

Step up

Patron: His Excellency
the Honourable Paul de Jersey AC,
Governor of Queensland

 **ROSTRUM**
find your voice

The Bi-monthly Rostrum Queensland Newsletter
MARCH 2016



Freeman Bernie Ketter

this issue

RVOY Trivia Night P.2
QRMC Report P.3
Club News P.6
Rostrum helped me to do it! P.7

Congratulations — Freeman Bernie Ketter !

A well deserved elevation to Freemanship was awarded to Bernie Ketter at the recent Rostrum convention.

Bernie has been a stalwart of Club 15 since starting her Rostrum career there in 1997 where she has been President, Vice President, Minute Secretary and Treasurer ; she still holds the latter position which she took on in 2006.

Bernie's involvement in RVOY is exemplary. Perhaps she is best known for her Queensland Coordinating role with RVOY which she held from 2009-2012, plus organising and working at the SEQ regional finals between 2002-2015.

In 2008 Bernie was responsible for organising and running the South Queensland final at Moreton Bay College. In addition, Bernie coordinated the Sunshine Coast Regional heats and finals in 2014 and 2015.

Bernie is an active promoter of Rostrum in the community and is responsible for organising and supervising the running of the Laracy Plate Secondary School Speaking Competition, which is competed by Skype. This was started by Bernie in 2014 between students of Marist College Ashgrove and St Margaret Marys College, Townsville.

Bernie was a speaker with the Heart Foundation for 4 years and is involved with work for St Vincent de Paul. She also volunteers at the city office of the University of the Third Age.

- *Freeman Carmel Remphrey*

EDITORIAL

It's often not a good idea to try to do everything yourself. If you do, bad things can happen, such as sending out the Step Up newsletter three weeks late. My apologies everyone. Many thanks to Rosalie Roberts and Roslyn Bates for putting together this newsletter and quite likely future ones too.

On with the show! In this issue, we give big belated congratulations to our newest Freeman, Bernie Ketter. We review the latest club news, wins and learnings, and get excited about the upcoming Trivia Night. Come out and support RVOY while enjoying a fantastic night out.

Marcela Ramirez—Editor
cram56@hotmail.com

Your opportunity to support Rostrum Voice of Youth

You are invited to join us for a

Trivia Night

to support Rostrum Voice of Youth



Date: Saturday 16th April 2016

Time: 7 pm to 10.30 pm

Venue: Norman Park Bowls Club
43 Norman Avenue, Norman Park

Cost: \$30.00 per person (including hot and cold appetisers and eight rounds of trivia) or purchase a table of 10 for \$270.00

RSVP: 9th April to Meg Olsson: email qldvoy@rostrum.com.au or phone after hours 0417 683 833

Payment: via electronic funds transfer to Qld Rostrum Voice of Youth
BSB: 484 799. A/c No: 014 119916. List your surname and "TN" as the reference.

Snippets from Qld Rostrum Management Committee

Queensland Rostrum Secretary, Fmn Carmel Remphrey, shares key suggestions/outcomes made at the most recent Management Committee meeting held on 13 February 2016

- ◇ A list is being compiled of all non-active Freemen with a view to contacting them.
- ◇ President Ian has commenced a review/update of Queensland Management Manual.
- ◇ Interest was sought from Queensland Clubs to host the Convention this year and Club 3 responded that they would be willing to organise it.
- ◇ A Trivia Night for RVOY is to be held on Saturday 16 April with Micheal Axelsen as the quizmaster. Bill Smith has offered to put up a cash prize for the winning team. Anyone else who is happy to donate prizes for raffles, please let Meg know.
- ◇ Planning is underway for Cairns Club 31 to start a breakfast club in central Cairns.
- ◇ We have also received enquiries from an ex-Tasmanian Rostrum member, who has retired to Hervey Bay, and who is interested in starting a Rostrum club there –maybe a breakfast club. All in very initial stages at present. If any member knows of someone in Hervey Bay who may be interested in offering support to get this club ‘up and running’ then please let Chris Horacek know.
- ◇ The committee agreed that the Eddie Fee After Dinner Speaking Competition should only be held if there are at least 4-5 speakers in the competition.
- ◇ Club 17 is planning a speaking course for members of the public on Sunday 17 April and are promoting it through the web.
- ◇ Succession Planning is a priority for the committee and a letter has gone out to all members to consider being an understudy for one of the management committee positions. Please give this serious consideration.
- ◇ David Thorpe has agreed to be coordinator of the Strategic Planning Committee to look at a five year plan to take Rostrum into the future.

Rostrum Website

How long is it since YOU visited the Rostrum website—don’t forget it provides lots of resources and useful information—visit it again soon! <http://www.rostrum.com.au/>

Of Interest To All Clubs

Take the time to look at David Price’s book:

“How to Make your Club Thrive”

It is available on the [rostrum.com.au](http://www.rostrum.com.au) site under publications.

