



ROSTRUM

INFORMER

August 2017

Newsletter of Rostrum Western Australia

www.rostrumwa.com.au



From the President

On the last weekend in July I attended the Australian Rostrum Council national conference in Brisbane. It was a very busy couple of days and good to meet up again with the other state presidents as well as the national executive. Next year we are hosting the conference so I was particularly interested to

note what worked well in Brisbane and what wasn't so successful, so we can put on an even better event next year, in which I hope all Rostrum members will take part.

Well done to Freeman Susan L'Herpinere, our entrant in the national Sidney Wicks speaking competition. She delivered an excellent speech in difficult circumstances as the competition was put on very late on the Saturday evening (after 9 30 pm) towards the end of the celebration dinner, after a long day for everyone. All speakers had to work hard to keep the interest of the audience and are to be commended. The winner, from Victoria, gave a good speech and possibly also benefited from being the last speaker of the night!

On the Saturday afternoon our two Voice of Youth entrants – junior and senior - also did us proud, delivering both prepared and short notice (15 minutes preparation) speeches. Congratulations to Freeman Juliet Park for all her hard work. The winners of the Voice of Youth competition were announced at the evening dinner, so a long wait for them to know how they had gone (we'll do it differently next year).

Over the course of the Friday and Saturday meetings and training sessions I noted a few good ideas which we will consider further in our own training and running of clubs. A few that particularly struck me were:

- The national website has considerable training materials available. It is worthwhile becoming familiar with the site, especially if you are a club programme director.

- We could make better use of expertise within our zones to present tutorials at other clubs. While we often do training at the Dais level, members visiting other clubs can be invigorating for both the visiting trainer and the host club.
- We must do all we can to attract and retain visitors. If possible, email them an agenda before the meeting, so they know what to expect. Have something to give them at the end of the meeting – a flyer, an agenda, something.
- One club has been successful with advertisements in their local paper, offering things like 'Winter special. Two free visits'. Obviously it is free to visit anyway, but it sounds good and people love a freebie.
- There was consensus that the website and word of mouth remain our best publicity tools.

Next year, we will be combining the ARC conference dinner with a celebration of the 70th anniversary of Rostrum in WA. You are all invited!



*RVOY finalists on the Story Bridge, Kangaroo Point, Queensland
(source: www.rostrum.com.au/rvoy)*

*Freeman Sue Hart, President, Rostrum WA
suehart@inet.net.au*

VALE

Nadine McCutcheon



Nadine McCutcheon, left, receiving an award from Rostrum WA President Marion Buchanan-Taylor (photo from Freeman Alan Ham)

Many Rostrum members will remember former member Nadine McCutcheon (also Gibbons) who sadly died in July.

Five Rostrum members and past members attended her funeral at Karrakatta where it was standing room only.

She was a long-time member of Club 22, a winner of the Arthur Garvey Speaker of the Year competition in 2002 and a hard working member of Training Council. She also competed in Club 15's Tall Stories competition.

She led the most interesting life and had a very complicated family history, starting with being adopted out as a baby. As one of the eulogies pointed out, she could have become a victim, but instead made the most of her life and enhanced the lives of many others.

She was a successful, compassionate and highly qualified and awarded nurse who continued working until she became ill, eighteen months or so before she died. Nadine loved ballroom dancing and many from that world attended her funeral. One of the great joys of her life was becoming acquainted with her biological family in Ireland in the last years of her life. She leaves two sons and several grandchildren.

Freeman Susan Hart

Nadine was one of those people that I always 'got' was a real team worker. At Conventions she'd be the one who'd put her hand up to chair a heat, or to be timekeeper, and then a competitor in the very next heat.

We were both contemporaries when it came to competitions when we often had to face off against one another. There was no animosity between us, just a shared wicked sense of humour. Nadine had the most brilliantly twisted, highly-developed sense of humour you can imagine! We were both very nervous speakers, and would often meet in the toilets before the event (for obvious reasons).

On one occasion, she remarked to me "D'you know they're going to name a toilet after us?" My answer "Yes, they're going to call it S***house!"

I haven't seen Nadine in years, but I'll truly miss the whole idea of a world without her, as I am so sure many others will.

Freeman Karen Reid

For Positive Mental Attitude

From a workshop presented by Nadine McCutcheon, contributed by Freeman Wayne Passmore

- The single most important attribute to becoming successful is having a positive mental attitude.
- You tell your brain what to think and do. Not the other way round!
- Negative messages affect your physical and mental health. Positive messages increase your self-image, self-esteem and self-confidence.
- Face your fear and challenge yourself.
- The hardest thing is to take the first step.
- Think yes and not no!
- If you never try, you'll never know. Don't hesitate do it.
- Set goals and enjoy the journey.
- Have fun. You learn and accomplish more when you are enjoying yourself.
- Live for the moment – regrets hold you back in the past – the future may never come.
- Calamities happen, but life goes on.
- Failures can be the stepping stones to success. Never, ever give up.
- Always do your best in everything you do.
- Trust and believe in yourself that you can do it!
- It is more important to achieve than to win.
- You can only make a difference when you live life to the full.
- 100% effort + 100% energy = 100% effectiveness!

