



ROSTRUM

# INFORMER

November 2015

Newsletter of Rostrum Western Australia

[www.rostrum.com.au/wa](http://www.rostrum.com.au/wa)

## Arthur Garvey Speaker of the Year Competition: the finalists are gearing up for the BIG EVENT



**Vivienne Ishak Club 19**  
Winner semi-final 1



**Frank Butler Club 50**  
Winner semi-final 1



**Joanna Whitney Club 11**  
Winner semi-final 1



**Joanne Turbett Club 2230**  
Winner semi-final 2



**Samuel Osborne Club 34**  
Winner semi-final 2



**Priscilla Nguyen Club 33**  
Winner semi-final 2

# How do I make impromptu speeches?

Impromptu speeches should follow the general rules of public speaking – ie they should have form and not ramble.

The opening must lead into a reasoned discussion of the topic.

The discussion must lead the speaker and audience to some definite conclusion. Arguments should be backed by examples.

The conclusion should follow on from statements in the body of the speech.

In your approach choose to speak on one of the following aspects:

WHO	personal story
WHICH	an event
WHAT	explore the topic in general terms
HOW	explain a process
WHEN	past and present stories
WHERE	place or location
WHY	reasons or causes – discuss

Use simple direct language; don't risk losing the thread of your argument.

Always let the audience know where you stand.

Select a key word and build it into a key theme. Most good impromptu speakers dwell on personal experience.

Don't waste time trying to make up your mind what to talk about.

Decide quickly on one point and then set out to develop it.

Practise making speeches about everyday themes and develop the knack of being able to speak at the 'drop of a hat'.

Have some basic themes ready at all times. Most impromptu speeches are made at social functions and your preparedness will build up your confidence and gain you recognition as a good speaker.

Accomplished speakers can handle the impromptu talk well. They have made so many prepared speeches that they can readily draw upon this store of experience to make some apt remark.

Adapted from *How Do I?*  
Australian Rostrum Council

## 2015 ROSTRUM WA ANNUAL DINNER and ARTHUR GARVEY SPEAKER of the YEAR COMPETITION FINAL

**Saturday 28 November 6.30pm for 7pm  
Lake Karrinyup Country Club**

**Cost \$65 each  
Bookings close Monday 16 November**

Rostrum's BIG EVENT of the year is almost here – the Annual Dinner when we conduct the Arthur Garvey Speaker of the Year competition including the new impromptu segment. Come along to support the speakers, celebrate what we have all learned from Rostrum and meet up with friends.

There are six speakers in the final of the *prepared speeches competition*, who will each speak for 10 minutes. The six speakers in the *impromptu competition* will speak for three minutes after only three minutes preparation. Could you do that?

The price of tickets is \$65 thanks to Rostrum's decision to assist with costs again this year. Some clubs may be able to add their own subsidy to encourage even more of you to attend. The cost includes a two-course meal, coffee and chocolates, with wine on the table. Other drinks will be available for purchase at the Bar.

### THE SPEAKERS

<b>Vivienne Ishak (19)</b>	<b>Joanne Turbett (2230)</b>
<b>Frank Butler (50)</b>	<b>Samuel Osborne (34)</b>
<b>Joanna Whitney (11)</b>	<b>Priscilla Nguyen (33)</b>

### THE TOPICS

**Forbidden Fruit  
The New Age  
Hard Times  
Time Out  
In the Blink of an Eye  
It Started with the Wheel**

### THE IMPROMPTU

**It's a surprise!**

Bookings *must* be made through clubs on the booking form sent to all club treasurers (or copy the one on the back page of this newsletter). Bookings close in a few days so book now!

Enquiries to AGSOY Coordinator Sue  
Hart [suehart@iinet.net.au](mailto:suehart@iinet.net.au) Ph 0419 048 520

# Introducing the Arthur Garvey Speaker of the Year finalists ...

## Vivienne Ishak Club 19

Hi fellow Rostrum-ers, I'm Viv Ishak. I am a member of Club 19 and my journey with Rostrum started earlier this year. All I can say is WOW - what a whirlwind it has been!

I'm currently in my first year of full-time work since finishing university. Whilst at work, I quickly learnt that public speaking wasn't exactly my strong suit.

I have constantly challenged myself throughout the year and I think it's fair to say, challenging myself has become a little addictive!

Aside from focusing on my personal development and career, a lot of my time is spent training in the sport of Muay Thai.

Finally, I have an identical twin sister and yes, she has the same crazy hair as I do. If I don't say hello or seem to be ignoring you – hopefully this explains why 😊

I look forward to meeting and learning from you all!

