspectives and networking opportunities, that encourages learning and opens doors to new possibilities.



YOU ARE WELCOME TO VISIT A LOCAL FORUM.

Come and meet us, discuss what you are seeking and find out what FORUM can offer. From our rich source of multiple programs and topics, we can introduce you to our supportive coaching and mentoring programs. Send us an email

forum@beconfident.org.au

The State Committee

Forum Communicators' 33rd Biennial Conference was held in September and it was a festival of speaking, learning and laughter. Organised by our outgoing State President, Anna Bowman and her State Committee, the Conference brought Forum members together from far and wide to discuss the future directions of Forum – via Future Forum, workshops and discussion. Once again a highlight was our Forum Speaking Competition and Awards. We also welcomed our new State President, Irene Henley and her State Committee who are striving to ensure FORUM thrives into the future.

At Forum we enhance both the personal and professional lives of our members.



Your new State Committee and Support Officers are pictured above, left to right: Julie Rodgers, Margaret Townsley, Elaine West, Anna Bowman, Irene Henley, Rosie Arnold, Pam Tranter.

Innovation Intelligent = Inspiration



FORUM Bursary 2023

Priya Virdee-Hero (pictured left) is the recipient of the 2023 Forum Bursary. All of our members were very impressed by Priya's outstanding list of achievements and her desire to continue to work hard and fulfil her dreams. Priya spoke at the Forum Conference and was presented with her Bursary at the official award ceremony hosted by the National Council of Women QLD (NCWQ) by the Forum President Irene Henley.

FORUM Bursary 2024

FORUM sponsors a bursary through the National Council of Women Queensland. Each year we offer financial support to a young woman who excels in leadership and speaking in public.

We congratulate the previous Forum Bursary winners. Taylor Birtchnell (2017), Madison Birtchnell (2018), Anekah Hinchliff (2019), Chloe Ainscow (2020), Laura McLennan (2021), Olivia Chissell (2022) and Priya Virdee-Hero (2023).

Information on the 2024 Bursary program can be found at the National Council of Women of Queensland (NCWQ) [website](#) and <https://ncwq.org.au/> in early 2024. Please encourage young women in your community to investigate and apply for the 2024 Bursaries.

Forum Speaking Awards

The Forum Speaking Awards (FSA) are held every two years at Conference. There are three coveted awards that members vie for: The RUTH DON AWARD for the best speaker and speech on the day as decided by a panel of Forum Assessors; The JESSIE GROOM AWARD - for the best speaker and speech on the day as chosen by the members present; and the MARJORIE PUREGGER AWARD for Impromptu Speaking. Each member who competed delivered a fantastic speech and are congratulated for their efforts.

Three Speech Title Winners

1. Ruth Don Award - Leanne Walker - Bremer Forum - The Bear and the Honey Pot.
2. Jessie Groom Award - Janet Gover - Chermside Forum - Sustain.
3. The Marjorie Puregger Award - Ben Cameron - Bayside Forum - The Power of Water.



Pictured (left to right): Janet Gover, Leanne Walker, Pam Tranter (Chief Assessor) and Ben Cameron.

We encourage each member to consider embracing the opportunity to compete in any speaking competition.

Life Membership

It was an absolute honour to see Penny Hamilton awarded Life Membership of Forum. She has been a mainstay since joining Dalby Forum in 1990. Over her 33 years of membership, she has shown dedication, leadership, guidance and meritorious service to not only Dalby Forum but the wider community and particularly, Forum as a whole.

In 1994, the Forum Newsletter was reintroduced, and Penny was the first editor. That same year she was the Chairman of the Convention Committee who created the "Voices of the Forest - A Gathering of Nuts" held in the Bunya Mountains. In 2003, Penny co-wrote and formatted the Good Ideas Folder and this has been invaluable resource since its inception for all executives planning session content. It contains successful segments with instructions, expected learnings and useful tips.

Over the years 1999 to 2015 Penny held multiple positions on the Dais (State Committee), as President from 2007-2009 and later as State Secretary from 2015 -2017. Penny was also instrumental in the restructuring of Forum in 2007, the re-forming of Toowoomba Forum in 2008, the concept of Super Forums in 2015 as well as the updated Forum logo and literature. Penny continues to provide much needed input into Forum. Congratulations Penny, so well deserved.



