



WORDPOWER

Edition 96

February to May 2025

Greetings fellow members of Rostrum Tasmania!

As a first general message to all of you in 2025, I want to share information about the actions being undertaken by your Executive Committee to implement Tasmanian Rostrum's Strategic Plan for the year.

You will no doubt be aware in recent years of our dual challenge to redress an aging membership as well as a diminishing number of members.

Without a reversal of these statistics, Rostrum will very soon cease to exist.

When the State Council elected a new Executive Committee in late 2024 it charged that group with responsibility for its 2025-2027 Strategic Plan. The priorities of that plan are to increase Rostrum membership overall in Tasmania and to improve support of existing members.

The attached table (Page 2) shows in more detail what is being undertaken to address these priorities and I'm pleased to note our progress thus far:

Our northern Clubs (numbers 9 and 14) have between them led the way in adding new members with 8 people joining one or other of their numbers thus far in 2025! We heartily congratulate them for their success.

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A new initiative has commenced in the south (via Club 2) with an on-line group of people that is in the early stage of meeting weekly (4 times so far via zoom) to assist participants begin their speaking practice "journey". This group will shortly meet face-to-face for the first time and all being well, progress to its participants joining Rostrum as members of a club later in the year.

To better support existing members, we have begun developing a "Clubs Toolbox"; intended to provide a way of sharing successful club initiatives across all 7 existing clubs in Tasmania. The idea is that any club will have the option of adopting something that has proven to work well in one club already and thus benefit a broader membership.

This "toolbox" is envisaged to be available for access on-line in Tasmanian Rostrum's "web storage" and will comprise simple guides about how to make a particular initiative work in your respective clubs.

Please ask your State Council representative if you have suggestions/want more information about our strategic plan or contact me directly by email on jim@whetstone.net.au

Cheers,

Jim McCormack

State President

2025 ACTION PLAN

GOALS	PRIORITY 1	PRIORITY 2	PRIORITY 3
	Establish what current and prospective members want.	Improve the quality of our services to members.	Achieve a 30% increase in m/ship by end of 2025.
Why?	To collect insights that drive growth.	To maintain services to members and reduce attrition	To secure Rostrum's sustainability by attracting more members, especially younger generations.
Driver	Marketing Sub-Committee	State Executive	State Executive/Marketing Sub-Committee
Action Steps	- Create and undertake a survey of potential new members - Create and undertake a survey of existing members with focus on those who've joined in past year	Design a "Development Toolbox"* for clubs to use in support of their members.	- Develop Marketing Plan, esp promotional tools derived from market surveys - Trial set-up and conduct of a non-affiliated "speaking practice group" of Rostrum members with flexible meeting times
Success Metrics	- Complete survey of existing members by end of FEB25 - Complete survey of recently resigned members by end of JUN25 - Complete survey of potential members by end of JUN25	- At least 3 "tools" prepared and available to clubs by JUN25 - Half of clubs using one or more tools by end of 2025	- Increase membership by 24 across all clubs by end of 2025 - Establish a non-affiliated "speaking practice group" of Rostrum members by end of JUN25
Budget			
Additional Information	Use information from survey results to drive structural responses and promotional effort in latter half of 2025.	Engage with Training Council about providing any already developed course packages for inclusion in the Toolbox.	- Focus on bringing in members younger than 50 years old. (without excluding anyone of course) - Each club aims to attract 4 new members (equates to 28 additional members statewide). - Approach UTAS' student Assoc about on-campus opportunities.

*suggested "toolbox" contents include:

- Personalized member development program
- Mentoring/member "buddy" support program
- Regular rotation of program director
- On-line coaching support program
- Video-recorded "teaching tutorials" package
- Non-club affiliated member support tools

In the first four months of 2025 the Launceston clubs have welcomed seven new members. Below are some of their thoughts.

We will welcome Sarah as a member of Club 14 at our first meeting in May.

Sarah how did you find out about Rostrum?

I Googled! I think I searched for 'public speaking Launceston'.

What made you decide to join?



During my initial phone call with Jenny, I felt a sense of comfort as she explained how the club's structure and flexibility cater to the needs of its members. This gave me confidence that I would have a positive experience. At my first session, I felt very welcome and noticed the supportive culture within the group. This environment encouraged me to challenge myself and learn from others.

All members bring a wealth of wisdom and experience, and facilitators provide valuable feedback to speakers whilst maintaining a flexible agenda for each meeting. I'm pleased to know that opportunities extend beyond the weekly meetings, such as other Rostrum events and I look forward to contributing to the group in various ways.

