



-TRALEE TOASTMASTERS-

The Presidents' Monthly Editorial

November 2015

Give the Gift of a Hug

We all need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth.

Hugging is healthy. It helps the body's immune system. It cures depression. It reduces stress. It induces sleep. It is invigorating. It is rejuvenating. It has not unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural. It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients, and it is 100 percent wholesome.

Hugging is practically perfect. There are no breakable parts, no batteries required, no periodic maintenance checkups. It is low on energy consumption, high on energy yield, inflation proof, recession proof, nonfattening, and it requires no monthly payments.

Hugging has no insurance requirements. It is theft-proof, nontaxable, nonpolluting, and of course, it is fully returnable.

(Author Unknown)

A Reflection on Leadership

To achieve, the leader must set goals

To set goals, he must make decisions

To reach goals, he must plan

To plan, he must analyze

To analyze, he must implement

To implement, he must organize

To organize, he must delegate

To delegate, he must administrate

To administrate, he must communicate

To communicate, he must motivate

To motivate, he must share

To share, he must care

To care, he must believe

To believe, he must set goals that inspire belief and the desire to achieve

(Ted W. Engstrom)

Food for Thought

Every great achievement was once impossible. (Anonymous)

The measure of a life, after all, is not its duration, but its donation. (Corrie Ten Boom)

Give every man thy ear, but few thy voice. (William Shakespeare)

Michael Mac Egan (Club President)
Tralee Toastmasters
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