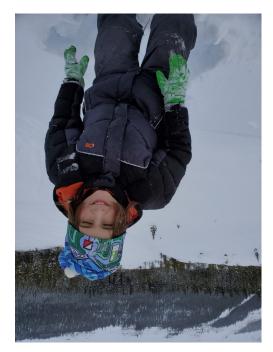
With outdoor party activities, You just say No to pain when you can't bend your fingers anymore.





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

Then when the next party activity is in a sauna, you force your 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