

Kid Food

On building a relationship with real food — and suggestions to get your kids to eat.

Great Dinner Parties

Revealing the secrets to channelling your inner Gatsby

The Creative Act

Breaking down Rick Rubin's magnum opus



Chew on This.



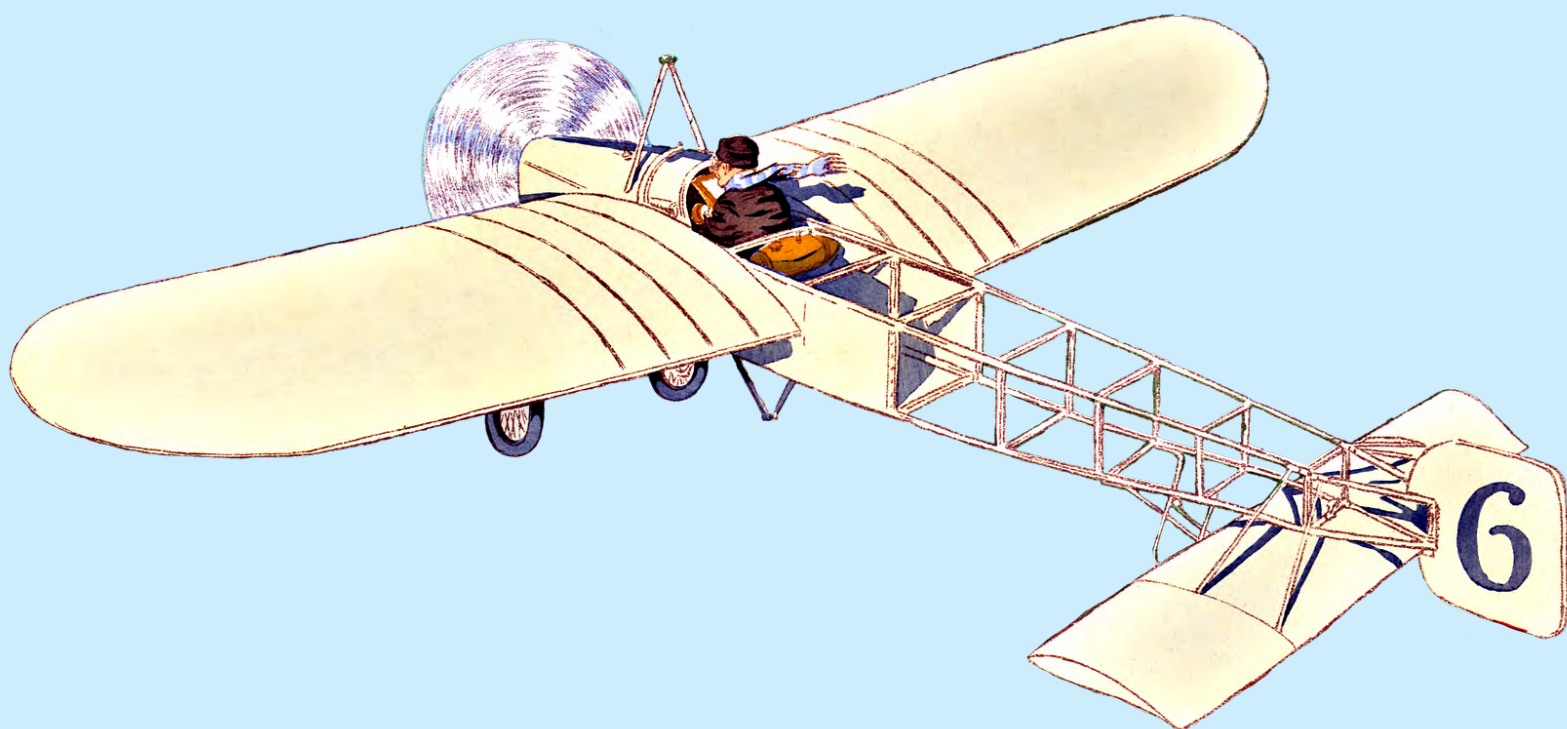
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**“If birds can glide for long periods of time,
then *why can't I?*”**

— *Orville Wright*



Orville Wright

a few words from rocky,

A warm welcome, ladies & gentlemen to the **11th** issue of the magazine. With that, we officially welcome the second quarter of 2023. Time flies, doesn't it? No matter what goes on in the world, I hope these issues serve almost as a palate cleanse before you dive into the new month ahead.