New Members

Newcomers are always welcome at Rostrum—recent new members include:

- Sandra Daniela and Peter Hickey—Club 27
- Phebe Miles—Club 47
- Yuka Yamaoka and Roslyn Bates—Club 3

Roslyn tells why she joined Rostrum.

“Having spent a lot of time at home due to ill health, I lost confidence in myself. What better way to build confidence than to join Rostrum where I get to practice speaking in front of a group of people who are supportive and considerate while helping me to gain the confidence I need and become skilled as a public speaker.

The extra advantage is I get to meet new and interesting people!”



Left Meg Olssen, and Doug Bates with Yuka Yamaoka (above) and Roslyn Bates (left)



Rostrum Contributing to the Wider Community

Orange Sky Laundry is Australia’s first mobile laundry service for the homeless. A world first, the service was started in Brisbane by two 20 year olds, who recently became joint recipients of the 2016 Young Australian of the Year Award. Their custom fitted vans have been servicing parks and drop in centres across Australia and the wider community with two industrial washers and dryers in each van.



Meg Olsson – overloaded with donated towels—is assisted by Doug Bates

Orange Sky is now working towards expanding their services by fitting vans with showers for the homeless.

Just hours before the March 17 Club 3 meeting, Meg Olsson put out a call for donations of excess or old towels for this worthwhile cause - and was overwhelmed by the response. Club 3’s snappy photographer caught Meg as she struggled under the weight of the donations received on the night.

Wow! Rostrum Summer Series

Congratulations to Club 17

On 27 January 2016, Rostrum Club 17 delivered new Rostrum initiative and innovation, leading to great fellowship, at their inaugural Summer Series meeting. The concept was developed for Club 17 by Chris Horacek (the night's Chairman) as the new way to start the Rostrum year. It included TED talk review, impromptu competitions and a round robin requiring inclusion of four random generated words (Pizza was served).

15 Rostrum members (and one guest) were present, from Rostrum Clubs 17, 31, 15 and 3. Queensland President Ian Olssen and Meg Olsson and North Queensland Cairns Club 31 member John Hannan and wife Margaret were notable participants; Carmel Remphey was awarded best impromptu speech.

Club 17 kick started 2016 with great Rostrum innovation and fellowship. They plan to do the Rostrum Summer Series again in 2017. See you there.

- Freeman Paul Halliday



L-R Chris Horacek, Carmel Remphey and Sue Worlsey

Eileen Laracy Public Speaking Competition

The Eileen Laracy Plate is a public speaking competition which was held in October 2015, for the second successive year. This competition is between talented public speaking teams from the all boys school Marist College Ashgrove, in Brisbane and the all girls school St Margaret Mary College in Townsville. This unique competition was made possible through a live online broadcast via Skype, where contestants not only pitted their skills against each other but also clearly engaged their virtual audience, many of whom were thousands of kilometres away.



On both occasions it was the girls who won the Plate and have it on display at their school. In 2016, the boys are set for revenge.

Whilst the idea isn't unique the concept of using Skype to connect the competitors is. The competition is based on the Carter Shield sponsored by Rostrum between Iona College and Moreton Bay College which is a successful annual event. Each school fields one competitor from each year level and each school competes as a team.

The competition was developed by Bernie Ketter and Rostrum, with both events organised by Bernie Ketter, a long term and very active member of Rostrum Club 15 and a past Queensland Rostrum Voice of Youth Coordinator, with generous support from both schools and members of Rostrum.

The name, Eileen Laracy Plate, comes from a prominent family at Marist College Ashgrove for many years who donated the plate. Eileen was an aunt to the family who successfully appealed against legislation which disqualified women from promotion over men in the Queensland Public Service. Her successful appeal changed the workforce for women. Both schools agreed to the naming of the competition.

Club 10—rebuilding with enthusiasm

Rostrum Club 10 is rebuilding — at its new venue at Ground Floor, Brisbane Square Library, 266 George Street, City. It has great fellowship in the Rostrum tradition. As a lunchtime club, meetings are shorter and time is tight. President Ben Ricketts confirms that the Club has a plan to attract city business people but is seeking Rostrum members to call in and help build numbers on a Friday. On behalf of the Freeman’s Council, Club 10 member, Freeman Kim Counsell, made a rare visit to Club 10 on the 4th March to lend support.

Kim is proactively looking to generate new meeting ideas and discussed different program formats, and training and speaking topics with Club 10 members and she will seek club rebuilding ideas from other Rostrum members to pass on to Club 10. Club 10’s rebuilding success belongs to us all, see you there.

