



ROSTRUM

# INFORMER

February 2016

Newsletter of Rostrum Western Australia

[www.rostrumwa.com.au](http://www.rostrumwa.com.au)

## AGSOY 2015 – APPEALING TO THE EMOTIONS



*The Arthur Garvey Speaker of the Year final and Rostrum Annual Dinner on 28 November at the Lake Karrinyup Country Club once again delivered a night of entertaining speeches and plenty of food for thought.*

Vivienne Ishak (19), Joanne Turbett (2230), Samuel Osborne (34), Priscilla Nguyen (33) and Joanna Whitney (11) took the audience on journeys through *Hard Times*, where lives change *In the Blink of an Eye*, and clever marketing in *The New Age* clouds people's better judgement. But it was a call to take *Time Out* in a stressful modern life that earned Frank Butler (50) the trophy as Rostrum WA's Speaker of the Year 2015. The runner-up was Priscilla Nguyen, who presented a personal story of life as a Vietnamese refugee in Australia. Congratulations to Frank and Priscilla on a job well done, and thankyou to all the speakers for their speeches.



*At left (top to bottom): Frank Butler, winner of the Arthur Garvey Trophy for Speaker of the Year 2015; runner-up Priscilla Nguyen with 2015 President Luke Matthews; Fmn Susan L'Herpinere, runner-up, and Greg Swenson, winner of the Impromptu Speaking Competition.*

*Above top (left to right): AGSOY finalists Frank Butler, Priscilla Nguyen, Samuel Osborne, Joanne Turbett, Vivienne Ishak and Joanna Whitney. Bottom (left to right): Impromptu Competition finalists await the adjudicators' decision, Fmn Susan L'Herpinere, Luke Matthews, Peter Hickey, Greg Swenson, Rob Gates and Ivan Miles. All photos by Wilf Hendriks (Club 15).*



## More winners and achievers

The program also included an Impromptu Speaking Competition. Fmn Susan L'Herpinier (50), Rob Gates (19), Ivan Miles (11), Luke Matthews (2230), Greg Swenson (19) and Peter Hickey (21) all delivered polished three-minute speeches after just three minutes' preparation. Congratulations to the winner, Greg Swenson, whose speech on Tough Justice was a plea for compassion towards Indigenous Australians, and to runner-up, Susan L'Herpinier, for showing us that it really is possible to prepare and present a decent speech under pressure!

The night was not only for speeches, albeit brilliant entertainment and worthy displays of what Rostrum training can achieve, but also the occasion to acknowledge members for their work in the organisation. Two long-time members were rewarded for years of dedicated service in their particular speciality with elevation to Freeman of Rostrum. Colin Peacock, a Club 19 member for 51 years and counting, added the gold lapel pin to his earlier Bronze Medallion for services to Dais. Juliet Park (34), Rostrum Voice of Youth co-ordinator extraordinaire, added hers to her Silver Medallion. Congratulations and thankyou from all WA members!

Three Bronze Medallions were also awarded: Frank Butler (50) for services to Club 50 over many years; Fmn Ruurd Speelman (34) for at least as many years of service to Training Council; and Rose Fogliani (15) for services to the *Informer* (shock!).

Many thanks to Fmn Sue Hart and Club 2230 for organising the AGSOY competition and Dinner, and all the speakers who prepared and presented one, two, or three speeches in the lead up to a great final. Thanks also to the MC, presenters and everyone behind the scenes. The bar has been set high; it's now time to start preparing for 2016!

*Rose Fogliani*



Top (left to right): Fmn Susan L'Herpinier, Secretary of Freeman's Council, Fmn Alan Ham, President of Freeman's Council; and newly elevated members Fmn Colin Peacock and Fmn Juliet Park. Bottom: Members of Club 15, winners of the R Alan Crook Award for Club of Excellence.

Above (top to bottom): Fmn Ruurd Speelman with Bronze Medallion awarded for Service to Training Council; Frank Butler with Bronze Medallion awarded for Service to Club 50; Graeme Garvey and Brian Garvey, former members of Club 1/2 and twin sons of Arthur Garvey, founder of Rostrum in WA and whose family donated the trophy for the winner of the Speaker of the Year Competition.