We kick off with an article on all things *Kid Food*. The truth is, we're not doing a great job nourishing the little human beings of our world. Even the top of the line stuff in the supermarket aisles are almost always laden with soy, or some type of seed oil. It's absolutely despicable. Fortunately, Lou Tamposi provides us an exclusive guide on properly nourishing a child, complete with easy to follow do's and don'ts.

Next, we discuss dinner parties, and what makes them great. Learn the secrets to channeling your inner Gatsby and throwing a casual dinner party your friends will remember for times to come.

The magazine concludes with a WarKitchen book review on Rick Rubin's *The Creative Act*. They often say you should only read the classics and that anything published after a certain date isn't worth reading. Well, this one

was published just this year and it's already among my top 10 of all time. It's definitely a book I'll find myself revisiting and referencing every now and then.



And as usual, we complete the magazine with the eats of the month, from readers of the WarKitchen themselves. Take some inspiration. Create your own pieces of Art that you share with your friends & family. Snap a picture, send it over & I'll feature it in next month.

Read every issue of the magazine as well as previous newsletters on warkitchen.net. And once again, thank you all for reading & sharing the magazine with all your friends and family.

Important Links:

- @TheWarKitchen on [Twitter](#) & [Instagram](#)
- WarKitchen [Discord Community](#)
- WarKitchen Soirée [Telegram Channel](#)
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With that,
Enjoy the Experience.

Rocky
Founder, Editor, Designer
WarKitchen Magazine



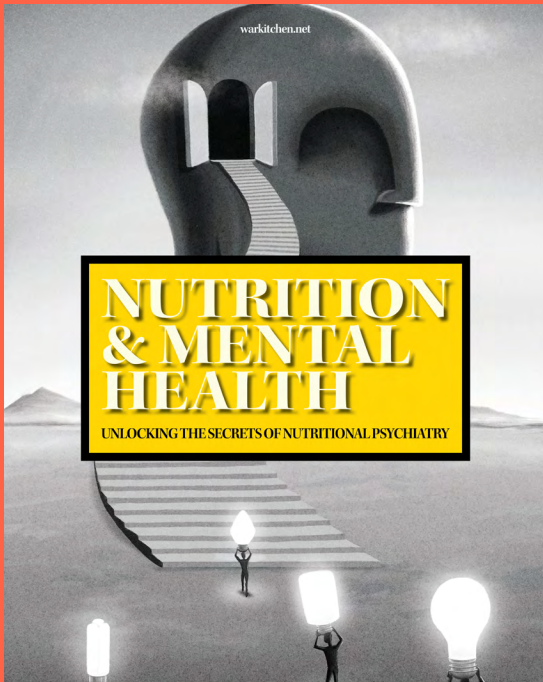
Genius

[jeen-yuhs]

A term denoting exceptional natural ability or aptitude, particularly in the realm of intellectual pursuits. A person of such exceptional talent and innate ability, as to be considered a master in their field. A being of superior intellect and extraordinary gifts, possessing the capacity to create, conceive or produce works of exceptional merit and originality.

