

Talking about family - I have a question for you all - how many of you have asked your own children, relatives or friends to join us at a meeting recently? We have really great program co-ordinators and our members come up with great suggestions for speakers but we don't seem to see many new faces coming along.....

We have a spot free in the HDV next week at the Rugby 7's- 'Chips and Dogs' person, if you are free please add your name to the roster.

Hugh (and Margaret) hope you have a fab weekend in Cromwell for your 'President Elect Training'.

Thought of the week: Never hold your farts in - they travel up your spine and into your brain and that's where shitty ideas come from!

Have a great weekend!

Jess