## Reflections on AGSOY 2015

Young, old, female, male, beginner or expert – all are definitions that society places on us though, at Rostrum, we've no need for definitions. We're all, every one of us, learning. We gather and share

knowledge, with the aim of becoming confident, competent communicators. At Rostrum we push the envelope, step outside our comfort zone, and learn the art of presentation.

What a fantastic night the Arthur Garvey Speaker of the Year turned out to be! Six excellent speakers presented six outstanding speeches. Between you and me, they are all winners for pushing the envelope and growing in the process. Congratulations to Priscilla Nguyen for winning the runner-up prize, and to Frank Butler whose reminder to 'stop and smell the roses' earned him the trophy.

Wasn't it great to see such a large representation of women in this year's competition? Our bright and bubbly MC, Carmel Philippe, expertly guided us through the program. A massive thanks to Sue Hart, the primary organiser of the night; it was fantastic having your experience to guide the Club 2230 AGSOY committee. Congratulations to all the finalists and thank you to the adjudicators for what must have been a difficult job. With women willing, there will be more and more who become Rostrum's coaches, sadly very few have. The vast majority of them, eligible to be adjudicators, were participants in one way or another, on our big night.

Where would I be, not sharing some of the highlights that had an impact on me? From start to finish I enjoyed every speech; I was on the edge of my seat, excited by every word.

I was touched by Vivienne's speech on the power of positive thinking. The mind is a mystery and mine was mystified at the thought of a balding deity wearing a wig made of Vivienne's locks! While Viv has enough hair to make 10 wigs, it might be the 'Edisonian' 10,000 that don't look good on divine beings before they learn to love themselves for who they are. And Viv, when you make that breakthrough in 'thinking the weight off', flick me a Facebook message – I want to be in on the secret.

Like Frank, I often dream of a time when I might escape the daily hustle and bustle, pining for preindustrial pleasures of patience, not productivity. I know too well about living as though I'll never die though vainly holding out that I won't die having never truly lived. So the challenge I set myself for the next time I see a haystack is to lie down on it and relax, and just watch the clouds roll by.

Joanne's experience as an IT trainer made me consider the adage, 'slow and steady wins the race'. Too often with technology we're caught up in the hype, without stepping back and assessing the information for ourselves. Australia could have saved 12 billion dollars in preparation for Y2K if we had instead sat back and watched the clouds roll over the horizon.

Samuel's optical obfuscation led me to look elsewhere – inwards. I'm only 18 months from Kronos's first visit, at 29, and I sit back wondering if I could listen to my body so I won't be revisited by Saturn's advice, twice, when I'm 58.

Priscilla showed us how she now soars to new heights in Rostrum. No longer running, walking or crawling, she is flying high with public speaking – only time will tell how high. Her touching, heartfelt account of her journey from Vietnam was the first amble forward, crawling towards a new tomorrow. She shared her triumphant struggle to overcome persecution, racism and sexism, and a reminder to move forward and leave discrimination behind.

Joanna's speech made me shudder to think of the seductive allure many young people succumb to in sharing sensitive selfies. With over three and a half trillion images out there, are we ready to have the conversation with our children about sharing intimate images?

Our night saw definitions abolished, ideas shared, and demonstrated that we're always learning. Some speakers soar, some would rather skedaddle (at least to begin with...), some take it in their stride and others scramble for words. As the quality of the finalists' presentations showed, regardless of where you start from, Rostrum will always guide you towards becoming a confident, competent speaker.

*Luke Matthews, Vice President & Past President, Rostrum WA*

## Felicity's moment



Felicity Higgs (Club 15) was presented with the John Barton Trophy by Club President Fmn Wayne Passmore at the end of year function in December, for her win in Foothills Club 11's South of the River Speaking Competition in June.

