

-TRALEE TOASTMASTERS-

Weekly Toastmaster Times

ISSUE 4

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FOOD FOR THOUGHT...

It is right to be content with what you have, but never with what you are. (Anonymous)

A SPRINKLE OF HUMOUR...

People who think they know everything are a great annoyance to those of us who do. (Isaac Asimov)

My wife dresses to kill. She cooks in the same way. (Anonymous)

I am not absent-minded. It is the presence of mind that makes me unaware of everything else. (G.K. Chesterton)

VPE QUOTE FOR THE WEEK...

The greatest test of courage on earth is to bear defeat without losing heart. (Robert Green Ingersoll)

THE POETMASTER...

I wondered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Excerpt from the poem *The Daffodils* by William Wordsworth

WORD FOR THE WEEK...

Tentative: Not certain or fixed; Done without confidence, hesitant; faltering, timid, shy.



REEL WISDOM...

"Stock your mind. It's your house of treasure, and no one in the world can interfere with it. Fill your mind with rubbish and it will rot your head. You might be poor, your shoes might be broken, but your mind . . . your mind is a palace." (From the movie *Angela's Ashes*)

You have to keep carrying the fire – the fire inside you. (From the movie *The Road*)

Where does the power come from to see to race to its end? From within. (From the movie *Chariots of Fire*)

TIPS FOR WRITING AND SPEAKING...

Just for once challenge yourself to write a speech that is 100% from yourself. It could well prove to be an invaluable learning experience on a personal level.

Michael Mac Egan VPE (Editor)

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