

Sad news the Paul Harris Fellow lunch is cancelled this week. Malcolm will be in touch closer to the next lunch date.

If you haven't registered for Conference, please do so there are some great keynote speakers and it's not really too far for us to travel!

We are still looking for a Cook in the HDV on Saturday 20th at Rock n Hop. Shift is 9 30am-12.30pm. If you are available please can you pop yourself in the roster.

My closing though this week is a quote from Mark Twain: "the only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not"

Have a great weekend!

Jess