Felicity joined Rostrum early in 2015. She entered the competition for new Rostrum members to further develop her communication skills, particularly addressing a large audience, and admitted she'd never have had the courage to enter a speaking competition before joining Rostrum.

Currently studying for her Master by Research degree in Education, Felicity went on to compete as a finalist in ECU's Three Minute Thesis (3MT®) Competition in September with her research pitch on student-teacher relationships. Well done Felicity!











## From the President



A new year begins and as we get back into work and other activities our Rostrum year gets underway. In my email message a few weeks ago I suggested ways in which you could make your Rostrum experience more meaningful. As well as enjoying your weekly meetings and taking on roles in your club, most people find it rewarding to venture outside the comfort zone of their own club.

For a start, come along to the first Dais meeting of the year on Friday 19 February, 6 30 for a 7pm start at the Wembley Recreation Centre. Dais is the governing body of Rostrum WA and anyone is free to attend the quarterly meetings and hear what is happening. Only your club Dais representatives can vote, but anyone can speak.

After the meeting we will be conducting a training session for club programme directors. The plan is to give PDs techniques for managing their role more efficiently, plus ideas for varied, interesting meetings. This is important not only to retain existing members but to attract visitors and convert them into members.

The quality of meetings is absolutely vital in increasing our membership – our number one priority. We can have all the advertising campaigns in the world but if they succeed to the point of drawing in visitors, who are then put off by a boring or badly run meeting, then we have failed.

As well, there is a critic's training course in late February/early March. Make this the year you finally take the plunge and train as a critic.

There are many other ways in which all members can support and improve Rostrum, including talking about it in your private and professional lives, directly or through social media. Club 2230 had six visitors at its first meeting, most of whom had come along through personal recommendation.

Another of my more prosaic goals for the year is that everyone – members and club executives – becomes more familiar with Rostrum WA's constitution and regulations. I know, it sounds utterly boring but the more knowledgeable everyone is, the more effectively (and cost effectively) the Dais Board and the Rostrum Information Centre can manage your affairs.

For instance, time has been wasted this year on clubs requesting exemptions for re-joining members, life members and older, unwell members. The rules are quite clear – everyone pays fees unless they are one of the very few people who are Rostrum WA life members. Clubs may make someone a club life member, but the club is then responsible for paying their fees to Dais. I'm sure it is obvious that these regulations are only fair to the vast majority of members who pay their fees every semester.

I am really looking forward to the year ahead and I wish you all well.

*Freeman Sue Hart, President, Rostrum WA*

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## Rostrum WA Board 2016

**President** Freeman Sue Hart (2230)  
**Vice President** Freeman Ruurd Speelman (34)  
**Vice President** Luke Matthews (2230)  
**Secretary** Freeman Ken Holzman (34)  
**Treasurer** Derek Sparkes (33)  
**Auditor** Freeman Terry Walker (2230)  
**Web Coordinator** Jay Antunovich (11)  
**Director, Marketing and Membership**  
Elliott Chipper (19)  
**Director, Training** Joanne Turbett (2230)  
**Coordinator, AGSOY** VACANT  
**Coordinator, RVOY** Freeman Juliet Park (34)  
**Editor, the *Inform*** Rose Fogliani (15)  
**Chairman, Freeman's Council**  
Freeman Alan Ham (15)

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## DAIS REPS MEETING AND TRAINING SESSION FOR PROGRAM DIRECTORS

The first Dais meeting for 2016 will be held at the Joan Watters Centre, 40 Alexander Street, Wembley on Friday, 19 February 2016 at 6:30pm.

There is an important decision to be made at this meeting regarding the ARC constitution, so please try to be there to represent your club.

The meeting will be followed by a short training session for Program Directors conducted by Luke Matthews (Rostrum Vice President).

Luke is an experienced PD with lots of innovative ideas on how to make your Rostrum meetings fun, exciting and appealing to members and visitors.

Whether you are a new or experienced PD, this is an ideal opportunity to share and pick up heaps of good ideas on how to improve your meetings and grow your membership.

As usual, all Rostrum members are entitled to attend Dais meetings, so please pass this invitation on to all your members.