Sarah Ebbelaar

Chris was one of four members inducted at the Club 14 1200th meeting

Chris was asked to share something about himself

Professionally, I am a life-long accountant. Perhaps that says more about me than I would care to admit.



Outside of work I keep myself busy with my daughters (6 & 8 - mostly keep myself busy by separating them), playing with my two border collies (early morning runs might be good for the soul but they are a bleak way to start the day I tell you) while also trying to fit in studying, maintaining a marriage and my board role with RSPCA Tasmania.

How did you find out about Rostrum?

It was recommended to me by a prior member who spoke highly of the organisation and the assistance they gave him in terms of public speaking. Progress, slow though it may be, is being made thanks to Club 14 efforts.

Chris Stokes

Club 14 welcomes back Lib and Russell



I recently returned to Rostrum after time away for two years. When I decided to step away, my life was very busy and I found that I was not giving it as much time as I had in the past and not stepping up to the challenges Rostrum presented.

I had been contemplating a return when I met Linda one day and she asked me if I was coming back, and it just felt like it was "the right time". Once I'd made the decision to return it was easy as I had reduced my workload and could readily remember the welcoming vibe I had experienced in Club 14.

I'm glad I had the time away as I have returned with more energy for the challenges, and I have a different perspective. Taking time out from clubs and organizations I have belonged to during my professional life has been something I have often done, and it has always reaped rewards. Whilst I don't necessarily lose touch with members or activities, it is good to have time to gain a clearer sense of what matters to me and have a fresh perspective when I return. For me, it's revitalizing!

Lib Heyward



After some ten years in Club 14 including stints on statewide Rostrum committees and previously having been in Rostrum in WA in the 80's, I felt I was plateauing in my learning in the communication space and was no longer seeing the forest for the trees; therefore, I took "time out of the line" for about two years. I wasn't sure I'd come back but after a good break and with time to refresh I thought it would be timely to return and return differently. I wanted to re-invent myself as a speaker.

I feel now I am ready to be challenged to take my communication skills to a new level, to be challenged differently and to find new energy and passion for communication which I feel has been a strength. It is exciting to be back in Club 14 with a diverse range of new members keen to be challenged and learn. The new venue works really well for amenities, accessibility and speaking space. I'm appreciative of both the learning opportunities and the fellowship.

Russell McCashney



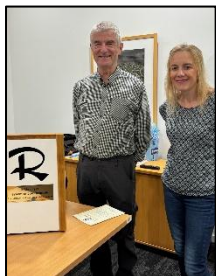
I joined Rostrum with the goal to enhance and improve my communication skills in group settings. Working in the language industry, communication is a critical skill and I am eager not only to refine my own abilities but also to support others in their development

Rostrum has provided a supportive and engaging environment where I can observe and learn from fellow members, experiment with different speaking techniques, and receive feedback from other Rostrum members whilst building my confidence. I was really drawn in when I heard about Rostrum's Frontiers program due to its activities focusing on professional and personal

development.

A highlight for me was participating in the Q&A session, which was a variation of the regular meeting format! This longer, team-based session allowed for a more interactive and conversational speaking experience. Sarah and I prepared in advance to ensure the Q&A was engaging for the audience which made it both enjoyable and rewarding.

Patricia Jaworski



Gardia Sackley was also inducted as a new member of Club 9 at their Face-to-face meeting in April. Gardia is keen to increase her confidence and skills in public speaking.

Josh Lovell will be inducted at the next meeting of Club 9.

We look forward to the valuable contribution our new and returning northern members will make and we trust that they will enjoy all that Rostrum has to offer.

Jenny Fraser

1200th meeting celebrations for Club 14, Launceston.

Club 14 celebrated its 1200th meeting in the best way possible with the induction of four new members. We welcomed Patricia Jaworski and Chris Stokes and welcomed back Russell McCashney and Lib Heyward.



Our Northern VP, Robert Stephens, who became a dual member earlier in the year, conducted the induction. We had time for reflection where we recalled our past members who contributed so much to the vibrancy of the club, including founding member Freeman Clarry Pryor. Freeman Russell Watson also joined us for our 1199th meeting before he moved to WA to be nearer his family.

Club 14's new premises are at McDonalds, Kings Meadows. We have a lovely meeting room that adjoins the children's play area. The venue allows Chris to participate in the meeting while his children enjoy a play and breakfast before he takes them to school.



