



In Honduras, during a 1993 trip, Hoese set up a makeshift pharmacy at a village clinic.



On a 2001 trip to study Cuba's healthcare system, Hoese takes a break with two of Havana's goodwill ambassadors.

Hoese has competed in Humorous Speech Contests at the club, area and division level. "I never won top prize, and I haven't yet competed at the district level, but that's my goal." His humor has also found expression in the witty columns he wrote for six years for a local senior newspaper called *50 Plus!* In 2007, he compiled those columns into a book he titled *Jest Desserts*. In the book's foreword, *50 Plus!* publisher Earledeen Badger wrote of the long-time pharmacist, "He finds humor in everyday living and shares it with us in large doses."

Hoese has published four books in all and features them on his website, laughterdoc.com. In addition to *Laughter: The Drug of Choice* and *The First Humorously Medical Dictionary*, his latest book, *Proverbial Laughter of the World: Afghanistan to Zimbabwe*, written last year, draws heavily on his international experiences.

He also enjoys sharing proverbs, and one of his favorites is a simple one. It's from Afghanistan: "If there's only bread and onions, have a happy face." He once shared it, in Farsi, with the owner of a Los Angeles restaurant as he enjoyed a plate of Kabuli, the classic Afghan rice-and-lamb dish. The owner laughed heartily, recalls Hoese.

Another favorite is: "If there is light in the soul, there will be light in the person. If there is light in the person, there will be harmony in the house. If there is harmony in the house, there will be order in the nation. If there is order in the nation, there will be peace in the world." That one is from China, where he and Ginny spent two weeks in 2006 teaching English through the nonprofit Global Volunteers program. "We both used our Toastmasters skills in teaching," Nick says. He also traveled to Tanzania with the group.

Staying Active in Athletics

Besides participating in Toastmasters contests, the energetic octogenarian also competes in other arenas. In the 2015 U.S. National Senior Games, he came in fifth in the nation in the

80–84 age bracket for the 400-meter run, finishing in one minute and 37 seconds. He's looking ahead to 2017 to compete in the next event. His current training schedule would leave most 30-somethings panting:

- Weightlifting on Sundays, along with a quarter-mile run.
- Volleyball on Mondays. "It's sociable," he says.
- Yoga on Wednesdays. "I never knew how hard an hour of yoga could be."
- On Fridays, it's Zumba, followed by another run.

He also does half-mile runs up and down the hills near his home three times a week, along with playing tennis doubles now and then. And then there's the occasional outing with Ginny: "We still love to go out dancing. We still do the jitterbug."

As busy as all this sounds, it's a far cry from his old regimen. He used to run marathons, and even did a super-grueling 50-mile ultramarathon at age 50. He is known locally for running 5Ks and other races in costume. He's run as a rabbit, as Dr. Seuss's Cat in the Hat and as a chimney sweep donning a top hat and formal jacket. (He actually worked as one for a few years, in addition to his pharmacy job.)

What drives him? "I'm always looking for something new," he says. "I know people who are bored to tears, and they can't seem to find a remedy."

As he plans more books, trips and speeches, Hoese seems to have indeed found a remedy. By anyone's account, his life has been full and fascinating, but he is quick to point out: "I'm still working on it." ■

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