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MAR 30
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Newsletter #018
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Get Ahead of 99%
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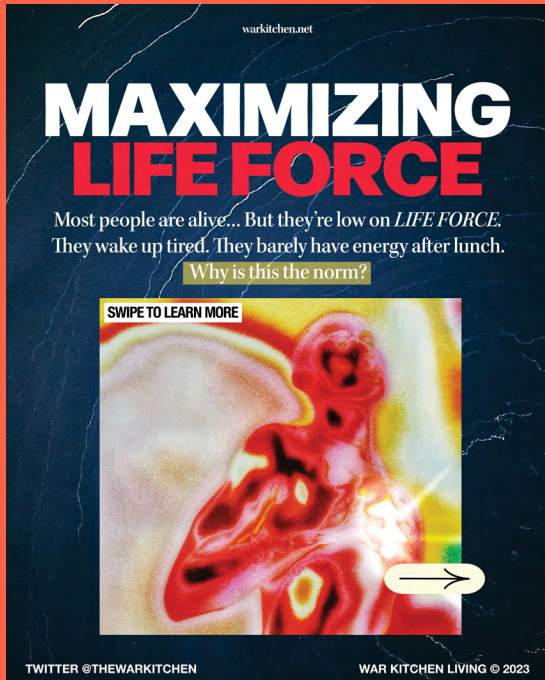
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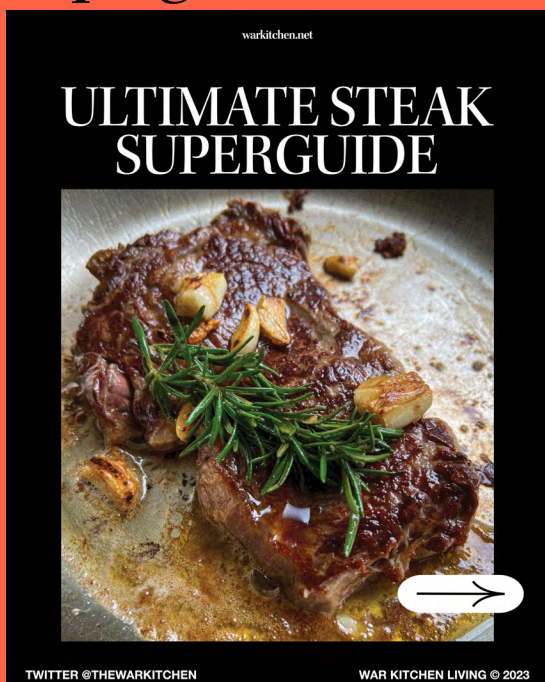
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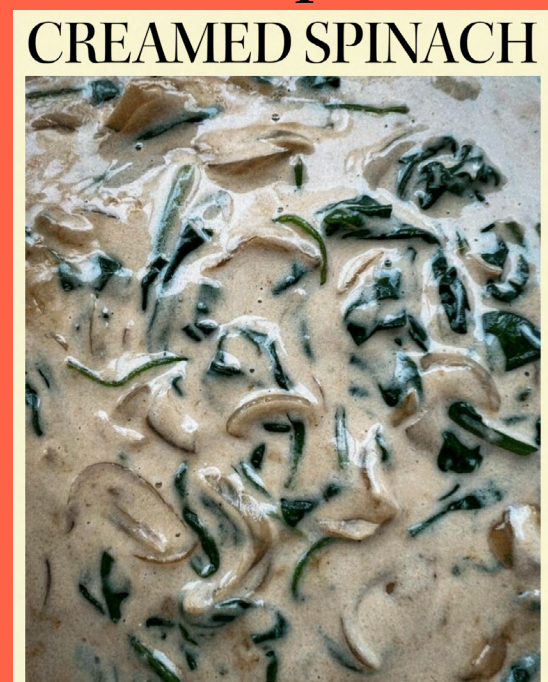
MAR 09 The Dutch Farm Problem



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MAR 19 Newsletter #017 Creamed Spinach



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It's Time For You to Eat Healthy Food That *Actually Tastes Good.*



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MARCH '23



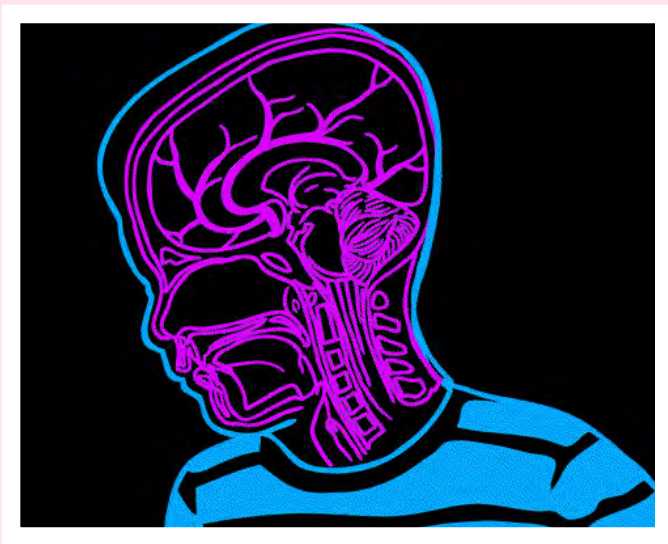
SOMEBODY TO LOVE - BEN KIM
SOMEBODY'S WATCHING ME (JULES BRAND EXTENDED MIX) - 71 DIGITS, CHICO ROS
MONSTER (EXTENDED MIX) - BAD INTENTIONS
POWER (JAMES HYPE & DOTS PER INCH VIP EDIT) (CLEAN EXTENDED) - KANYE WEST
NON-STOP (CLEAN EXTENDED)- REN PHILLIPS & YINGYANG (UK)
HEATER (LEZEN REMIX) - KLP
FEELING THIS (EXTENDED MIX) - WEDAMNZ
FREEMASONS - LOVE ON MY MIND (TOM HALL REMIX)
HURRICANE (KRYPTOGRAM REMIX)- KANYE WEST
CREEPIN' (METRO BOOMIN)- FLORALS
PATTAK (EXTENDED MIX) - ADAPTER
RHYME DUST (EXTENDED) - MK, DOM DOLLA
G6 X EVERYTHING YOU HAVE DONE (RICK WONDER EDIT) - MEDUZA & GENESI VS FAR EAST MOVEMENT
MONEY IN THE GRAVE (BPM SUPREME BOOTLEG) (DIRTY EXTENDED) - OLIVER HELDENS VS DRAKE
STARBOY (JAMES HYPE REMIX) (DIRTY) (EXTENDED) - THE WEEKND
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KID FOOD