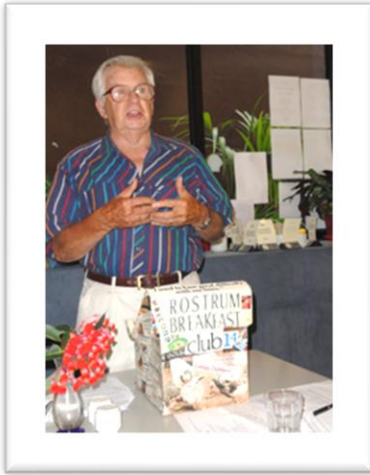
Next week Sarah will also be inducted. She has been actively involved and is pictured with new member Patricia, leading a Q & A session which allowed for an interactive session based around Patricia's business of translation and interpretation services

Club 14 meets on the 1st and 3rd Tuesday of the month at McDonalds, Kings Meadows. We have added an extra meeting on the 5th Tuesday of the month which is devoted to impromptu speaking activities and all members can reflect and provide feedback.

Our focus is having fun as we learn and that has contributed to our growing membership.

Jenny Fraser (Club 14 secretary)

Tribute to Freeman Clarry Pryor



Clarry joined Rostrum in 1958 and was actively involved for 60 years. He was a Founding and Life Member of clubs 9 and 14. He received his Freemanship in 1967. He was State President in 1967-1968. Clarry was a guru on constitutional matters, was architect of the Tasmanian Constitution and was author of the book "A Question of Procedure".

Clarry passed away on March 1, 2025 aged 98 when he joined his beloved Jeane, who had also been a member of Club 14.

Personal highlights for me include Clarry's adjudication of my school debates.

I remember when he was awarded his silver medallion at the State Council meeting in 2005. Other highlights include Jeane and Clarry singing at our 1000th meeting and having their wedding vows renewed at a club 14 meeting with club member celebrant Linda. Clarry's love of the English language was very evident and members were treated to some wonderful speeches about his time as Mayor, Jeane's battle with polio, their wonderful times spent at Kelso, their overseas travels, campervanning, gardening and Jeane's love of animals. Clarry was runner up in the inaugural National Sidney Wicks Final in 1980 with his speech, "Murder Most Foul" and the National winner in 2005 in WA on the topic "Age is a State of Mind", delivered when he was 80.

Clarry was always encouraging and was a wonderful person, member, coach and mentor.

Clarry was also actively involved in the community. He was a member of the Launceston City Council between 1962 and 1973 and Mayor in 1965 and 1966. He was honoured to receive an MBE in 1970.

Clarry was an architect and probably best remembered as a church architect. He attended the Uniting Church in Margaret St for 90 years. He designed the Catholic churches at Newstead and Ravenswood, the West Launceston Carmelite Monastery, the Anglican St Mark on the Hill, the hexagonal former Methodist Church at Hagley and the Salvation Army Citadel in Elizabeth St. Clarry's life history was captured in his book, **"Not just an Architect"**, that was published in 2025.

Clarry was truly a remarkable Tasmanian, and we were privileged to have him as a valued member of the Rostrum community. He was a wonderful gentleman who had a love of the English language and genuine desire to help others develop their speaking skills. His legacy continues to live on in all those who have the privilege of knowing him.

Jenny Fraser (Club 14)



Hidden Treasures

Two 4-hour stints of spruiking Rostrum at Bunnings in Burnie disclosed that...

~Bunnings is a desirable employer, according to one employee (which means, we are talking to happy employees, who are better listeners!)

~Bunnings is happy for us to talk with their employees about Rostrum

~Bunnings has allowed an information sheet to be posted in their staff room, and have it left posted for 3 weeks, as of this writing.



~An information table is vastly simpler than a sausage sizzle

~"Would you be interested in learning to improve your speaking skills?" as an opening is less successful than "Excuse me...I have a question..."

~Declaring the event as a "Presence for Rostrum" salvages the expectation for crowds of new members showing up on our census, paving the way for long-term gain.

~Bunnings publishes a monthly calendar, which gives us publicity for the entire month of March. Had we known this on the day, we could have used a stack of these on our table to attract attention.

A month later, I realised I had found an excellent place to practise non-event spruiking: Talking to the door check person during quiet times!

Nilah Cains

The Miracles at Burnie's International Women's Day celebration

As I stood at the back of the gathering of women, I spotted a woman in native costume sitting near me. When the event had finished, I leaned over and said, "I Have a gift for you." As I started to give her a Rostrum brochure, I saw that a second non-European woman sat next to her, so fetched another brochure and gifted them both.