## Joanne Turbett Club 2230

I first joined Northern Coastal Rostrum Club 22 when I was 22 years old and credit my current training career in IT systems to the many skills I've learnt in Rostrum.

My career has taken me as far afield as Karratha, Exmouth, Kalgoorlie and Norseman, and to all states except the NT. Travelling is good when someone else is paying for it, but it has meant I've had to re-join the club twice!

In my spare time I cycle and, since my mid-30s, attend classical ballet classes – something I used to do when I was younger. I believe it's good to stay fit and have a creative outlet.

This year I've been presenting the Speak Up Speak Out short course for Training Council as well as working on the new Critics Development program.

The AGSOY has been a great experience. I thoroughly recommend taking up the challenge.

## Frank Butler Club 50

My wife and I are typical greenies! We try to be as self-sufficient as we can. Being vegetarian means we're able to grow much of what we eat in the garden so it's useful that I love gardening!

Eager to try something new, we started bee-keeping earlier this year and not long ago extracted nine kilograms of honey from our hive – our first haul! Exciting stuff!

I have been a student at the Perth School of Practical Philosophy for 21 years where I tutor, attend as a student and support the school through their various activities. Through the school I have been inducted into TM meditation and the study of Sanskrit.

Travel is one of my great loves. Next year my wife and I plan to visit Jamaica for the annual Sumfest International Reggae Music festival in Montego Bay.

## Samuel Osborne Club 34

Samuel Osborne is a speaker, educator and coach. He gets out of bed enthusiastically to teach people about putting their lives in order and serving humanity in a meaningful way.

He is passionate about music, spirituality and neuroscience. For the last five years he has facilitated beatboxing, vocal looping and rapping workshops at festivals, and in schools and youth organisations. He empowers children to take creative risks.

Samuel is also a lively wedding and functions DJ. His formal education includes a Bachelor of Arts double major in Philosophy and English, Graduate Diploma of Education, Diploma of Life Coaching, Neuro-linguistic Programming Certification, and Foundation Studies in Anthroposophy.

He speaks conversational German, having lived in Karlsruhe, Germany for over a year.

[Samuel, as Samwise, demonstrated his beatboxing and vocal looping skills at the Annual Dinner last year—Ed.]

## Joanna Whitney Club 11

I thoroughly enjoy a challenge and love to get my teeth into a topic. The best part is exploring the topic and all that it suggests, transforming it into a speech that's meaningful, and then delivering it coherently.

Rostrum provides the ultimate forum for delivering that speech to an audience that is listening intently so I know I need to give something that is intellectually stimulating and yet emotionally engaging. That is the fun part. The hard part is the discipline to practise, practise, practise.

Outside of Rostrum I really love my job, teaching kindergarten children – where else do you get paid to have fun all day?! And it's all good training as I've recently become a grandmother!

## Priscilla Nguyen Club 33

I am Priscilla Nguyen. I am the current secretary of Rostrum Club 33. I joined Rostrum Club 28 (formerly the Telstra club) 20 years ago. However, I was away from Rostrum for many years while having a family as well as when I was studying for my MBA.

Coming to Australia as a boat person with English as a second language, Rostrum has given me a foundation and platform to work at developing my communication skills and improving my confidence. Further, attending and practising my speeches in the very supportive and safe environment of Rostrum meetings, I've certainly moved forward with better public speaking capabilities and more confidence.

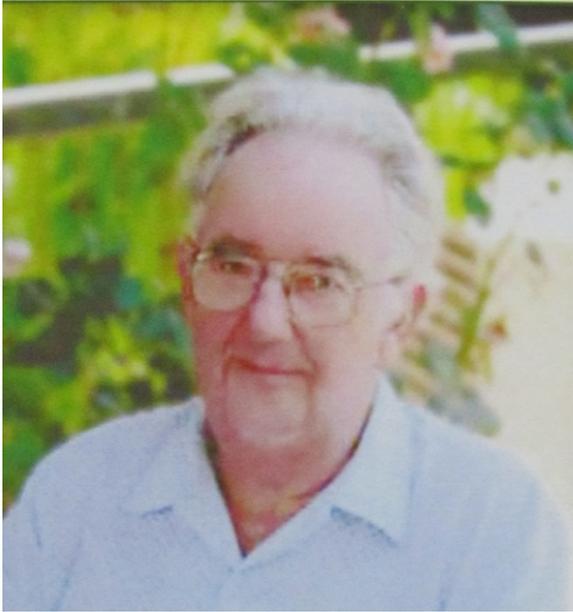
When I started to work for Telstra at 22 years of age, I was shy, spoke little English and lacked self-esteem and confidence. Today, I manage a team of nine IT architects at Western Power.