On building a relationship with real food — and suggestions to get your kids to eat.



Lou Tamposi
@cowwedoin

My two-year-old daughter loves to eat, sometimes insatiably.

She, like the [Hungry, Hungry Caterpillar](#), will devour a smorgasbord of cottage cheese, apples, mangos, toasted sourdough slathered in cultured butter, an entire porkchop, ground bison, homemade tortillas, goat cheese, a tomato she picked off the vine. She'll wash it down with a slug of kefir, a swig of kombucha, a gulp of "special water." She eats, like

I do, often and voraciously. Except, of course, when she doesn't. Sometimes breakfast is a nightmare, lunch and dinner worse.

"I don't like that!"
"But, you love pasta!"
"I don't like that! It hurts my belly!"

Sitting on a bookshelf, somewhere, I have the book [French Kids Eat Everything](#). I read the first few chapters, so I feel confident summarizing: French kids eat everything because *they have to eat*

everything. There's no kids menu, no bailout option with chicken fingers and French fries. They eat what they have in front of them, and most of the time, they like it.

(The author, in one early example, describes enjoying canapés during a school orientation for her children — and getting funny looks, since, obviously, the tuna rillettes and foie gras were for the kids, not the parents.)

While we don't go full *Francophile* during meal

times, no checkered table clothes with pristine place settings, we do try to have her eat what we eat. It's easy to drive yourself insane, walking down the "kid's aisle" at the grocery store, trying to make sense of the purees, the starter foods, the smoothies, the snacks. Each item is a marvel of food engineering — hiding "healthy vegetables" in an array of texture, color, and artificial flavor. It's no wonder something like 40% of kids in a recent study thought [bacon came from plants](#) — the foods they eat and come in contact with are unbelievably removed from the source!

When we sit our daughter down for meals, often as a family, but sometimes just her, we present her with a dinner that allows her to recognize and acknowledge each part. She eats what we eat: a protein, vegetables, a starch¹. The rules are simple: she has to try everything. If she truly, absolutely, hates something, she doesn't have to eat it — but she has to give it a shot².

In practice, that means she knows what each component of her meal looks like, what it tastes like. There's no hiding broccoli behind apples, mangoes, or pears; no stashing lamb behind sweet potatoes — *what she gets, she gets*³. Because of this, she can identify almost everything she eats by name. When she's standing in her tower next to us while we're prepping food, she points things out, requests a taste.

"I want that onion! Peppers, please! More meat!"

1 We're a little limited with our kiddo, since she is afflicted with FPIES. She has a pretty severe gastrointestinal reaction to a lot of grains — rice, barley, and oats being the major culprits — so she'll often get polenta, a flour tortilla, or homemade bread if we're having something she can't eat. Makes it a little more difficult, but also gives us a great excuse to bake a fresh loaf of bread each week — and she can help make it.

2 There's some fantastic research that shows it can take a kid up to 15 times trying something before they realize they like it. As the old saying goes: "If at first you don't succeed, keep forcing asparagus down your kid's throat every meal until they like it."

