

Rostrum Western Australia INFORMER

DECEMBER 2009/JANUARY 2010 ISSUE 06/09

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Terry does it again!

In front of a crowd of nearly 150, Speaker Terry O'Meara from Club 15 joined a very select group of Rostrum members who have won the Arthur Garvey Trophy more than once.

Only four speakers before him: David Mead (15), Ray Highcock (15), Steve Harwood (11) and Brian Gillespie (49) have achieved the same distinction during the competition's 53 year history.

The Final, held at the Wollaston Conference Centre in Mount Claremont, after the successful Spring Convention, saw four speakers vie for the ultimate honour of being named the Rostrum WA Speaker of the Year.

Speaker Dan Soames (19) spoke about Bridging his own abyss—that being the challenge of writing, developing and presenting his Arthur Garvey Speech itself. Speaker Amy Hardick (19) on the topic of A Dream Run, shared her own experiences of dealing with anorexia. And Speaker Maggie Kennedy-Piper (23) also on the topic of A Dream Run, gave us an education on democracy and Plato. But it was Speaker Terry's presentation about the Berlin Blockade and "Uncle Wiggle Wings" which prevailed.

Well done to all competitors and congratulations to Speaker Terry O'Meara! During the evening as well, there was a special ceremony for two distinguished members of Rostrum WA. Tony Lightman (34) and Ken Holtzman (34) were both elevated to the status of Freeman. Congratulations to Freeman Tony and Ken.

A number of other awards were presented on the night:



Speaker Terry O'Meara, the 2009 Rostrum WA Speaker of the Year, holding the Arthur Garvey Trophy.



Newly elevated Freeman Ken Holtzman and Tony Lightman

R Alan Crook Award for the 2009 Club of Excellence—Club 34

David Price Award for the 2009 Country Club of Excellence—Club 52

Message Design Award for the most new members for 2009—Club 19

Congratulations to all successful Clubs!

See you all in 2010!

Diary of Events
Dec '09/Jan/Feb '10

**SPEAKING UP AND SPEAKING OUT:
A SHORT COURSE IN COMMUNICATION
SKILLS**

2 FEBRUARY 2010

- Want to get off to a flying start with your Rostrum membership?
- Need a refresher?
- Want to introduce a friend or work colleague to presentation skills and a confidence boost?

Answering "Yes" to any of these will take you to Rostrum's Short Course – Speaking Up and Speaking Out

WHEN: Tuesday 2 Feb 2010

WHERE: TBA

TIME: 6.30PM – 9.30PM

COST: Members FREE,
Non-Members *\$60

Refreshments: tea, coffee & biscuits are provided
Also provided: fun, encouragement, things to think about, and notes to take away.

*Place numbers are limited so booking is essential
If you're an 'old hand' please pass this information on to someone who can use it. *Note: If you join a Rostrum Club within one month from the date of this course you will receive a \$50 credit off the joining fee.

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"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

-Albert Einstein (1879-1955)

President's Report

Despite some challenges, it has been a positive and rewarding year .

For a start, I am proud to announce that Club 5 has been reformed as a provisional club with a large number of members, which I am sure will help the club to revert to full status in the New Year.

We have unveiled the new W.A. Website www.rostrumwa.com.au (already praised and envied by fellow State Presidents). The Web will present a new face to the public and at the same time become a comprehensive tool for marketing and data processing for all the clubs to use. It should become the yardstick for all Rostrum websites.

We have also celebrated the "rebirth" of the time-honoured Convention, in a new single-day format which we believe, with a balance of learning forums and club challenges, will regain its place in our yearly calendar. Each forum is presented by experienced people both from within and outside Rostrum. I look forward to your feedback.

The Executive has begun a series of "blue sky" review days which will involve looking into every aspect of Rostrum process, culture and expectations. From these, and our normal executive meetings, many parts of our organisation will be revised and enhanced.

The first is that the *Informer* will no longer continue in its electronic form and revert to a hard copy. It will also change in its style and content to match its title as an *Informer*, primarily outlining things to come, and information and ideas to assist speakers.

A major decision was made, to terminate our agreement with CASM and employ a new service, Dymond Secretariat Services. As a small enterprise, Katy Dymond can provide a prompt personal service for Rostrum and its members.

My Australian Rostrum Council (A.R.C.) annual meeting was a far more productive meeting than I was led to believe possible. A new understanding about W.A.'s role in printing, on behalf of Rostrum National, has been agreed upon and outstanding debts have been written off.

