



ROSTRUM

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

Step Up

NEWSLETTER

AUGUST 2019

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FROM THE PRESIDENT

Dear all,

I recently attended the 2019 Australian Rostrum Council Conference, at which both our Junior contestant in the National Rostrum Voice of Youth Competition, Rebecca Heape, and our Senior contestant, Chantal Duffy, were the National winners of this Competition. Congratulations to both of our winners!

There were many positives from the Conference, which had a really good spirit of camaraderie. From Queensland, Freeman Meg Olsson was re-appointed as National Voice of Youth Coordinator from 2010, and Freeman Paul Halliday was re-appointed as National Newsletter Editor. The National President for 2020 will be Freeman Jenny Blain, from Victoria.

A significant positive was the increased focus in Rostrum nationally on web-based marketing and the increased use of digital and other modern technologies to enhance meetings and communicate with members online. The On-line Rostrum Club is continuing to develop.

As I visit our Rostrum Clubs, I am similarly impressed by the enthusiasm that we have in Queensland for being Rostrum members. As a result, I believe that we are entering an era of renewed interest in Rostrum membership by people as a way of developing communication skills, meeting other people, and learning in a stimulating and friendly environment.

“There were many positives from the Conference, which had a really good spirit of camaraderie”

Much of this achievement is the result of hard work by our Rostrum Club members, an increased use of web-based and social media promotion by our Clubs, an increased use of modern communication methods, variety in meetings, a strong focus on personal development, focused training, and many other factors. We are now also placing a strong emphasis on Rostrum promotion.

Congratulations to Freeman Ian Olsson who has performed a sterling job as Queensland Rostrum Voice of Youth Coordinator over the past five years!

-David Thorpe (Rostrum QLD President)

NEW SENIOR COACH FOR QUEENSLAND

Micheal Axelsen is our newest Senior Coach for Queensland. Club 17 is proud to have him in this role. Micheal is amply qualified to take on this position as per achievements and activities below:



- Has been a Rostrum member for approx. 25 years.
- Has been a Rostrum coach for approx. 20 years.
- Is an adjudicator and active in most areas of RVOY in Sth East Qld, attending QUT heats, Regional Heats, Moreton Bay College heats.
- Has been a judge at the University of Queensland speaking competition for the past five years.
- Is a Senior Lecturer at the University of Queensland and has proven training and coordinating skills in providing courses.
- Has given training sessions for the past 3 years at the Queensland Rostrum Convention.
- Conducts regular short training sessions in Club 17.
- Is willing to take on Rostrum roles outside the club. Currently Secretary of the Freemen's Council and last year was Queensland State Secretary.
- Is a willing visitor to other clubs in the capacity of Coach and to support ailing clubs.

CONGRATULATIONS MICHEAL!

QUEENSLAND SCOOPS THE POOL AT THE RVoY NATIONALS!

(by Freeman Ian Olsson)

On Saturday 27 July our State Rostrum Voice of Youth Champions were both crowned National Champions.

2019 National Junior Champion Rebecca Heape (Mt Gravatt State High School) spoke on the problems caused when we ignore sexual harassment in schools. 2019 was the first time Rebecca entered RVoY but it won't be the last. Rebecca's weeks of attending Rostrum Club No 5 paid off, especially in her short notice speech.

Congratulations to National Senior Champion Chantal Duffy (All Hallows' School) who told the story of the father and sons of the Bach-y-Rita family. Son Paul was one of the pioneers of neuroplasticity, the ability of the brain to heal itself. Chantal was the 2017 National Junior Champion and has now decided to "hang up her hat".

The National Final was made extra special by the way the wonderful young Australians who represented their states conducted themselves. We are so proud of them. Thank you also to the many parents and teachers who came to support the students. I think Rebecca had the biggest cheer squad.

"The National Final was made extra special by the way the wonderful young Australians who represented their states conducted themselves."