3 "It's not that purees don't have a place in introducing solids to babies. We started with homemade purees, focusing on single ingredients. There's value in knowing precisely what's in your food. My wife appreciated her continued involvement in Kiddo's nourishment. We even chose garden seedlings based on Kiddo's diet. Maybe for Baby #2, we'll experiment with baby-led weaning, which goes straight to whole foods, bypassing purees."

This makes meals fun. Kiddo knows what she's eating, knows what she likes, what she thinks she doesn't, and has a real connection to her food. Most of the time, she's right there with us as we're making it. There's nothing more satisfying than sitting down to a family dinner, watching your preschoolers eating real food.

But this doesn't happen overnight. It takes some work, some painful meals, some fall back options. That being said, over the last year or so of solids, we've picked up a couple tricks that made getting to this point much easier. For those going through the same journey, for those who want to try and give their kids a connection to what they eat, so they don't mistake a pig for a plant, I'll outline some of those lessons learned below.





Cloud World (Shepherd with Wildflowers) 2016, acrylic and oil on canvas

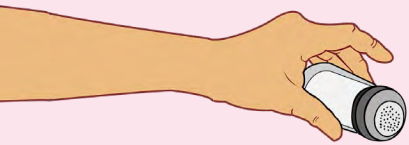
THE COW WE DOIN' KID FOOD PLAYBOOK

Segment Their Plates.

In isolation, Kiddo loves pasta, loves cheese, loves bacon, and loves eggs. But if you combine these ingredients together into pasta carbonara, she won't even touch it. Likewise for pasta with meat sauce, for eggs scrambled with vegetables, beef stroganoff, for anything that combines multiple ingredients into one dish. If you give her the separate, component ingredients in isolation, she'll eat them up. It's the amalgamation that gets her goat.

I think this is because kids like to be in control. When her meal is segmented, Kiddo can choose when she eats the bacon, dips into the cheese, takes a spoonful of pasta or bite of egg. In a world where so much is dictated for them, kids like to be able assert themselves and make their own decisions.

If your kid is a picky eater, try getting a divided plate and putting each component in a



We told her it was “special salt”, and boy did that revolutionize meals. Now, whenever Kiddo is hesitant about trying something, we ask her if she wants to dip it in “special salt” — she always does.

separate section. The results might surprise you.

Spice Things Up.

We cook with a variety of spices and seasonings in our household and only occasionally put them away — so we'll often have a jar of spice mix out on the counter

during dinner. During one meal, Kiddo pointed to a tub of [Honey Hog](#) on the island and asked “what's that?”

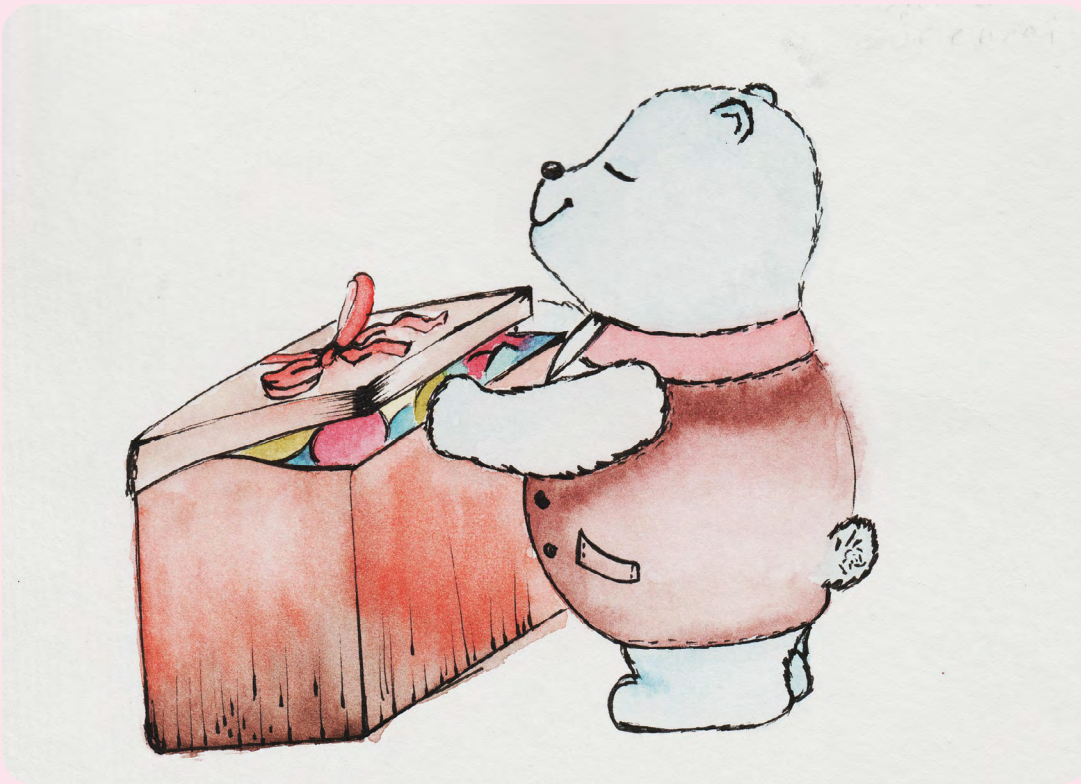
We told her it was “special salt,” and boy, did that revolutionize meals. Now, whenever Kiddo is hesitant about trying something, we ask her if she wants to dip it in “special salt” — she always does. I've watched her put down an entire chicken thigh, slice by slice, dipping each in Honey Hog, and then ask for more. She'll do the same with anything she's iffy on. We've had similar success with a variety of other spice mixes, with raw honey (which she loves), with maple syrup — it's all deadly. Give it a shot next time you have a refusal... you can get even better results if you really play up how “special” the seasoning is.