Anna Bowman (L) presented Life Membership to Penny Hamilton (R)

OUR FORUMS HAVE BEEN BUSY E-Forum

FROM SMALL THINGS GREAT THINGS GROW

E Forum has been meeting monthly for several years via Zoom. E-Forum members join our meetings from far and wide to engage with each other and we currently have members from Central Queensland, Victoria, Sunshine Coast, Gold Coast, Dalby and Brisbane participating on a regular basis. Meetings are held on the 2nd Monday of the month.

The monthly programme consists of 5 minute speeches, short learning segments, impromptu and various other speaking opportunities, including special occasion speeches, toasts and 'soapbox' (aka getting across a strong point of view). In the past few months, we have inducted two new members and welcomed back a past Forum member who now lives interstate.

E Form is popular with our attendees as there is no travelling involved and it's convenient for those who do not live locally. **E Forum is on a roll!**

Palm Beach – Currumbin Forum

PBC Forum members celebrated their 28th birthday at the home of current President, Clare Cauchi, along with State President Irene Henley and Forum Life Member Coral Cogzell. Coral was the inaugural President of PBC Forum when it was founded in 1995, so it was an honour to have her with us to celebrate this milestone in our history.

It was a low-key celebration, just a wonderful day to reminisce and catch up with Forum friends past and present, some not seen in a long time. PBC Forum Secretary Christine Jamieson, was the first speaker with interesting past statistics and reminded members of the parties PBC Forum had hosted in the past. Most notable was the “1001 Arabian Nights” Birthday Party in 2005.

Of special note was the last convention hosted by PBC in 2018, organised by Coral and entitled “The Real Deal”. The inaugural President Coral cut the Birthday cake and the State President, Irene addressed the meeting.



Although a Birthday Celebration, it was tinged with sadness as it was the last day of PBC Forum. We will still have members joining in via E-Forum in the new year.

Ashgrove Forum

Ashgrove Forum continued to grow from strength to strength throughout 2023 by providing a robust speaking program and tutorials. The club meets once a month at the Ashgrove Library and have seen a steady membership which has started to increase. In 2023 they welcomed both Helen and Billie.

The club is consistently featured in [The Western Echo](#) a community newspaper which is delivered to 15,700 homes businesses and clubs across the suburbs of The Gap, Ashgrove, West Ashgrove, St John’s Wood, Dorrington, Keperra, Red Hill, Bardon Paddington and Newmarket.



The articles published in The Western Echo include information on members, brief tutorials on formulas such as PREP (Point, Reason, Example, Point) for crafting impromptu and prepared speeches, and most importantly our Forum's contact information and meeting schedule.

Our congratulations to Ashgrove for raising the profile of FORUM

Bayside Forum

Bayside Forum fosters confidence and excellence in speaking skills and is extremely proud of all its members. Conference last month provided a perfect opportunity to practice these skills with Ben Cameron (picture on pg 3) winning the Impromptu Speaking Award.

Long time member Elaine West was presented with the prestigious **State Recognition Award** by Immediate Past State President Jannene Wall. Elaine has been a member for many years and has contributed to the wider forum Community through her continued support to the State Committee and the many roles she has taken on at her own Bayside Forum.

Bayside acknowledges all members who contributed towards the success of the Conference and thank the State Committee for all the hard work that went into holding the two day Conference as well as the presenters of workshops and Topics for Discussion. These efforts made for a memorable occasion for all Forums and members.



Elaine West (left) and Jannene Wall (right)

One of the greatest accolades a member can receive is the **Spirit of Forum Award**. The State Committee awards this to a person who has given so much to the Forum organisation over many years. At Conference 2023, this was awarded to Joy Martin, State Secretary, past State President and member of Bayside Forum for 25 years. She is an experienced speech and procedure assessor training, assisting and mentoring members wherever needed; has tutored via workshops, both internal and external, joined with other presenters in University speaking courses, NCWQ workshops and conducted QRRRW webinars in conjunction with others. Her great organisational skills have been instrumental in hosting many successful events including the fabulous Bus Trip (75 Years in 7 Days) in 2016, the iconic 75th Birthday Lunch plus the 76th Birthday Lunch that saw the launch of the Forum history book “Never Be Silent”, written by Maureen Whitehead. Joy’s skills have contributed to the success of Forum for the past two and a half decades – a worthy awardee.”