## BRING A FRIEND FOR FREE TO THE NEXT SPEAK UP SPEAK OUT SHORT COURSE

Speak up Speak out (SUSO) is a three hour short course designed to give new and prospective members an introduction to Rostrum and covers the basics of speech preparation and presentation in a friendly and supportive environment.

**Learning Outcomes:** By the end of the course you will:

- Understand how to construct a speech.
- Understand how to deliver a speech.
- Understand the source of your nerves and how to better control them.
- Have put into practice the tools and techniques taught in the course.

**Date:** Tuesday 1 March 2016

**Time:** 6.30pm to 9.30pm

**Cost:** FREE for Rostrum members and FREE for 1 guest. Normally the cost is \$60.00 for non-members with \$50.00 being used towards Rostrum membership if they join within 3 months. **BUT THIS MONTH YOU CAN BRING A FRIEND FOR FREE.**

**Class size:** 12 maximum.

**Venue:** Wembley Community Centre, 40 Alexander Street Wembley.

**RSVP essential:** by 19 February 2016 to the Rostrum Information Centre (details opposite).

Need more details or are you completing your Advanced Development Program and would like to help with training delivery? Contact Jo Turbett 0411 024 673 or [jowanne@iinet.net.au](mailto:jowanne@iinet.net.au).

## ARE YOU THINKING OF BECOMING A CRITIC OR IN NEED OF A REFRESHER?

Take the challenge and come along to the first Critics training course for 2016. Be trained by **THE BEST** critics in WA!

**Dates:** Saturday 27 February and 12 March 2016

**Time:** 9.15am to 3.30pm

**Cost:** FREE

**Venue:** Osborne Park Community Centre, 11 Royal Street Osborne Park.

**RSVP:** by 12 February 2016 to the Rostrum Information Centre (details opposite).

Need more details or would like to help with the training? Contact Jo Turbett 0411 024 673 or [jowanne@iinet.net.au](mailto:jowanne@iinet.net.au).

## Coming up in ...

### FEBRUARY

- 19 **Dais Board Meeting**  
AND  
**Dais Reps Meeting**  
AND  
**Program Director Training Session**  
6.30 pm  
Joan Watters Centre, Wembley
- 27 **Critics Training Course Part 1**  
9.15 am to 3.30 pm  
Osborne Park Community Centre  
11 Royal St, Osborne Park  
☺ Registration essential

### MARCH

- 1 **Speak up Speak out Short Course**  
6.30 to 9.30 pm  
Wembley Community Centre  
40 Alexander St, Wembley  
☺ Registration essential
- 12 **Critics Training Course Part 2**  
9.15 am to 3.30 pm  
Osborne Park Community Centre  
11 Royal St, Osborne Park
- 17 **Dais Board Meeting**  
6.30 pm  
Odin Tavern  
Balcatta Rd, Balcatta

### APRIL

- 21 **Dais Board Meeting**  
6.30 pm  
Details as for March
- 24 **Dais Reps Meeting/AGM**  
6.30 pm  
Joan Watters Centre, Wembley

### Information and course registration:

Rostrum Information Centre  
PO Box 5547  
Canning Vale South, WA 6155  
Phone 08 9463 6433  
Fax 08 9455 1215  
Email [ric@rostrumwa.com.au](mailto:ric@rostrumwa.com.au)  
Web [www.rostrumwa.com.au](http://www.rostrumwa.com.au)  
Facebook [www.facebook.com/rostrumwa](https://www.facebook.com/rostrumwa)

Contributions to the *Informer* welcome – please send to [informer@rostrumwa.com.au](mailto:informer@rostrumwa.com.au)

Rose Fogliani (Editor)

*"A tip to build self-confidence:  
Thrust yourself into as many public speaking opportunities as you can. No skill is better than being able to think on your feet and address a room full of people."*  
Alex Malley, *The Naked CEO*, 2015

# Program Directions

## A RESOURCE FOR PROGRAM DIRECTORS

Program Directions are ideas for more imaginative speaking exercises to enable members to develop their communication skills whilst adding variety and interest to meetings.