Get Them Involved.

I mentioned earlier that we try to keep Kiddo involved in the preparation of most meals. She loves stirring, whisking, and is just starting to help with cutting. She always ends up eating more when she is part of the prep — sometimes just because she enjoys, so much, eating as she goes. Kids are natural helpers — they love to assist with prep work and with the clean up after — so you can tag on to this instinct to build the habit of cooking early. Plus, when they are involved, they can, even more so, learn what goes into their meals, where it comes from, why it is like it is.

We've started to take this even further, by having Kiddo actively involved in the sourcing of our food. She helps us plant seeds and transplant seedlings into our garden. She helps water the soil, pick weeds, and, when the garden is ready, helps with the harvest — eating tomatoes, cucumbers, peppers directly from the vine, covered in dirt. I love that for her.

Recently, we ordered a bison half directly from [North Bridger Bison](#). Matt, the founder, was kind enough to share a ton of photos documenting the field harvesting process,



which we shared with Kiddo. When we eat bison, Kiddo knows exactly what it looked like alive, what it looked like butchered, and what it looks like both raw and cooked. She even has a tuft of bison hair and a bison horn, which Matt sent us. That's about as involved as you can get, outside of raising her own livestock or hunting her own meat. When your kids can get excited about the food process, and look at it with eyes wide open — that's what gets them excited about eating.

Know Their Limits.

I wish I could say that every meal was seamless and enjoyable, but even with all the steps we take to make eating real food feel natural, sometimes dinner ends up being buttered pasta with grated cheese. Sometimes breakfast is an entire carton of blackberries and yogurt smeared on the counter. You have to take the wins with the losses.

Every child is different, but generally, when all else fails, there are a handful of things we can get Kiddo to eat:

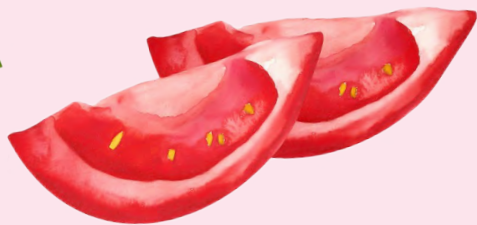
- Cheese, of all varieties.
- Blueberries, blackberries, raspberries, and strawberries.
- Plain pasta with butter.

- Cheesy quesadillas.
- Dried fruits, especially raisins and dried mangoes.
- Some select “snack foods” — specifically these from [Lesser Evil](#), these from [Fresh Bellies](#), and these from [Skout Organics](#).
- Something liquid — green smoothies, kefir, bone broth, or anything else she can drink with a straw.

Unfortunately, the only way to find out what works in your household is through *trial and error* — so expect a few nights of thrown food and spilled milk. There's no need to cry over it — the only way out is through.