I'm married to a very kind, supportive husband and have two sensible children. I go to the gym every day and practise Ceroc dancing every week. I like playing guitar, gardening, travelling and particularly watching my Asian dramas. I have just too much to do, but not enough time. Above all, life is a journey of learning and Rostrum will continue to help to me to grow!!!

# VALE

## Freeman Michael Connelly

### 1941 – 2015



Many members will be aware of the passing of Michael Connelly in April this year.

Michael was a Foundation Member and Honorary Life Member of Swan-Midland Rostrum Club 39 and remained a most active and stalwart member to that Club.

After Critic Accreditation in 1981 over a long period Michael assisted other Clubs as Allocated Critic and, in appreciation of Michael's service during its formative years, Club 24 awarded him a Life Membership.

With his outstanding services, either as an Allocated Critic or assistant to other Clubs, Michael was awarded a Bronze Medallion for service to Training Council in 2004.

As a result of his outstanding service to Club 39, other Clubs and Rostrum WA DAIS, Michael was elevated to Freeman of Rostrum Australia in 2009. Tributes to Michael include reference to him as a community man with generosity in his time to Rostrum, Rotary and Swan View Senior High School P & C. He received Rotary International's highest award, the Paul Harris Fellowship, in recognition of his service.

Tributes from Freeman include reference to his long service to a number of Clubs, his warmth and friendly disposition and his reliability.

Club 39 and Rostrum WA will miss Michael's steadfast and obliging support and service, getting things done in his no fuss manner.

Many Rostrum members attended Michael's funeral and condolences were given to his wife Pat, daughters Tracy and Meechelle and families.

*Freeman Alan Ham, Chairman of Freeman's Council*

## South of the River

### Speaking Competition 2015

On 12 August, 23 Rostrum members met at the Gosnells Hotel for this year's South of the River Speaking Competition. The Chairman of the meeting Fmn Rick Staker welcomed visitors from Clubs 15, 21 and 50 to Club 11's meeting No. 1818.

The speaking program kicked off with a Bright Spot from Martin Pownner followed by a tongue wrangling Tongue Twister from Fmn Graham Longworth.

The competition then got underway with each of the four eligible clubs represented by a speaker with less than four years membership of Rostrum. Each speech was for six minutes with a warning bell at five. The topic *Read the Instructions* was a popular choice. James Mittel (Club 50) warned us 'ignore instructions at your peril', while Peter Hickey (21) told us to 'enjoy the twinkles between the wrinkles'. Club 11's Kun-Lin Wu's message was 'to not just read the instructions but to think and be prepared for what life throws at you'. Felicity Higgs (15) chose the topic *Today's Children* and pointed out what many of us already know, 'we can learn a lot from watching our children'.

All four speeches were excellent and our three adjudicators, Wayne Passmore, Bill Smith and Joanna Whitney had their work cut out for them. The winner of the John Barton Memorial Trophy was Felicity Higgs. Congratulations Felicity.

Clive Carrington presented a thoughtful PQ: 'How would you like the audience to perceive your presentations?' As a measure of the quality of the question, seven members jumped up to answer it. This was followed by a lively General Business session and a delicious dinner.

The program resumed with an entertaining speech by Ivan Miles on the joys of running a community radio station (Heritage FM 107.3). A radio ad prepared for Club 11 by Grady Habib (Sandbox Productions) and currently playing on Heritage FM was shared with the audience.

After Five Fabulous Phrases from Sally Matthews, the raffle was drawn, members and visitors were thanked for attending and another fun meeting at Club 11 was closed.

The South of the River Speaking Competition will be on again in 2016.

*Freeman Rick Staker, Foothills Club 11*

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*The right word many be effective  
but no word was ever as effective  
as a rightly timed pause.*

Mark Twain, American author (1835-1910)

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# Rostrum Voice of Youth final: WA's best young speakers show how it's done

SPOTLIGHT ON  
ROSTRUM WA SECRETARY  
**Elliott Chipper**



Twelve students from nine secondary schools competed in the State Final of the Rostrum Voice of Youth Speaking Competition on 27 June at the Boulevard Centre in Floreat.

The event, representing the culmination of months of preparation by students, teachers and coordinators, was well-attended by supporters who were rewarded with a program of high calibre speeches, both prepared and short notice.

The extensive research that went into the prepared speeches was evident, and the quality of presentation was indicative of the hours of practice involved.

Rebekah-Anne Craggs from Corpus Christi College won the Senior section, after being runner-up in the competition in 2014, with Dennis Nixon from Ursula Frayne Catholic College the runner-up. The Junior section was won by Jeremy Hansen from Trinity College and Ike Adesanya from Corpus Christi College was the runner-up.

