

With outdoor party activities, You  
just say No to pain when you  
can't bend your fingers anymore.



Then when the next party activity  
is in a sauna, you force your  
body to experience the extremes  
at the opposite end.  
It just makes you tougher.



Finally, even though its your birthday,  
you still do the dishes.  
Now that's being a real man!

From your Quorum buddies



Having a birthday in Winter,  
just makes you an all around tougher guy.  
Take walking up a hill!