So there you have it. A guide for thinking about how to get your kid to eat. Each family and each situation will be a little different — each kid show different preferences for different things — but I think if you roughly follow these guidelines, you can set a really strong foundation for your child's relationship with food, and the world more broadly.

Wherever it takes you, enjoy the path of parenthood. Get outside this week — it's officially spring — and bring your children with you. Drink some water. Eat something



KID FOOD



This article was written by Lou Tamposi. If you have questions, comments, or suggestions, feel free to reach out via email (cowwedoin@substack.com), on Twitter ([@CowWeDoin](https://twitter.com/CowWeDoin)), or just casually next time you see him out in the garden wrangling two kiddos and a dog who likes to eat cucumbers.

If you enjoyed the article, please consider subscribing to his weekly email newsletter, [Cow We Doin'](#), where he writes deeply about food and lightly about life.

A New Era of Footwear

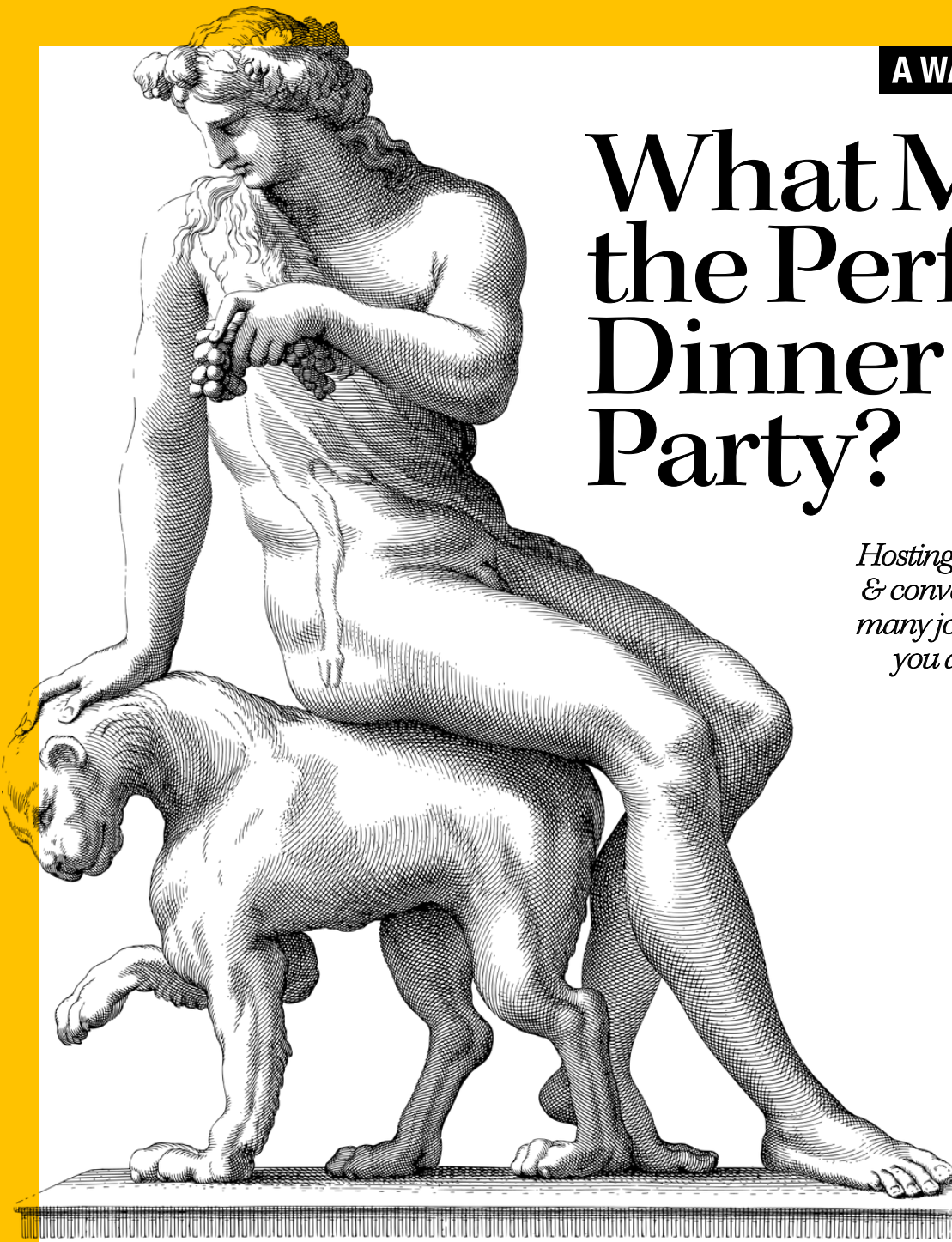


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What Makes the Perfect Dinner Party?