Competition Speeches

By Freeman Sue Hart, from a workshop co-presented with Freeman Ruurd Speelman on 20 July 2017

A 10 minute speech is different from a shorter speech. It gives you a chance to say something significant, but it is harder to remember and keep within the time limits.

WHAT?

Adjudicators will be judging the speech half for its impact on the intellect and half for its impact on the emotions.

Intellectual impact (50%) includes the content, structure, timing and relevance to the topic. Emotional impact (50%) includes your appeal to the audience, whether they are moved by what you say and are likely to remember it. Your voice, stance and eye contact all come into play.

You need a main point or argument, illustrated by solid content, and well-structured so that you can confidently present it.

HOW?

Step 1

Look at the topics and consider how they relate to the theme/issues/ideas that really inspire you, the things you feel most passionately about. It might (hopefully will) be big issues like the environment, world poverty, health, wars, or more personal things like family, love, work. Once you have chosen a topic, work out your main message. Ideally you can sum it up in one sentence. 'How lucky we are to live in this country', 'Books have the power to change lives' or whatever.

Step 2

A competition speech needs to do more than just entertain or inform; it must have a strong central line of argument. However, remember the 50/50 balance of intellect and emotion. While making the audience think, you must interest and engage them – you are not giving a lecture. On the other hand, if it is a particularly personal speech, make it relevant for more than yourself. How and why might this interest the audience?

REMEMBER THE AUDIENCE

Once you have chosen a topic and decided on your main message, consider the content you will use. However serious the topic, you need some sort of a story, or two or three solid, interesting examples that demonstrate your theme. Just repeating your main point over and over in different words doesn't make for a good speech. Do some research to have some really meaty material with which to astonish the audience. Flavour it with personal experience from your own life, or use someone else's extraordinary life as an illustration.

Step 4

Write out the speech, and edit it and rewrite it until it has a clear structure. Remember that the audience aren't reading it – they have to be able to easily understand where you are going. Pick out a catchy line or idea and hit the audience with that to begin with, so you have their attention

immediately. But also finish on a strong note and with the illustration that ties everything together and reminds the audience of the topic and your interpretation of it.

Step 5

Read your speech out loud, refining it as you go so the structure becomes more and more straightforward. At the same time, change it from formal written language to more informal spoken speech. Time it and time it again. Especially plan the last two minutes, and have a section that can be expanded or contracted so that when the 8 minute warning bell goes you can cut to your two minute ending. If you have spoken too fast and are waiting for the bell, you can pad it out a bit until the warning bell sounds.

Step 6

Practise.

Step 7

Practise.

Get Well Soon

Our hard-working and much valued Deb Brockhoff, from the Rostrum Information Centre, was injured in a horse riding accident a few weeks ago. She broke five ribs and her arm – unfortunately on different sides of her body – so has been in a great deal of pain and unable to drive or do anything much for herself. Despite this, she has continued to do some Rostrum work and we thank her for that.

Deb we miss you and wish you all the best in your recovery.

Freeman Sue Hart, President, Rostrum WA

ATTENTION ALL DAIS REPS

The next Dais Reps meeting is on this **Friday 25 August at 6.30 pm** at the Joan Watters Centre in Wembley. There are important amendments to Rostrum WA's Regulations to be voted on and **your participation is essential.** Please ensure that you (or a nominated proxy) attend the meeting to represent your club.

Information and course registration:

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ARTHUR GARVEY SPEAKER OF THE YEAR 2017

Heat 1 Club 15 Victoria Park, Tuesday 22 August

Jean-Marc Papineau (Club 5)	Rob Huth (Club 19)
Carol Corney (Club 19)	Jan Teasdale (Club 21)
Shane Dowling (Club 19)	Roy Sainsbury (Club 50)

Venue: The Eastman Lounge, Perth Hockey Stadium, Curtin University

Start time: 6pm sharp

Heat 2 Club 50 Canning Speakers Club, Thursday 24 August

Greg Swensen (Club 19)	Luke Matthews (Club 2230)
Prabhu Elango (Club 19)	Bruce Young (Club 39)
Jean Jolley (Club 2230)	Rachel Ashton (Club 63)

Venue: Canning Arts and Crafts Centre, corner of High and Riley Roads, Riverton

Start time: 6pm for 6.30pm start

Heat 3 Club 39 Midland & Club 21 Cloverdale, Tuesday 29 August

Jacinth Watson (Club 15)	Daniel Giuffre (Club 2230)
Katelyn Lane (Club 19)	Sunil Narula (Club 2230)
Karyn Cooper (Club 19)	Ben Riley (Club 34)