Joy Martin

Bayside Forum looks forward to presenting a robust speaking program in 2024 and welcoming new members into the organisation.

Bremer Forum

In our recent sessions, our speech titles have been derived from song, movie and book titles which have elicited a vast array of unexpected topics.

At Bremer Forum we strive to include the following ingredients in our meetings:

- Intriguing Speech Titles
- Impromptu opportunities to give everyone a chance to speak and make it fun by using images projected onto a screen, commercially available speech topic cards or other forms of speaking prompts.
- Learning opportunities – tutorials, workshops, video clips.
- Always streamline the business section - keep it short and succinct. Extras can be dealt with online and decisions made via 'flying minutes'.
- Finish the meeting with something to leave our attendees smiling - either a good joke or words of wisdom from the Chair.

Bremer Forum has welcomed a number of visitors throughout 2023 and our members are always actively promoting our organisation within the local community.

One more thing... always have fun!

Chermside Forum

Chermside Forum has had a productive few months. The Chermside membership continues to grow, even though two members became busy with other parts of their lives and discontinued their membership for the moment; however, we look forward to them rejoining Forum in the future. We had some interesting topics this session such as 'Knowledge is power' and 'Failure is the greatest teacher'. Our tutorials focused on Chairing skills presented by Julieann Caffery and Impromptu speeches led by Margaret Townsley in preparation for Conference.

The big excitement, however, for Chermside, was the Members Choice award at the Forum Conference which was awarded to Janet Gover for her speech about 'Making the earth sustainable.' Francine Field also did an admirable job in the impromptu section.

Exciting news, the Museum of Brisbane retaining Kath Bertrand's ceramic she made for the 2021 Forum Conference for their permanent collection. Her husband Reg Bertrand has kindly agreed for this to happen, as he had won the ceramic as a prize for his impromptu speech at Conference. It has been on display all year for their exhibition of Brisbane ceramic artists past and present. The story of Forum has been passed onto the curator.

To end on a sad note, Frances Clark, passed away this year. Frances had been a member of Forum for almost 60 years and will be very sadly missed by all that knew her. All of our members send our deepest condolences to the Clark family.

Cleveland Forum

In addition to a very active speaking program in 2023 Forum members conducted a public awareness presence at the recent and fabulous **Welcome Back Shore Birds festival** - organised so expertly and professionally by Tania Kromoloff of Bayside Forum.

We were fortunate that our gazebo was positioned next to the Koala awareness tent which was one of the most popular sites. This resulted in many passers-by seeing our setup and strolling along to have a chat. As usual, people were intrigued to know how we operated and expressed positive feedback that it sounded 'good'.

We were able to distribute our newly printed book marks detailing both Cleveland and Bayside Forums, as well as sharing information about the other Forums around Brisbane and Ipswich.

We hope some Forums will see enquiries about the exciting, fun and educative meetings Forum can offer. We also welcomed a new member who simply walked past our meeting venue and saw the FORUM signage.



Well done Cleveland!

Ipswich Forum

Ipswich Forum members are a friendly, supportive group who enjoy the intellectual stimulation of Forum meetings and the regular challenges each meeting provides, helping them to deliver special occasion speeches, toasts and 'soapbox' (aka getting across a strong point of view).

Members meet twice a month in the heart of Ipswich to practise public speaking and to learn how to run meetings effectively.

The programme consists of 5 minute speeches, short learning segments, impromptu and various other speaking opportunities.

If you would like to learn new skills, enhance your abilities and meet new people – you are welcome.

If you are preparing to return to University or planning to land a new job, Forum can help you to speak with confidence!



During the last quarter Forum farewelled some members who we hold dear to our hearts. Frances Noelene Clark (Chermside) and Jennifer Marsden (Bayside) will always be remembered.