"Oh!" said the first woman. "That's why I came here today: I wanted to make friends!" An instant friendship was formed, with invitations to come to her home for Pakistani food &/Or go for a cuppa. The second woman said, "I need to practice English."

A new member to our club was there also, so she was included in the friendship circle. A quadruple win!

But there's more!

Burnie's mayoress (who had visited our club to practice a speech prior to the election) was also at the event. Since our club had suggested we contact Council about spruiking Rostrum there, I approached her and asked about this. "No way could I spare the time for this in a meeting," she said. HOWEVER, in her closing speech, she cited Rostrum as one of the city activities that promotes community and belonging. Would she have remembered us, had I not just spoken to her? Who knows? The point is, we got a mention!

Other personal miracles happened that day, but I won't bore you with those. What I did learn is that International Women's Day celebrations have great potential...and the date (8/3/26) is predictable, so we can plan ahead! I did. Another miracle...

Nilah Cains

Hobart Meetup



Here is a link to the **Hobart Meetup** website - <https://www.meetup.com/en-AU/find/au--hobart/> You can either use this link or install the Meetup app on your phone so that you can search for Rostrum Club 3 within the app/website. It is in the 'Career & Business' Category. The Meetup logo (by Jennifer Gergen on behalf of Meetup) is to the left.

It is requested that you show your attendance on the Meetup app for as many meetings as practical, or if you can find the 'every week' button, every meeting. (There are no penalties for overstating your attendance.) We want to show that there are a group of people attending Club 3 meetings. It is not just Dave sitting in a room by himself!

You will need to create an account to register your attendance. It is okay to just use a first name or nickname if you are concerned about privacy, and feel free to decline any unwanted options.

If you see something amiss or would like other changes to the Meetup page, please raise it with Dave Astén.

Lorraine Redway

Rostrum Voice of Youth 2025

In this the 51st year of RVOY, Tasmania has had a record 112 students enter which is over a 20% increase.

So much has changed since Freeman Malcolm Grant handed over the reins, 25 years ago but the purpose is the same, to provide an opportunity for young people to have their voices heard. Rostrum members enable that to happen.

Gone are the days of printing information and posting it out to schools. Students no longer post back their entry forms. We now have an online registration system and instead of recording individual student data, the schools now enter their students. The rules have changed so that speeches are judged equally on the content and delivery of the speech as opposed to the impact on the emotions and impact on the intellect. Students are more comfortable speaking on topics that impact them. That's the great thing about RVOY it gives students a platform to have their voices heard.

It takes a team of workers to make RVOY a reality. Thank you to those who have given their time so freely over the years as regional coordinators and adjudicators, particularly those who have been prepared to travel the state, along with the members fulfilling all the various roles on the day.

There have been many memorable milestones in my time as State Coordinator. I remember the early days when Freeman Leo Morgan patiently explained how to upload documents to the website, but times have moved on and new skills have developed. Having coordinated the Northern region for over 30 years, the state for 25 years, National for 10 years along with convening three National finals, what stands out is the high calibre of the speeches we have been privileged to hear with special memories for those who had the courage to stand up and give their first speech in public. One of my challenges over the past 10 years has been to select all the topics for the prepared and short notice speeches at regional, state and national level during those years. I also had the privilege of compiling the history of RVOY over the past 50 years [Rostrum Voice of Youth 50 years of stories - Rostrum Australia](#) (go to the page and click on the book at the bottom)

It has been a steep learning curve from the early days of learning to find my way around the computer. I have developed a lot of new skills and made great friendships with members around the country. The more you invest yourself in something, the greater the reward. I am indebted to Rod for being there throughout the journey. It has been quite a ride! Thank you to all those who have supported RVOY over the years and in 2026 I pass the baton on to Freeman Will Cassidy and I am sure you will give him the same support.

Key dates in 2025

WHAT	WHEN	WHERE
North West Regional Final	Thursday April 10th 6.30pm	Marist Regional College, Burnie
Southern Regional Final	Saturday May 3rd 9.30am Juniors 1.00 pm Seniors	Clemes Campus, The Friends' School North Hobart.
Northern Regional Final	Saturday May 10th 9.30am Juniors 1.00 pm Seniors	Scotch Oakburn College, Launceston.
State Final	Saturday June 14th 1.00pm	Scotch Oakburn College. Launceston
National Final	Saturday July 26th	Adelaide

Rostrum Voice of Youth in the North West

This regional final usually attracts a good cross section of secondary students from both the government and non-government sectors. This year the number of schools that entered students was more concentrated: Marist Regional College, Penguin District School, St Brendan-Shaw College and Wynyard High School. This was the first year Penguin District School has competed in the competition.

