



# **-TRALEE TOASTMASTERS-**

## *Weekly Toastmaster Times*

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### **FOOD FOR THOUGHT...**

The difference between stumbling blocks and stepping-stones is how you use them. (Anonymous)

### **A SPRINKLE OF HUMOUR...**

Age is an issue of mind over matter. If you don't mind, it doesn't matter. (Mark Twain)

It's not the men in my life that counts – it's the life in my men. (Mae West)

People will sit up and take notice of you if you will sit up and take notice of what makes them sit up and take notice. (Frank Romer)

### **VPE QUOTE FOR THE WEEK...**

Have great hopes and dare to go all out for them. Have great dreams and dare to live them. Have tremendous expectations and believe in them. (Norman Vincent Peale)

### **THE POETMASTER...**

To be in love

Is to touch with a lighter hand.

In yourself you stretch, you are well.

You look at things

Through his eyes.

A cardinal is red.

A sky is blue.

Suddenly you know he knows too.

Excerpt from the poem *To Be In Love* by Gwendolyn Brooks

### **WORD FOR THE WEEK...**

Perfunctory : Mechanical; Dutiful; Token; Unthinking.



### **REEL WISDOM...**

There should be no boundaries to human endeavour. (From the movie *The Theory of Everything*)

There are words that are better unheard, better unsaid. (From the movie *Les Miserables*)

The secret to talking is listening. (From the movie *We Bought a Zoo*)

### **TIPS FOR WRITING AND SPEAKING...**

If you are about to start a new advanced manual, pick a manual that will offer you a challenge.

*Michael Mac Egan VPE (Editor)*

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