

-TRALEE TOASTMASTERS-

Weekly Toastmaster Times

ISSUE 1

Monday September 1st 2014

FOOD FOR THOUGHT...

What we do in life echoes in eternity (From the movie *Gladiator*)

A SPRINKLE OF HUMOUR...

A glass of beer shortens your life by one minute, a glass of wine by two minutes, and a day of work by seven to twelve hours. (Anonymous)

A bargain is something you don't need at a price you can't resist. (Franklin Jones)

If at first you don't succeed, destroy all the evidence that you tried. (Anonymous)

VPE QUOTE FOR THE WEEK...

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.

(Henry David Thoreau)

THE POETMASTER...

Though much is taken, much abides; and though
We are not now that strength which in old days
Moved earth and heaven; that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.

Excerpt from the poem *Ulysses* by Alfred, Lord Tennyson (1809-1892)

WORD FOR THE WEEK...

Indefatigable: (From the Latin *infatigabilis*) Not yielding to fatigue; Untiring; Unflagging; Incapable of being tired out; unflagging.



REEL WISDOM...

Failure is the fog through which we glimpse triumph. (From the movie *Iron Man 3*)

My mama said life is like a box of chocolates. You never know what you're gonna get. (From the movie *Forrest Gump*)

Only an act of true love can thaw a frozen heart. (From the movie *Frozen*)

TIPS FOR WRITING AND SPEAKING...

Keep a notebook for recording ideas, thoughts and stories for all your speeches.

Michael Mac Egan VPE (Editor)

(ONLINE VERSION AVAILABLE WEEKLY ON TRALEE TOASTMASTER WEBSITE)

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