The awards were presented by Rostrum WA President Luke Matthews who congratulated all the finalists and noted that tomorrow's leaders will be better communicators.

Competition co-ordinator, Juliet Park, in thanking the adjudicators and MCs, noted they'd all at one time been participants in the Rostrum Voice of Youth Competition, and were still giving back to help the new crop of young speakers.

In late July Rebekah and Jeremy represented WA in the National Final of the Rostrum Voice of Youth in Sydney's Parliament House. Rebekah was runner-up in the Senior competition, while Jeremy gained valuable experience which will serve him well in the WA competition next year. We wish them and all the entrants in this year's competition well in the future.

*Rose Fogliani, Editor*



I have been a member of Rostrum Club 42 since September 2014, currently meeting with Club 19 in West Perth since the start of the New Year.

I have always enjoyed public speaking and performing since an early age and was invited along to Rostrum by a family member. I quickly joined Rostrum at my first meeting after realising that this was the kind of organisation and people I wanted to be around.

Being able to stand in front of an audience and open your mouth is one thing, but one of the great opportunities which Rostrum provides is the ability to improve your skills at engaging and moving your audience with speech, through its weekly coaching and mentoring. I am looking forward to learning, practising and growing with Rostrum, in the hope of taking my public speaking and presentation skills to the next level.

Outside of Rostrum I like to keep busy, having started my own business this year in Digital Marketing and Website Design. I also work for the Crown Entertainment Complex for a bit of a break away from the laptop! When I'm not working, you can usually find me travelling the globe with a backpack or down at Cottesloe beach during the summer where I volunteer as a Surf Lifesaver.

Becoming involved with the Dais Board as Secretary has been a huge learning curve and an enjoyable challenge. Luke, our President, has been a great help, mentoring me in the role and I am really looking forward to assisting Rostrum in any way possible as it moves into an exciting new chapter.

*Elliott Chipper, Secretary, Rostrum WA*

## Perfect product placement, aka sneaky advertising



Full marks must go to the staff of the Freemasons Hotel in Geraldton for inadvertently advertising Rostrum to the locals and to the world.

A few months ago members of Club 14 arrived for their weekly meeting as usual, only to find their lectern had been purloined.

Then Minister for Communications Malcolm Turnbull was in town to discuss the NBN and hotel staff borrowed the lectern for his address to the assembled crowd.

A photo of Mr Turnbull appeared on the ABC website, with the Rostrum logo on show. It goes without saying that using the appropriate props correctly can lift your speech and your career as a public speaker to new heights!

Thanks to Fmn Ray Morton (Club 14) for providing the heads-up and photo.

*Rose Fogliani, Editor*

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Thank you to everyone who provided material for this issue of the *Informer*. The final issue for 2015 will be out in mid-December. Please send contributions by **Friday 27 November** to [informer@rostrumwa.com.au](mailto:informer@rostrumwa.com.au)

Rose Fogliani (Editor)

## How do I overcome nervousness?

**PREPARE PRACTISE RELAX**

**Prepare** thoroughly to ensure that there are suitable opening words and a clear framework for the speech tucked away in your mind. This reduces the need for you to look for ideas or words at the beginning of your speech.

**Practise** speaking and reading aloud (and you thought the reading aloud exercise was a waste of time!—Ed). Have adequate notes and make them easy to follow. If making a speech in familiar surroundings visualise your audience. If not, try to visit the place or find out about the composition of the audience. This will enable you to have a mental picture of the place and the audience.

Be correct in your conversational speech.

Master the material of your speech.

Prepare thoroughly thereby gaining confidence from preparedness.

Practise speaking in public on every possible occasion.

Breathe deeply – take your time.

Find responsive people in the audience and talk to them.

**Relax** as you walk to the platform. Don't rush but breathe in and out, deeply and steadily. If speaking from the table, do this as you rise. Deep breathing helps counter the butterflies.

Pause – look at the audience and the Chairman for a moment, smile, then begin to speak. If your mind should go blank while you are speaking, don't panic, but pause. Then repeat the words just used, or summarise that part of the speech already delivered. You'll find that you can then proceed confidently.

Some useful exercises to help you relax beforehand:

1. With hands lightly touching the lower ribs breathe deeply feeling the outward extension of the ribs. Ensure that there is no shoulder movement.
2. Repeat this exercise exhaling as you count from 1 to 5. Repeat, increasing one number each time until you can do 1 to 20 without effort.
3. Repeat the deep breathing exhaling on a humming note of a sustained 'M' sound.
4. Repeat the deep breathing and exhale on a softly articulated 'S' sound. See how long it takes to you to complete the exhalation. When you can comfortably control your breathing you should be able to do this for 45 seconds without strain.
5. Repeat the deep breathing and exhale saying (a) the days of the week, (b) the months of the year, (c) the alphabet.

