



-TRALEE TOASTMASTERS-

Weekly Toastmaster Times

ISSUE 7

Monday October 13th 2014

FOOD FOR THOUGHT...

Wise people are not always silent but they know when they should be. (Anonymous)

A SPRINKLE OF HUMOUR...

It's not an optical illusion. It just looks like one. (Anonymous)

People say nothing is impossible, but I do nothing every day. (A.A. Milne)

Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies. (Groucho Marx)

VPE QUOTE FOR THE WEEK...

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion." (Muhammad Ali)

THE POETMASTER...

O my Luve is like a red, red rose,

That's newly sprung in June;

O my Luve is like a melody

That's sweetly played in tune.

Excerpt from the poem *A Red, Red Rose* by Robert Burns

WORD FOR THE WEEK...

Gregarious : Outgoing; Expressive; Outgoing; Companionable; Unreserved.



REEL WISDOM...

Our lives are not just measured in years. They are measured in the lives we touch around us.

(From the movie *The Hunger Games – Catching Fire*)

Experience is a cruel teacher – it gives the exam first, then the lesson. (From the movie *Red Tails*)

A single idea from the human mind can build cities. An idea can transform the world and rewrite all the rules. (From the movie *Inception*)

TIPS FOR WRITING AND SPEAKING...

If you find you have "writers block" in putting a speech together, take some time away from the speech, go for a walk, have a cup of tea, listen to some music, something that you like to do to relax. It should help get those creative juices flowing again.

Michael Mac Egan VPE (Editor)

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