(National finalists with the Lieutenant-Governor of Tasmania and Mrs Blow)

THANK YOU AND GOODBYE

I am standing down as State Coordinator of Rostrum Voice of Youth effective 31 August. Having been involved in one way or another for most of the past 45 years, the last 7 as coordinator or assistant coordinator, it is time for new blood. I thank all those members past and present and the many teachers and parents who have helped make the journey possible. Rostrum Voice of Youth is in your debt.

Ian Olsson
(Queensland Co-ordinator Rostrum Voice of Youth)



INTRODUCING OUR NEW RVoY COORDINATOR

Taking over from 1 September as Queensland Rostrum Voice of Youth coordinator will be Joanne Keune from Townsville. Joanne is not new to Rostrum Voice of Youth. She was the 1994 National Senior Champion and was Queensland Coordinator in 2008 (when a member of Club 4 Townsville). One of her hopes is to obtain enough sponsorship to allow the State Final to again be held in Townsville.

In working life Joanne is a solicitor and also runs her own business "Speakeze Communications". She has taught Public Speaking both here and overseas.

Welcome Joanne!

COACH RE-ACCREDITATION IS A LEARNING EXPERIENCE

- Frmn Carmel Remphrey & Frmn John Lizzio
(Queensland Training Coordinators)

It has come to our attention that coaches seem to be struggling with the idea of re-accreditation. Yet it should be as simple as keeping up to date with fitness, nutrition planning, computer apps etc. We are not alone in seeking re-accreditation for our coaches. Other States/Territories are also doing this.

It is not an exam where you pass or fail. It is a learning experience and if viewed this way, then we believe that most of the difficulty will be overcome.

Why is it a learning experience?

- You learn from your peers who are assessing you.
- You learn from visiting other clubs and meeting other Rostrum members.
- You learn from hearing the views of others, both coaches and speakers.
- You learn more about what other clubs are doing and how they run meetings.

Re-accreditation is about learning and sharing your skills and in the process improving your coaching ability. So if it happens that you are asked to seek further assessment, take this as an opportunity to improve your coaching methods and techniques. We value our coaches and your contribution to Rostrum and we want to keep coaches up to date with training.

The next accreditation/
re-accreditation Training will be
10th November, Sunday (day
after Convention) The Hub, Mt
Ommaney. 9am – 4.30 approx

“Re-accreditation is about learning and sharing your skills and in the process improving your coaching ability.”

STOP THE SCROLL!

Four Free Quick Tips for Effective Social Media (Part 1)

With so much content on people's feeds, it's easy for your posts to get lost in the crowd. However, there are things you can do to catch the eye and encourage people to stop scrolling and see what you have to say. Here are four easy and free ideas you can implement straight away.



Emojis

Make your posts look colourful and interesting with emojis – small pictures representing an idea or emotion. An unbroken block of text can look boring, and emojis add creativity and appeal for your audience. An emoji can quickly communicate the topic of your post, letting people quickly decide if your information is relevant to them.

If you're new to emojis, don't overdo them. One or two well-placed pictures in a position your audience will quickly see it – such as the top of your post – is great.

Social media platforms give you options for adding emojis, or you can also use Emojipedia (<https://emojipedia.org/>) to search for and use the exact image you need!

Headline Analyser

Looking for the ideal first line or headline to grab your audience's attention? Try running your idea through CoSchedule's Headline Analyser (<https://coschedule.com/headline-analyzer>).

Just enter your headline into the analyser and it will give you a score out of 100. It will tell you which words in your headline belong, whether it's evoking an emotional response, if it's too long, etc. You can also keep tweaking your headline and it will let you compare your score with your earlier headlines. Keep editing until your score a 'good' green result! (I got a green 71 for this article's headline.)

CLUB 5 MEANS BUSINESS

Club 5 has moved meeting venues and now meets at Jeays Street Community Centre, 12 Jeays Street, Bowen Hills on Tuesday nights from 7:00 pm to 8:30 pm.



As one of Rostrum Queensland's newest clubs, Club 5 is targeted at assisting those in the business community to find their voice.