Fourteen juniors and five seniors vied for first place in each of the three rooms that were in operation on the evening of Thursday 10th April. Elizabeth Ettlin (senior) Adeena Fatima and Sydney Gray, all students from Marist Regional College will represent this zone at the State Final in Launceston on the 14th June. Congratulations ladies.

Encouragement prizes were awarded to Arylee Rogers (senior) Wynyard High School, Lila Dowling (junior) Marist Regional College and Isabella Eccles (junior) Wynyard High School.

A huge round of applause to the sixteen Rostrum members and community volunteers, whose combined efforts made this Rostrum Voice of Youth Regional Final a reality. The venue for this Regional Final was generously gifted by Marist Regional College with the Rotary Club of Burnie providing a handsome philanthropic donation to subsidise costs.

Contributed by Tess McDonagh



(Above) Winners and Encouragement Awards



(Above) Fmn Tess McDonagh and the Chairmen



(Above) NW Juniors

Rostrum Voice of Youth Southern Final winners, Saturday May 3rd 2025.

Junior State Finalists		Junior Encouragement Awards	
Tim Bertschi	Hobart City High School	Niamh Coomber	St Mary's College
Molly Bertschi	Hobart City High School	Mehnaz Mehreen	Calvin Christian School
Henry Smith	The Hutchins School	Lucy North	Calvin Christian School



Southern Junior finalists

Senior State Finalists		Senior Encouragement Awards	
Isabel Adams	The Friends' School	Cara Watt	St Mary's College
Franklin Legg	Elizabeth College	Amelia Cooper	The Friends' School
Caitlyn Nguyen	Rose Bay High School	Eve Campbell	Elizabeth College



Southern Senior Finalists

NORTHERN FINAL OF ROSTRUM VOICE OF YOUTH

A successful Northern Final was held on May 10th. A particular thank you to all our Rostrum volunteers, particularly our two new Club 14 members, Sarah and Patricia who stepped up to chair the two Junior finals and to conduct the presentations.

Rostrum Voice of Youth Northern Final winners

Junior State Finalists		Junior Encouragement Awards	
Audrey Green	Scotch Oakburn College	Maddi Gofton	Scotch Oakburn College
Maximillian Wilson	Scotch Oakburn College	Yuxuan See	Riverside High School

Junior Winners



Junior Encouragement Awards



Senior State finalists

Senior Encouragement Award

Elizabeth Moore	Scotch Oakburn College	Rhylan Walters	Scottsdale High School
Hwee-Lin Yee	St Michael's Collegiate		
	will represent the South		

Senior Northern Finalists



Go Bananas!

Bananas are a commonplace fruit which most people eat every day. A prewrapped snack! Break the long end off and consume and toss the rest. How wasteful! In the day when bananas are expensive let me demonstrate their hidden abilities to be helpful and satisfying. Thanks to Dane Stredwick for the photo.



Club 11 was introduced to Bananas and their skins that can be eaten cooked or used raw.

When holidaying in New Zealand my husband and I stayed at a BNB which took the role seriously and for breakfast we were served brown bananas with the skin on fried in bacon fat with the bacon and some small pikelets to mop everything up. We ate and enjoyed.

Take a banana and upend it, insert your nail just below the black end and lift. If it comes away cleanly bringing the short black stick and divides easily into three long pieces, the banana is ripe and ready for consumption.

Asians and other cultures enjoy cooking skinless green bananas. They wrap their food in banana leaves to cook it. For all recipes just type what you want into your search engine of choice. I use Google to get small videos to watch and use.

The inside of a banana can be cooked as bread, muffins, cake, and dessert, such as caramel bananas. The skin of a banana can be cooked in cakes or muffins or dehydrated and ground into banana flour and added to almost anything.

Raw frozen Banana makes great ice cream. Who can forget frozen banana on a stick smothered in chocolate as served daily at the Big Banana outside Grafton NSW!

Raw bananas go great in banoffee pie, fruit salad, banana cream pie and on top of pavlovas with lots of cream.

Inside Banana skin is a good moisturizer for dry or rough skin and can be used as a face mask.

