



-TRALEE TOASTMASTERS-

Weekly Toastmaster Times

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FOOD FOR THOUGHT...

Don't let the fear of striking out hold you back. (Babe Ruth)

A SPRINKLE OF HUMOUR...

129% of people tend to over exaggerate. (Anonymous)

The problem with stealing quotes off the Internet is you never know if they are genuine.

(Abraham Lincoln)

Always and never are two words you should always remember never to use. (Anonymous))

VPE QUOTE FOR THE WEEK...

Nurture your mind with great thoughts. To believe in the heroic makes heroes.

(Benjamin Disraeli)

THE POETMASTER...

On Raglan Road on an autumn day I met her first and knew
That her dark hair would weave a snare that I might one day rue;
I saw the danger, yet I walked along the enchanted way,
And I said, let grief be a fallen leaf at the dawning of the day.

Excerpt from the poem *On Raglan Road* by Patrick Kavanagh

WORD FOR THE WEEK...

Rudimentary: Basic; Elementary; Simple; Underdeveloped.



REEL WISDOM...

What better way to dream than to walk in the shoes of whom we aspire. (From the movie *The Boxtrolls*)

Sometimes, finding the light means passing through the deepest darkness. (From the movie *The Lucky One*)

Life has its own flavour. (From the movie *The Hundred-Foot Journey*)

TIPS FOR WRITING AND SPEAKING...

The international Toastmaster magazine that you receive monthly can be a great resource for new insights and ideas for future speeches, and also can be a great read.

Michael Mac Egan VPE (Editor)

(ONLINE VERSION AVAILABLE WEEKLY ON TRALEE TOASTMASTERS WEBSITE)

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