Vale Frances Clark – Chermside Forum

Frances joined Forum on 17 September 1964 when Chermside Forum met on a Thursday night at 8pm. Frances was well supported by her husband Charles who had to put the children to bed. As time went on, she was involved in every aspect of Forum. So dedicated was Frances that when her third child was born and she was Secretary, she did not miss a meeting. She had the baby in between fortnightly meetings.

Frances contributed to the wider Forum community as an Assessor travelling far and wide and is remembered for being very caring and supportive of others and encouraging with her assessments.

She was a member of the Assessor's Standing Committee for 25 years and received Dais Recognition for her commitment and contribution to assessing. Frances was one of Forum's delegates to the National Council of Women Queensland for many years.

Frances' husband, Charles joined Chermside Forum to support Frances on 25 July 2020. In 2022, she was unable to continue being a Forum member due to ill health and passed away peacefully surrounded by loved ones on 27 September 2023. Her funeral was held at Holy Trinity Anglican Church, 141 Brookes Street, Fortitude Valley on 3rd October. The large funeral was a great tribute to Frances and reflected how much she was loved and treasured.



Vale Jennifer Marsden – Bayside Forum member for 27 years.

Jennifer was a passionate member of Forum and of Soroptimist International Bayside. She epitomised the Forum pledge to speak up, never be silent. An eloquent speaker, Jenny participated in many workshops, discussions, conferences and activities throughout her many years as a member. Through Soroptimists International, she was able to extend real help to world-wide communities in transforming the lives and status of women and girls through education, empowerment and enabling opportunities. One of Jenny's gems was "whatever the question, the answer is always education".

Family was most important to Jenny and, as an optometrist, she was well known in both the local community and in her chosen field. She battled illness for the past four years which eventually cut short her precious life on 8 October, aged just 68 years.



Forum Conference and NCWQ photos



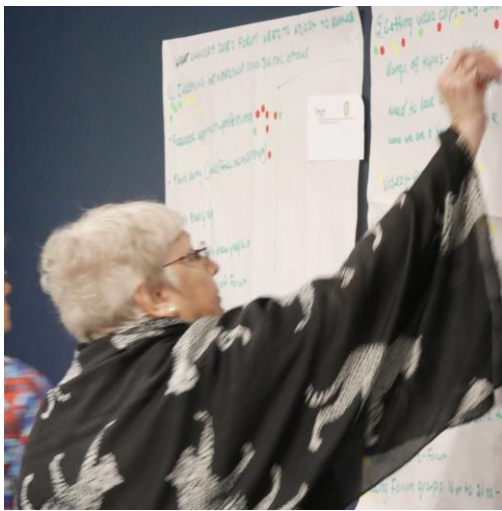
The FORUM Conference is a time to connect with other members.