Venue: Ascension Parish Hall, Spring Park Road, Midland

Start time: 6.15pm for 6.30pm start

Heat 4 Club 19 West Perth, Thursday 31 August

Amanda Meloni (Club 5)	Ruth Metcalf (Club 33)
Tristan Cockman (Club 2230)	Johanna Notley (Club 33)
Andreas Kettermann (Club 2230)	Frank Marshall (Club 34)

Venue: CBH Building, 30 Delhi Street, West Perth

Start time: 5.45pm for 6pm start

The contestants would appreciate a supportive audience at their Heat. Please come along to show your support, meet fellow members and gain some insight into competition speaking. Why not bring a friend?

Heat 1 Tuesday 22 August

Club 15 Victoria Park

Location: [The Eastman Lounge, Perth Hockey Stadium](#), Curtin University campus. See map below. Entry is via Kent Street.

Parking: free on-site parking; beware of stray hockey players!

Start time: 6pm sharp

Cover Charge: \$25 at the door includes a set meal (a vegetarian option will be available), tea and coffee, raffle ticket. Drinks may be purchased from the bar.

Please RSVP by 9am Monday 21 August to Anna Piscicelli

anna.piscicelli@planning.wa.gov.au

Heat 2 Thursday 24 August

Club 50 Canning Speakers Club

Location: Canning Arts and Crafts Centre, Corner High and Riley Roads, Riverton (opposite the Library).

Parking: limited free on-site parking is available; arrive early to ensure a spot.

Start time: 6pm for 6.30pm start

Cover Charge: \$5 at the door includes a light supper and refreshments.

Please RSVP early to Freeman Susan L'Herpinere on 0439 935 808.

Heat 3 Tuesday 29 August

Club 39 Midland & Club 21 Cloverdale

Location: Ascension Parish Hall, Spring Park Road, Midland (opposite Ascension Anglican Church). There is speedy access to the venue if travelling to Midland via Roe Highway.

Parking: plenty of adjacent parking.

Start time: 6.15pm for 6.30pm start

Cover Charge: \$10 at the door includes a supper of finger food served after the speeches.

Please RSVP early to Marianne McCabe at Marianne.McCabe@stirling.wa.gov.au

Heat 4 Thursday 31 August

Club 19 West Perth

Location: CBH Building, 30 Delhi Street, West Perth.

Parking: street parking is available on Delhi and Colin Streets, and there is a parking lot nearby at 972 Wellington Street. City West Train Station (Fremantle Line) is a 2-minute walk away.

Start Time: 5.45pm for 6pm start

Cover Charge: nil. Tea and coffee provided.

Please RSVP by Wednesday 23 August to Riley Burkett riley.peter.burkett@gmail.com

The Competition Speech Model

You may think a speech is a speech, is a speech but this is definitely not true. All speeches should do one or more of the following: inform, persuade or entertain. And competition speeches should go one step further by having a message. Having a message, however, does not necessarily exclude the use of humour. Humour, if used correctly, can deliver a message very effectively. The table below shows the Competition Speech Framework used in preparing, composing and presenting a competition speech.

The Preparation	
Focus	What is my message?
Aim	To whom, where, when, why?
Ideas	What do I know, what does the audience know?
Research	Own experience, libraries and other organisations
Collation	Information to support the theme
The speech	Write it and read it out aloud Check theme, logic and facts Speed: 120 words/minute Cue cards (not for competition speeches) Timing, practice, pause for laughter etc.
The Composition	
Introduction	Get audience attention: <ul style="list-style-type: none"> • Short and sharp, e.g. I'm fed up with... • Controversial, e.g. Aussies are lazy... • Personal, e.g. my wife left me... • Word pictures • A song Never start with an apology.
Body	Facts and illustrations, examples, quotes and figures.
Conclusion	Sharp and definite. The audience will remember the last remark, so try to relate it to the beginning.
The Presentation	
Dress	Judge a book by its cover.
Nerves	External: audience, seating, lighting, the room (thoroughfare), external noise, dais or stage. Internal: eyeball audience, deep breath (let out slowly/repeat), powerful opening (lets off steam and gets attention).
Stance	Relaxed and even.
Eye Contact	Maintain throughout.
Opening	Powerful and attention grabbing.
Gestures	Meaningful only.
Facial Expressions	Smiling, sad, sincere.
Voice	Clarity: pronunciation and pace. Emphasis: loud/soft, pause, emphasise words. Variety: fast/slow.
Ending	Powerful, dramatic, relate to opening.

Contributed by former Director of Training, Jo Turbett, reprinted from Rostrum Informer August 2016