Worm farms adore banana skins as do roses and fruit trees. Deposit skins in compost bins. The whole banana can be topped and tailed and inserted on its curve into the soil in a pot with a small strip of skin removed along the upper part for the length of the banana. Then insert your clipped rose cuttings and experiment with other plants you want to strike by putting the stems into the banana exposed by the skin removal and covering the whole banana in soil and watering. Patience will reward you with sprouting stems.

Banana's secret multiple uses have been revealed. Enjoy using it to its full potential. Gai Cunningham

Two Different Takes on Advertising

WARNING: Side effects of The Fear Detox that Membership of Rostrum may have for you include:

- Spontaneous bouts of confidence
- Decreased interest in other people's opinions
- Sudden urge to say that thing that you wanted to say when you wanted to say it
- Excessive smiling
- Uncontrollable desire to speak in public and voice your opinion
- Uncontrollable desire to tell someone else about Rostrum

If you experience any of these symptoms after joining a Rostrum Club for a period of time... congratulations! You're finally living fear-free.

Join us at 6:30 PM this Thursday in the Platypus room at the back of the Burnie Library for a lifetime of freedom. (Rejigged by the Ed.)

Christmas, New Year and Birthdays

Give someone a gift that they will treasure in future.

A visit to a Rostrum club

Rostrum experience makes a difference for a lifetime.

Rostrum helps in all parts of your life:

- Job interviews & media interviews
- Career satisfaction and development
- Community meetings & involvement

A Limerick

A dozen, a gross and a score

Plus three times the square root of four
Divided by seven

Plus five times eleven

Is nine squared and not a bit more.

Is this true and can you write it in figures?

Introduce a friend , a colleague, a neighbour to Rostrum, so that they can experience the benefits that you have experienced.

Structured development, with some fun along the way.

INVITE A GUEST

SHARE THE EXPERIENCE THAT YOU HAVE BENEFITED FROM

FLEXIBLE TIMES – FACE-TO-FACE and ON-LINE

Look up Rostrum's website for days, times, locations and contact persons. (including on-line).

www.rostrum.au/tas

In 2025, introduce a guest to Rostrum.

David Asten

CALENDAR FOR 2025

June

14 State Final RVOY Launceston

14 State Council Meeting

July

16 3rd Training Council Executive Meeting

26 National Final RVOY in Adelaide SA

Aug

2 State Online Speaking Competition

20 National Online speaking competition

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Sept

15 State Council Meeting Hybrid

Oct

15 4th Training Council Executive Meeting 8pm

Nov

2 Full Training Council Meeting Wed 8 pm Zoom

8 National Online Speaking Competition final

29 State Council Meeting

29 Novice Speakers

29 Sir John Morris Memorial Award Speaking Competition

30 DEADLINE for Wordpower Edition 98

<https://wordsmarts.com/words-we-think-should-exist/?lctg=8f0be9ed-f81d-4dac-94ae-e106164842ad>

Wordsmarts deals with the language

Suggested here 4 new words for the dictionary

Relaxxiety – Have you ever felt you can't relax because you should be doing something else.

Precrastinate – getting somewhere very early so that you won't be late

I enjoy reading about what the other Tasmanian clubs are doing during these first few months of 2025. I see it as if they are writing their history. By introducing new people to us all, we have a time for when they were first here and also what they were thinking at that time to refer back to at a later date. Celebrating milestones and seeking ways to get the name Rostrum back out into the wider community are all parts of this edition. It's a great way to inform the reader of future directions.

At Club 11 we had a website revamp and now have direct access to it via a QR code (Pictured below), which our Techno-Whizz Dane Stredwick did up for us that night. Thanks Dane. We'll add it to our advertising equipment, even a business card.

I've added in a few lighter pieces as well. A huge Thank you to all the contributors to this Number 96 Newsletter. Three more months and then it's the 97th Edition of Wordpower. Hope to see your club news there. End of August is my deadline. Ed



**Blessed are we who
can laugh at ourselves
for we shall never
cease to be amused.**



Bruce Lee said

"Don't speak negatively about yourself, even as a joke. Your body doesn't know the difference. Words are energy and they cast spells, that's why it's called spelling. Change the way you speak about yourself, and you can change your life."

Proverb of Monsters

**EVERYTHING THAT'S
FREE IS PAID FOR BY
SOMEONE WHO WORKS**



Regret – Where we reflect on the cringy things we did long ago

Somnifol – the satisfying feeling of slipping into a cosy, well-made bed after a long, productive day.