- Freeman Paul Halliday



Keith Greenwood, Fmn Geoff Read, Fmn Merv Green, Rick Harrison, Fmn Kim Counsell and Peter Bolam (Fmn Paul Halliday behind the camera)

Club 3—in pictures

Club 3 ‘s Fellowship was evident with the recent celebrations of Past President Rod Bailey’s ‘significant’ birthday, and the award of ‘Best Contribution’ to Perry Nation.



L-R George Rowe, Meg Olsson, Doug Bates, Rod Bailey, Ian Olsson, David Thomson and Rosalie Roberts



Perry Nation with his award for Best Contribution of the night.

From Eight Minutes to a Full Day: Rostrum Helped Me do It!

Marcela Ramirez has been a member of Rostrum since 2011. She had always wanted to do presentations as part of her work, but she soon found out the truth behind the phrase, 'be careful what you wish for'!

I have always liked public speaking. I remember one of the first things I did when I had enough English was to try my hand at presenting at primary school, and ever since then, I've looked for opportunities to speak.

I had hoped that work would provide me with lots of opportunities to present, but even though I was working for a long time in Communication Teams, it just never seemed to come up. How disappointing! There was only one thing for it: I would have to look outside of work to get my public speaking 'kicks'. This is how I came to join Rostrum.

Though I was now getting plenty of opportunity to practice public speaking, I never gave up hope that one day I would be able to do professional presentations as part of my work. Two years ago, I started my own Public Relations business, and through some fortunate networking, I finally got my shot at a paid public speaking gig in early March.

It seemed like all my wishes had come true... too many at once, in fact. The workshop that I had been offered was a full-day workshop, and the longest speech I'd done previously was eight minutes long (Frank Smith Novice Speaking Competition). The panic was now in full swing: how on earth do I present for a full day when the longest I've done before is eight minutes?! There was no way I was passing up this opportunity, but I couldn't imagine how I alone was going to hold an audience's attention for a day. If only there was a way that I could practice my presentation and build my confidence in front of a supportive audience...

I presented two segments of my presentation to Club 3 in February, and the feedback and advice I received were absolutely invaluable. What's more, I was also able to practice using PowerPoint and a projector, which were new to me. The Rostrum camaraderie was thoroughly bolstering, as I would blather about my doubts and would promptly have someone give my confidence a boost. What a perfect list of resources to have access to at a time like this. The presentation was on the 3rd of March, and it went very well. It would not have gone as well as it did if I was not a member of Rostrum, it's as simple as that.

I've now done three additional (shorter) presentations, and have four more lined up. The resources that Rostrum offers me are advancing me professionally, are ensuring that my standard is high and is getting higher, and are equipping me with confidence to meet challenges that at first seem impossible. Looks like Rostrum is now in the business of granting wishes.

- Marcela Ramirez



Letters to the Editor

Bribie students grasp speaking opportunity

Congratulations to Bribie Island English Teacher Tara Towns and Freeman Bernie Ketter for organising a speaking workshop for thirteen (13) students on 18 February 2016. Freeman Bernie is a Rostrum member who leads by example. I was pleased to support Bernie at this very interesting one hour workshop. There were 3 Senior and 10 Junior students with many others who could not attend. The process was to challenge these students to relate their personal experience to the RVOY topic and build a simple speech structure. Refreshing to hear of their variety of human experience and enthusiasm. Bribie Island State High students' ability to grow in their public speaking is directly aligned with having a great English teacher, Tara. Innovators like Freeman Bernie and Queensland Rostrum's ability to move with the times ensure that Rostrum continues a 40 year RVOY tradition.

- Freeman Paul Halliday

Rostrum Fellowship

It is a pleasure to have experienced great Rostrum fellowship in visiting Clubs 3, 10 and 17 this year. It was wonderful to participate in and learn from different Rostrum Club environments. The best was seeing Club 10's new member give her first speech. She displayed confidence in the Rostrum experiential process and her fellow Club 10 members. It has reinvigorated my own Rostrum journey.

Regards

- Freeman Paul Halliday

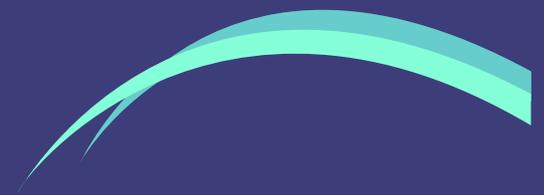
Submissions for the next Issue of Step Up

Submissions for the next issue of Step Up close on 23rd April 2016

We'd love to include stories and photos from more Rostrum Clubs. You can send your stories and photos of meetings, competitions, celebrations, dinners, and especially new members; send them now and they will be compiled for the next edition.

Send submissions to Marcela Ramirez on cram56@hotmail.com

Thank you all your submissions, feedback and help. Step Up does not happen without you!



ROSTRUM QUEENSLAND

Patron: His Excellency the Honourable Paul de Jersey AC, Governor of Queensland

www.rostrum.com.au/clubs/qld-clubs

www.rostrum.com.au