Adapted from *How do I?* Australian Rostrum Council

# Lycra-clad yokels meet the Brothers Grimm at Club 15's Make us Laugh comedy night

Any doubts that Club 15's Make us Laugh Comedy Night on 12 May should become an annual Rostrum event were dispelled as a roomful of members and their guests laughed and cried their way through a packed agenda, punctuated at regular intervals by the persistent bleating of a time-keeping goat.

The double-header event included the Make us Laugh Competition chaired by Sarah Bellow preceded by a 'Great Debate' chaired by Cara Fugill.

The Debate pitted Club 11's Dream Team (all the way from the carpark) for the Affirmative against Club 2230's Mean Team (from the local knitting club) for the Negative, on the topic ... *'that men over 40 should not be seen wearing lycra in public'*. For the Affirmative, Kun-Lin Wu argued that Confucius said 'after 40, you should know better'; Martin Powner advised you 'shouldn't move your coconuts around as they sweat and the yield drops'; and Joanna Whitney confessed her iPad went into meltdown as she showed images of fellow club members in lycra. Not to be outdone, the Negative side's Tristan Cockman defended the wearing of lycra as the 'poor man's midlife crisis'; David Rainey noted it enabled 'women to know exactly what they were getting – they can see the size of the wallet'; and Luke Matthews argued that 'everyone improves with age – like cheese.'

The Make us Laugh comedy competition attracted seven entrants: Luke Matthews (2230), Frank Butler (50), Samuel Osborne (34), Arthur Priceless aka Jason Lim (19), John Atkinson (15), Wayne Passmore (15) and Ellita Hart (15). The audience were treated to side-splitting tales about a piggery of pigs; incompetent electricians and yapping poodles; the dangers of judging a bikini competition; the ramblings of a 96-year-old man in lycra (thankyou, Arthur); the trials and tribulations of being taller than your friends; the privations of growing up in a small town at the back of beyond; and Grimms' fairytales as the sewer of filthy ideas.

The adjudicators tossed the rule book aside and based their deliberations on originality and humour, noting especially where the audience laughed – which was the whole point of the evening. Congratulations to Luke, Tristan and David from Club 2230 for winning the Debate (please, please, *please* do not wear lycra next year), and thank you to Club 11's Joanna, Kun-Lin and Martin for putting up a great fight!

The number seven may be lucky for some, but Wayne Passmore and Ellita Hart showed that the number two is a better bet. Both participated in the Make us Laugh competition last year – Ellita won and Wayne was runner-up. Both competed again this year – Wayne won and Ellita was judged runner-up. Congratulations to you both – though you've exhausted all combinations and permutations, we look forward to your contributions in 2016!! Thank you to all the participants, Club 15 organising committee and everyone who attended to help ensure Make us Laugh was a great success.

Rose Fogliani, Editor

*Photos top to bottom: MC Cara Fugill with her hands full of 40 somethings with excellent public speaking skills; Joanna Whitney makes her point for the Affirmative; Debate winners Club 2230 David Rainey, Tristan Cockman and Luke Matthews; Debate runners-up Club 11 Joanna Whitney, Martin Powner and Kun-Lin Wu; Make us Laugh winner Wayne Passmore and runner-up Ellita Hart (both Club 15).*

*All photos by Wilf Hendriks (Club 15)*



**BOOKING FORM FOR AGSOY 2015**  
**at**  
**LAKE KARRINYUP COUNTRY CLUB**  
**North Beach Rd Karrinyup**

**Saturday 28th November 2015 - 6.30pm for a 7pm START**

CLUB NUMBER: \_\_\_\_\_

Contact Name and Phone Number: \_\_\_\_\_

TOTAL ATTENDEES @ \$65 each \_\_\_\_\_ (Names as per List Below)  
(Note: Finalist Speakers and nominated Adjudicators are free-of-charge, but still should be listed)

CHQ ENCLOSED \$ \_\_\_\_\_ Payable 'ROSTRUM WA'  
OR Transfer to Commonwealth Bank BSB 066-001 Account 0092 0201 (use AGSOY and Club number as identifier)

Post Booking Form (And possibly cheque) to: CHARLES PARKER  
26 Holmesfield Cres Carine 6020

**Bookings close Monday 16 November 2015**

LIST OF ATTENDEES – For Seating Arrangement  
*\*Please indicate any special dietary requirements*

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