With a program rich in exercises aimed at advancing members' speaking abilities in their professional roles, the club, like all Rostrum clubs, provides the support and feedback to ensure members continue to improve.

So if you or someone you know are looking for a club that has a business focus or maybe you are interested in attending a different format of Rostrum meeting, contact Ian Olsson on 0419 683 883.

Guests are always welcome



NOW IT'S EVEN EASIER TO FIND AND ADVERTISE YOUR CLUB'S WEB PAGE

I have made some changes to the Rostrum website to simplify the URLs of the individual club web pages. The URL (or Uniform Resource Identifier) is that string of letters and numbers which your web browser uses to reach a specific web page. For example, the URL for the Club 17 web page is: www.rostrum.com.au/qld-club-list/brisbane-west-17. I think you'll agree, this is rather a lot for someone to copy into their web browser or for you to memorise or put on a poster.

From now on, all clubs will be able to promote a much shorter URL in the format: www.rostrum.com.au/qld/clubx, where x is the one- or two-digit club number. Using the previous example, Club 17's new, short, URL is www.rostrum.com.au/qld/club17. This same pattern now applies to all Queensland clubs.

Frmn Brian Korner
Queensland Webmaster

KENNETH CHARLES EBELING

– 96 years old (DOD: 13/06/2019)

My friend, Kenneth Charles Ebeling, a distinguished Freeman of Rostrum, passed away on 13 June 2019.

In relation to his involvement in Rostrum, I comment as follows:

I met Ken when we were both in the Southport Public Speaking Club in about 1976. Ken was then a leading member of the Club and I joined as a novice.

His business career included as a Service Manager with Telstra and he retired approximately 35 years ago.

Ken was a good speaker and he always put plenty of thought into his speeches and he had good presentation and rapport.

Ken and I became Freeman together on the same night at the State Convention on 17 July 1993.

I never heard Ken saying anything bad about anybody. He was a very constructive member of Rostrum.

In particular he was very reliable, and he put a lot of effort into particularly Club 47.

He was a great hockey player and at the funeral they showed a photograph of a young Ken being towed behind a boat on water skis and he looked very athletic, fit and strong.

Ken had three children, Christine, Grant and Mark and a very loving wife, Claire, who passed away earlier this year.

Gold Coast Rostrum will miss Ken. He was a great example of a good Rostrum member.

Keith Hunter

Chairman of the Council of Freeman

Queensland Rostrum Convention

9th November 2019

St Leo's College, University of Queensland,
St Lucia | From 8.30 am till late pm

- Interesting speakers | new ideas
- Arch Williams Memorial Speaking Competition
- Frmn Frank Smith Speaking Competition
- Queensland Rostrum Annual General Meeting
- Dinner, including Frmn George Shaw Open Impromptu Competition
- No fee increase on last year if you book early



Put the date in your diary now!

Congratulations

Congratulations to Club 17 in winning the Alan R Crook Award for best club in 2018.

Upcoming Events

- 25th Aug - Entries Close for The Freeman Frank Smith & The Arch Williams Speaking Competitions
- 25th Sept Gold Coast Speaking Competition heats at Club 6
- 10th Oct Club 3 will hold the Brisbane Speaking Competition heats.
- 12th Oct - QRMC Meeting @ 9:15am to Midday
- 9th Nov Saturday St Leo's College University of Queensland, St Lucia, Brisbane
- 10th Nov, Sunday Accreditation/re-accreditation training The Hub, Mt Ommaney 9am – 4.30 approx

Submissions for the next Issue of Step Up

Submissions for the next issue of Step Up close on Friday 6th September, 2019.

Step Up is all about letting Queensland Rostrum members share what is going on in their world of Rostrum. You can send your stories and PHOTOS of meetings, competitions, celebrations, dinners, and especially new members. Send them in and they will be compiled for the next edition.

Send submissions to David Thomson at qldeditor@rostrum.com.au
Thank you all for your submissions, feedback and help. Step Up does not happen without you!

David Thomson Step Up Editor
ROSTRUM QUEENSLAND