



-TRALEE TOASTMASTERS-

Weekly Toastmaster Times

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Monday November 17th 2014

FOOD FOR THOUGHT...

The mind is not a vessel to be filled, but a fire to be kindled. (Plutarch)

A SPRINKLE OF HUMOUR...

To be happy with a man you must understand him a lot love him a little. To be happy with a woman you must love her a lot and not try to understand her at all. (Helen Rowland)

Don't worry about avoiding temptation – as you grow older, it starts avoiding you. (Farmer's Almanac)

Talk is cheap. Until you hire a lawyer. (Anonymous)

VPE QUOTE FOR THE WEEK...

No one has ever achieved anything from the smallest to the greatest unless the dream was dreamed first. (Laura Ingalls Wilder)

THE POETMASTER...

It's in the click of my heels,
The bend of my hair,
the palm of my hand,
The need for my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Excerpt from the poem *Phenomenal Woman* by Maya Angelou

WORD FOR THE WEEK...

Effervescent: Lively; Bubbly; Sparkling; Aerated.



REEL WISDOM...

Liberty is a soul's right to breathe. (From the movie *Good Will Hunting*)

I believe that you measure yourself by the people that measure themselves by you. (From the movie *The Bucket List*)

It's an idea, greatness. Greatness is a vision. (From the movie *Gladiator*)

TIPS FOR WRITING AND SPEAKING...

When researching for a speech try to read widely but wisely.

Michael Mac Egan VPE (Editor)

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