The Constitutional question was raised again and the new Vice President Dario Tomat, from Tasmania, has been given the role of preparing a bare bones Constitution within the legal requirements of our registration. The everyday

management clauses would be drafted in the regulations. This allows each state to then deal with local issues within their own Regulations. Once this draft Constitution is presented, we will look at it closely with the possible view to adopting it in W.A.

The approach that W.A. is taking to focus on increasing membership has impressed my fellow State Presidents to the extent that I have been charged with the drafting of a national strategy and a supporting marketing plan.

One thing that was clear to me from the ARC was that, as a State, we must be more supportive of *Rostrum Voice of Youth*; because it can be used as a Marketing tool to promote Rostrum community involvement, and the clubs generally.

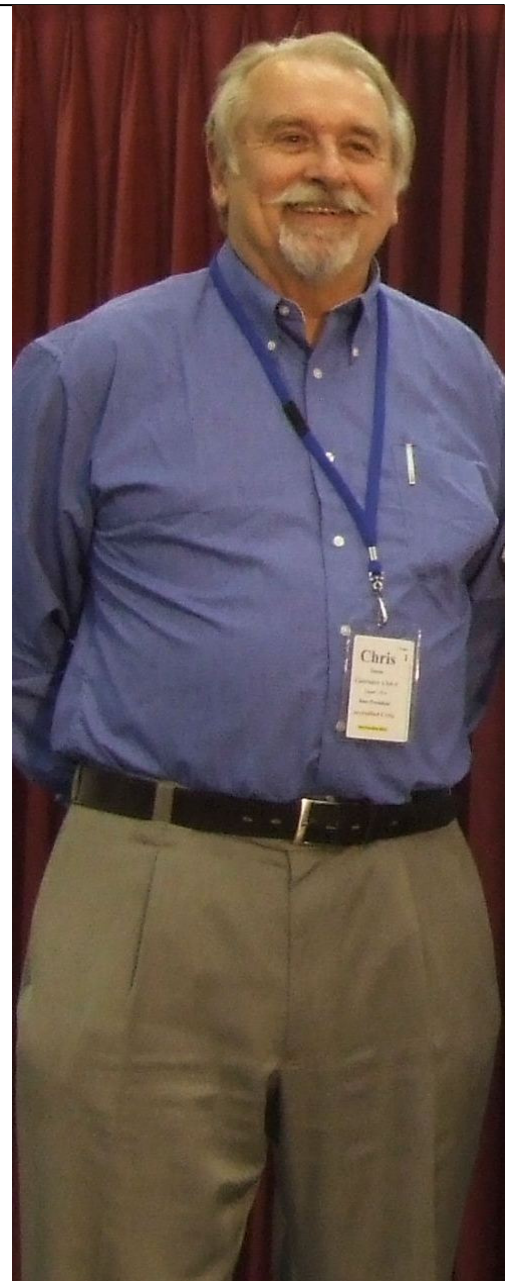
I regret that I have only been able to meet two thirds of the clubs this year. To those I visited, I thank you for your hospitality and the feedback you have provided. To the others, you're on my list for next year. It was a special privilege to attend Club 39 for Michael Connolly's elevation to Freeman, a well deserved recognition.

Earlier in the year, I went behind closed doors to adjudicate a debate between Masonic Lodges - a very different, very entertaining evening, more of which I cannot tell as I am sworn to silence! Suffice to say that the judging of speeches at Santa Maria and Rotary were certainly more straightforward in comparison to the Masons!

Congratulations to Speaker Terry O'Meara from Club 15 as the 2009 Rostrum WA Speaker of the Year. The speeches at the Final were at a high standard as usual. Well done to the other competitors as well - Speakers Amy Hardick (19), Dan Soames (19) and Maggie Kennedy-Piper (23) Congratulations too, to Club 34 - the 2009 Club of Excellence (R Alan Crook Award) and Club 52, the Country Club of Excellence (David Price Award). And a special congratulations to the two new Freemen elevated on the night - Freemen Tony Lightman and Ken Holtzman!

I could not finish this report without thanking my fellow Dais Executive for their efforts and understanding. Their ideas and advice have helped me greatly in my quest to help Rostrum to flourish.

Special thanks to the Chairman of Freeman's Council, Freeman David Price and his colleagues for their efforts in putting together the Convention. Freeman David also deserves a very special thank you for the time and work he has put into the Web site development. Thanks



to you, David, and the rest of the Dais team. Most of all I thank you all for the privilege of being your President and look forward to continuing to address the challenge in the year ahead.