### Situationals

Some of the most enjoyable and challenging exercises involve role-playing: inviting speakers to imagine themselves into different personalities, times or circumstances. In this exercise each speaker should present a speech appropriate to one of the following purposes or situations:

1. Resigning from an organisation.
2. Pleading guilty.
3. Demanding immediate action.
4. Calming an angry crowd.
5. Laying down the law.
6. Sacking an employee.
7. Introducing unwelcome changes.
8. Encouraging loyal followers.
9. Issuing an official denial.
10. Dividing us into groups and telling us what to do next.

Each speaker is asked to pretend that he/she is actually experiencing the situation while giving the speech. For the duration of that speech, the audience will be addressed as the jury, a sports team, a press conference or whatever else is appropriate to the occasion.

These exercises work much more effectively if the speaker is encouraged not to 'set the scene' before beginning ('Now, I'm a bank manager, and I've been very worried about this employee, so you have to imagine I've called him into my office...'). The speaker should go straight into character from the beginning and make the circumstances clear from the content of his/her speech.

### Themed Situationals

A variant on the Situational is to program a number of these speeches into a common theme. This is a great way to build the sense of special occasion, and get speakers to co-operate and interact in their presentation. Some suggestions include:

1. A wedding, in which members are assigned the parts of Bride, Groom, Minister, Best Man, Mother of the Bride and so on. This could be spiced up to include the jilted ex-lover or a former spouse (or spouses).
2. A meeting of the City/Shire Council debating some contentious issue relating to local government.
3. A trial, requiring a judge, a defendant, witnesses and lawyers. This scenario could be played out in any country (galaxy?), in the past or in the future.
4. A mutiny on the International Space Station, where growing dissatisfaction with tasteless, pre-packaged food has erupted into rebellion with demands for a cordon-bleu chef to be sent aloft. Participants might include an International Arbitrator as Chairman, the CEO of the company supplying the food, the Station Commander, a representative of NASA ground control, and a French chef on standby for take-off.

5. A meeting called by the AFL Executive to try to clear the air between newcomers the Tasmanian Devils, who have not lost a game, and the Players' Association, amid rumours about performance enhancing drugs. The club maintains it has developed a special diet, exercises and training regime but refuses to give details. Participants could include club coach, club manager, Head of the Players' Association, the longest serving coach and others.

The possibilities are endless. The important points are that the background and role of the various characters should be made very clear; all the participants are encouraged to immerse themselves (including dressing the part and bringing appropriate props); and the speakers should talk with each other beforehand to sort out the basic ideas so that everything runs smoothly. Ideally the audience should be given some kind of role to play.

Role-playing exercises challenge speakers to step beyond any personal limits they may have set for themselves ('I couldn't possibly do that ...'), can involve everyone at the meeting, and they're loads of fun!

Compiled, with modification, from material originally developed by Rob Lock (49) and Pam Clarke (1/2).

## Word quiz

The answers to each of the following clues are a rhyming pair of words, for example:

MODERATELY COLD BODY OF WATER

Answer: COOL POOL

- 1 RESTRICT LOVEMAKING
- 2 AUDIBLE HURRAH
- 3 LABYRINTH MANIA
- 4 MINOR ALARM
- 5 DEPOSIT LOW HEELED SHOE
- 6 LESS WET CHURCHMAN
- 7 THE AFORESAID LADY
- 8 FAST DECEPTION
- 9 HUMBLE EUROPEAN
- 10 CENTRE VIOLIN
- 11 CLIMB CURVE
- 12 ENROL LAD
- 13 EXULT TALE
- 14 DIMINISH HARVEST
- 15 PLUNDER COMMUNITY
- 16 COOKHOUSE FUNGUS
- 17 CHUBBY IDIOT
- 18 SENSIBLE SCANDINAVIAN
- 19 STEAL MEASUREMENT
- 20 REVOKE ALLIANCE

Answers published in the next issue. Too easy for you? The next one will be more difficult!