Dear Friends,

After 4 years and 18 days of exciting and memorable journey with 41 International, it is now time to bid farewell.

There come times in everyone's life when a change is for the better, and this is one of those times, and I would like to put it as "Leaving the shore in quest of more."

This is not a goodbye, only Hasta mañana or “see you later”.

I now look forward to a new position that brings forth new challenges and adds more diverse experience to me. As I move on, I would like to take a moment to remember and cherish our times together. It’s been great interacting and knowing each one of you. Thank you all for your support, patience, and friendship over the past years. You are a special group of people and I owe you a lot.

Signing off,

May the hinges of friendship never rust
Makarios Charalambides- President, 41 INTERNATIONAL

Message to prospective 41 Club countries wishing to join 41 International
Benefits if you join 41 International

➢ There is an International Table-like life after Round Table.

➢ 41 International is about friendship and extending this friendship internationally. As Ex-Tablers we share common values, we are like minded and international friendships made are always special and everlasting.

➢ To be part of a world-wide Organization. Strength comes in numbers and as a large world-wide Organization group, we can work together to achieve our objectives and we can do bigger projects with greater impact.

➢ Being a member of 41 International opens up a wealth of experience. There is always a lot to learn and discover. It provides you the opportunity to visit AGMs, charters, and set up twinning programs.

➢ 41 International can open many doors and allow one to see a country or region through the eyes of local people, who will be pleased to show you their most spectacular attractions and will make sure you enjoy their finest food and drink and experience their culture.

➢ Joining 41 International family will bring to your club activity, more assurance for lifetime existence, support for stronger Round Table and reasons for Round Table graduates to join 41 Club.

➢ We are looking ahead and utilize all resources available to develop and improve our Organization.

➢ Our Organization can provide a welcome from all over the world and help promote peace and understanding globally. We are all proud to be members of this fantastic Organization.

May the hinges of friendship never rust
Goodbye.......but not Farewell.

To look forward 1095 days is a long time to do something, but looking back, time has been flying and running like....
My 3 years in 41 Internationals Board as VP-IP-PP. have really been a time I never will or can forget in my life, and specially meeting a lot of interesting, inspiring persons which I also have had a lot of fun and fellowship together with, wonderful.
What we also have achieved in 41 International the last years makes me happy, let me just mention:
The Strategic direction points-guidelines for 41 Int. - MOU with Round Table International and the follow up work to move forward together both organisations - Communication with The Hinge and the newsletter Communiqué - A new website is under construction - 5 new member countries and more will follow in the next 5 years.........and a lot of other items.
At last but not least, Thank you very much to different 41 Int. Board-members, National Board-members, Delegates and all our members for your cooperation. It has been an honour and a pleasure to serve our fantastic 41 International.
See you somewhere, some times in the 41 World.

All the best and YiCF.

Carsten Flink

The “Alpen Board Meeting”
(The 41 Club associations who are touching the Alps mountain region)
Austria, Germany, Italy and Switzerland
Target is to exchange views on an annual basis before the 41 International AHGM, which was done extensively at this meeting this year by the organizing association Austria in Graz Austria.
MALTA signs M O U

A new page in 41 Club Melita and the Associations Round Tables Malta has been written on Round Table Day, the 14th March 2014 as both organisations signed a Memorandum Of Understanding. The idea behind it all is to consolidate what both entities presently have today and in doing so securing the future of both ARTM and 41 Club Melita.

Tips from President Makarios for your visit to our AGM 2016 Landshut, Germany

5. **Stress Reduction**: A beer a day, keeps stress and heart attacks away. Moderate alcohol consumption can reduce stress and anxiety.
6. **Beer drinkers are at lower risk of developing type-2 diabetes**: Beer drinkers have 30% lower risk of developing type-2 diabetes.
7. **Beer drinkers have a lower risk of developing gall stones**: Beer drinking is associated with reduced risk of gall stones.
8. **It has anti-microbial properties**: Hops, the bitter flower used in brewing, are known to be antimicrobial, which could fight disease.
9. **It is high in silicon**: Two brew skis a day can prevent Alzheimer’s disease.
10. **Moderate beer consumption is good for bone density**: Beer could keep bones strong. Heavy drinking however led to bone loss, so be conservative.
11. **It can reduce the risk of heart disease**: Red wine is often touted as the healthiest alcohol choice. Incidences of heart disease for beer drinkers are lower than for wine or whiskey drinkers.
12. **It is a social lubricant**: A brew also has social benefits. A beer can loosen you up a bit for a date, a family gathering or a social networking event.

**12 Unexpected benefits of beer, which give you good reasons to drink it**

1. **Portion control**: Beer is conveniently packaged in a portion-control bottle. It is easy to keep a count of how many you have had!
2. **It is rich in B Vitamins**: Beer is full of B Vitamins from yeast. Unfiltered beer is high in B3, B6 and folic acid (B9).
3. **It is high in fiber**: Beer contains fiber, which acts as natural laxative.
4. **It is good for your muscles**: Muscles benefit from a substance in hops that keep muscle from wasting.
5. **Stress Reduction**: A beer a day, keeps stress and heart attacks away. Moderate alcohol consumption can reduce stress and anxiety.
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So, take that teetotalers, Ales and Lagers are actually good for you (in moderation). Cheers!
ROMANIA Signs MOU

From left to right: Andrei Jianu (Son Of Aurel - founder member of RT 16 Bucuresti), Marius Coca (1-st vicepresident 41), Aurel Jianu (IRO 41), Cornel Serban (secretary 41), Gheorghe Nuta (president 41), Ionut Jercan (president RT), George Bradean (editor 41), George Petrescu (2-nd vice-president 41), Calin Octav (founder of the next 41 club, nr. 11 Galati).

Nevill Bullock Tour - New Zealand

On 25th Feb, Thursday evening we went along to the “Welcome Dinner” for the “Nevill Bullock Tour” at “Willow bank Wildlife Reserve” organised by the trustees for this Round Table Trust Fund. Most of the Trustees are 41 Club Members and have always used the other 41 Clubs for hosting around the country.

A good turnout of Christchurch 41 Club was there to support the Christchurch Round Table and a very enjoyable evening was had by all. Derek Johns
Dear Friends,

41 Club Netherlands is proud to present and invite you to our 2nd Dutch Annual General Meeting on June 10th to June 12th 2016 in the beautiful city of Almelo!

The weekend will be filled with a smashing program, including food, drinks, indoor and outdoor activities and a gala dinner to be remembered for a very, very long time, underlining our ongoing National and International friendship!

The event will take place in the beautiful city and surroundings of Almelo, where our friends of 41 Club Almelo are making preparations to welcome all 41-ers in this unique and very friendly part of The Netherlands. We are proud and very grateful to them, taking the initiative to organise this event. Monitoring the preparations, believe me, it's going to be unforgettable!

I would like to conclude with: "Join us @ Almelo and book your tickets here: www.41agm.nl"

On behalf of the Dutch 41 Club Board,
With kind regards and Yours in 41 Friendship,

Sjoerd van Esch - National President,
Edwin Walstra - National Vice President
Xander Terpstra - National Vice President Elect
Lars Slikkerveer - National Secretary
Fedde-Jan Schraa - National Treasurer
Peter Ornée - International Relationship Officer