Christopher Stone
State President
Rostrum W.A.

*Rostrum WA President Speaker Chris Stone,
along with the Dais Executive wish all
members of Rostrum WA a Merry Christmas
and a Happy 2010!*

"Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known."

-Garrison Keillor

Rostrum WA Spring Convention—2009

After a hiatus of nearly two years, the Rostrum WA convention made a comeback and it was a convention with a difference...

It was held at the Wollaston Convention Centre over a full day on November 14. The rejuvenated format and program attracted 84 attendees.

The day started with a scrumptious breakfast which was followed by a creative and jam-packed programme that had something for everyone.

Attendees experienced three keynote speeches and 10 breakout sessions from which three could be chosen. The presenters were very experienced in their field and

provided lots of food for thought, including how Rostrum needs to deal with the emerging and different expectations of a new audience - "Gen Y". There were also sessions to improve how we do things at work and how to free our voice.

We welcomed the return of the Novice and an Open Impromptu Speaking Competitions as well as the inaugural "Critics' Idol".

To ensure that Rostrum members don't just hang out with their own club, events were thrown into the mix whereby teams were comprised of members of different clubs while being able to accumulate points for their club.

Congratulations to the winner of the Novice competition, Carol Brands (34), and Open Competition, Susan L'Herpinere (50). Also to the inaugural Critics' Idol winner,

Freeman Adrian Grant (42). Club 34 won the day by making the most Club Points and took away the Don Watson Trophy for 2009.

Thanks to a fantastic effort by the organising committee the convention proceeded without a hitch. Special thanks must go to Freeman David Price and Speaker Karen Reid.

We all felt well cared for, appreciated the bag of goodies that we were presented with at reception (the excuse "My dog ate my copy of *Take the chair*" is no longer valid) and experienced a full day of fun and learning – what better way to spend a Saturday!

Speaker Rikta Hawkins



"They say rather than cursing the darkness, one should light a candle. They don't mention anything about cursing a lack of candles."
-George Carlin (1937-2008)

Thanks... It's been fun!

Well, after nearly three years and 18 Editions of the Informer, its time to hang up my Editing boots.

Big thanks need to go to Freeman Gloria Hancock, Bill Smith and Alan Ham, who have been such a great support to me in my role as Editor. Also to Speaker Rob Lock (deceased) who shared my passion for developing a continuing positive message in all forms of marketing Rostrum.

I have learnt a lot in my time as Editor and will take that experience into the future as I concentrate on my own club duties, my employment and furthering my education in 2010 and beyond.

My best wishes to Speaker Rose Fogliani (44) who takes over the reins from the

next issue onwards. I believe that she has some exciting and innovative ideas. Please support her by submitting articles from your club—celebrating the successes and good ideas which help make Rostrum a vibrant and educational experience for all!

I'd like to leave you with some parting words of wisdom. In fact—I will! **You always miss 100% of the shots you don't take**—if an opportunity presents itself to serve Rostrum in any capacity—grab it with both hands. I am thankful for the opportunity and experience I've had serving as Informer Editor and on Dais Executive over the last three years.

Mat Lane
Informer Editor

Ego fides non silens ubi necessarius dico...



Speaker Mat Lane, keeping an eye out for skiing kangaroos.

Quick Tips

How to protect your voice

If you are speaking on a regular basis (as we all do in Rostrum), taking care of your voice is a high priority. Here are a couple of tips to help protect your voice.

1. Drink plenty of water - this will rehydrate your vocal chords
2. Warm up your voice before speaking - this can be done by humming or singing
3. Pause regularly during your speech
4. Breathe from the diaphragm
5. Maintain your posture
6. If speaking to a large group, use a microphone
7. Don't clear your throat, instead take a sip of water or swallow
8. Rest your voice as much as possible.

These tips will help you to protect your voice, remember you don't want an aching, scratchy throat when you have to make a presentation.

Things to avoid

1. Smoking - we all know that smoking is bad for us but smoke can irritate your vocal chords
2. Alcohol and caffeine - these two drinks can dehydrate your throat and your body
3. Dairy products - dairy products may increase mucus production in the throat
4. Fried foods- fried foods can leave a coating on your vocal chords which could affect the sound you produce
5. Over use - avoid shouting, if you have a large audience please use a microphone.

(taken from "Using your voice" - One Page Wonder presentation, delivered by Speaker Mat Lane 8/7/2008)