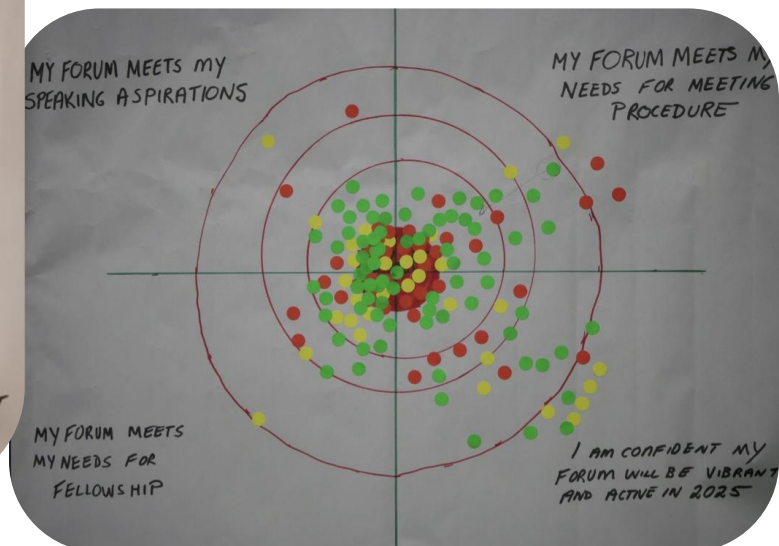
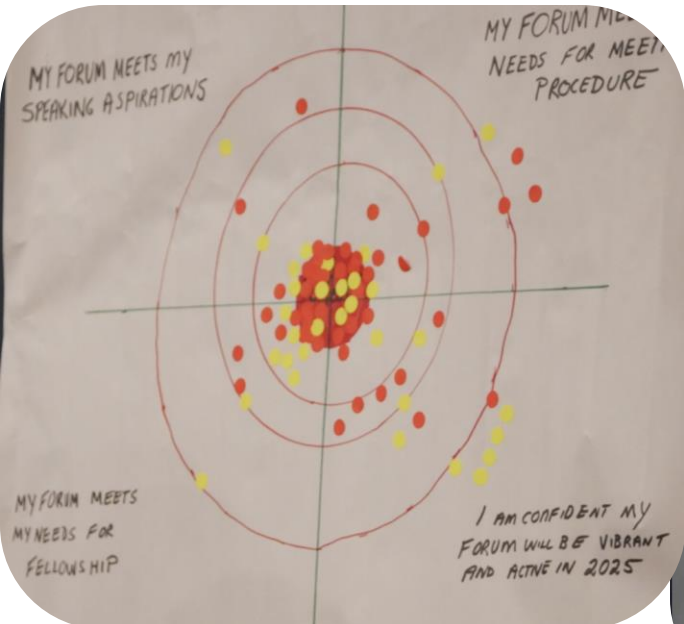
The NCWQ awards!
Priya is fabulous!!



Conference was fun and informative!



The Forum workshop was well received by the members.



Conference was fun and informative!



Conference was fun and informative!



Website – Impromptu, Tutorials and info

Have you reviewed the Forum Website lately?

Some exciting things are happening on the Forum website so please log in to the website and member portal to keep up to date on the changes.

Currently there is a resource page with information for members and the [Good Ideas Files](#) has helpful hints and tips.

Have you used the [Impromptu ideas](#) file? It's under construction! There will be preloaded impromptu titles and a two minute timer. You can opt to refresh the topic for those moments when you think there might be a better topic. This is a great tool to practice and hone your impromptu skills before your next meeting.

Is the information for your Forum on the website correct? This includes:

- Meeting location/address,
- Dates/times your Forum meets, and
- Your contact person.

Let's take great photographs

There is a saying *'A picture is worth a thousand words'* and a good picture is an invaluable tool for marketing and promotional opportunities for your Forum club. So let's take good photographs, some hints are below.

Frame Your Shot - Framing involves finding something that can act as a natural frame for your composition, and then shooting so your subject is inside it.

Background - A tidy background will ensure the focus is on the subject and not distracted by shadows, reflections and visual clutter.

Fill The Frame - When shooting a portrait, you might decide to just include the person from the waist up. It makes for a much more captivating and professional-looking photo when all the unneeded extra space is cropped out.

Good Lighting - Make sure you have enough light that your subject is visible. However, if there's too much hard light and reflections in your shots, it can ruin your photo with unwanted shadows.

Equipment and Edit - You don't require expensive equipment to take fabulous photos!! The cameras and edit function on mobile devices are excellent.



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

Methods

1. Affiliated Forums shall hold regular meetings, where public speaking and meeting procedure shall be studied and practised under the guidance of Assessors approved by the Management Committee.
2. Forums shall be non-profit, non-party political and non-sectarian.

Attached are the links to the Forum [Website](#) and [Constitution](#).

E-Forum is available if you are unable to travel to regular meetings or prefer to attend an online meeting.

All Forum members can and do:

- Present confidently and with conviction in all settings.
- Stand up and speak in front of others.
- Deliver speeches at significant events.
- Attend meetings and have their opinion to be heard.

You can also have all of this because FORUM is for YOU!!

For membership information email us at forum@beconfident.org.au
Or [Contact Forum here](#)

Forums meet at the following locations:

Ashgrove
Chermside
Cleveland
Ipswich
Wynnum
and
Online



Forum is a thriving community of public speakers.