Hosting a night of great food & conversation is one of the many joys of life. But how do you actually pull it off?



A great dinner party is an unforgettable experience. For some it's the highlight of the week, and for others, possibly a lifetime. But what exactly separates the best dinner parties from the ones that don't quite make the cut? It seems there are a mix of intangibles and specific

factors that all fuse to create an experience people will remember you for. So whether you're about to throw a dinner party next weekend or if you've never hosted one before, this piece will give you a guide to channeling your *inner Gatsby* and creating a soirée that will spark many new friendships and relationships.

Disclaimer: A “dinner party” can encompass various interpretations for different people. In this piece, we will primarily focus on what’s a casual gathering of close friends. Whether you’re celebrating a big win or simply enjoying a random Tuesday, we’ll discuss the essentials and how you can go about curating the right vibe, ultimately create an experience that will be worth remembering.

Inviting Your Guests

Once you’ve finalized your guest list, take the extra time and effort to craft personalized invitations using high quality materials. [Crane & Co](#) is renowned for creating luxurious cards made from premium cotton. Each person who receives a personalized invite like this is more likely to take your party seriously and will overall enhance the experience of the night itself.

Setting the Stage: Ambiance

Atmosphere is everything. The ambiance you create sets the tone for the entire evening and plays a pivotal role in determining the success of your party. And let’s be clear, it’s not as simple as just splurging on the most expensive spot. In my experience, the cost of rent rarely correlates with how great the room, or the building is for a good time.

You have to instead optimize for several key factors:

(i) Space

You need to maximize for *coziness*. Firstly, there needs to be enough space to move around. Nobody likes feeling hemmed in. A stunning view with an expansive horizon definitely helps, as can well-placed mirrors.

Just don’t overdo it or it will feel like a room at *Halloween Horror Nights*.

(ii) Lighting

Lighting is essential for setting the mood. Incandescent bulbs and candles are best, and facilitate a warm, inviting atmosphere. If you’re stuck with LEDs? Try and see if you can tune them to their warmest settings. Nothing screams dead like static bright blue lights that light the room up like it’s a *Champions League night at Anfield*.

(iii) Music

Don’t underestimate the power of music. A skilled DJ who can curate the ideal atmosphere before, during and after the party is truly worth their weight in gold.


Appetizers to Ignite Conversation

One of the keys to a great party is food that fuels conversation. Instead of having *seed oil-laden* fried snacks just like any other party, you want to be sourcing the best light bites that go well with almost anything. Consider tapas, mini-quesadillas, cheese boards, skewers of tender beef, smoked salmon canapes — you get the idea. Try your best to make them look beautiful as well. It’ll help and they’ll be passed around a lot.

Pairing the Right Beverages

Beverages are essential, and they often





make or break an evening. The key here is providing enough options where everyone feels at home. You need refreshing drinks. Your coconut waters of the world, your *Limonata Pellegrinos*, freshly pressed juices. Additionally, you should provide a healthy selection of wines and cocktails, even considering pairing them with the main courses of your meals.

Serving Main Courses that Matter

Main courses should consist of whole foods, raw dairy, grass-finished meats, and dishes made with real ingredients; food that nourishes the soul. Focus on building dishes around a great source of protein, and harmonize flavors and textures around it. As always, offer options that are mindful of dietary preferences, and even print out a menu on the table with labels that indicate the ingredients. Offer alternative choices if you're feeling nice.

The Right Timing

While it isn't an overly formal event or anything like that, it's great to set hard timings that help the party flow through its various stages. Have some time for guests to mingle with light finger food before it all starts. Set timings for courses, if you are serving a few. Allow time for free-flowing conversations, the dining itself and everything in between.

The Final Hoorah

Before everyone dissipates, consider raising a toast to everyone who's attended and made the party a success. This will leave a lasting impression and almost seals their own reflections on the evening itself.

Final Thoughts

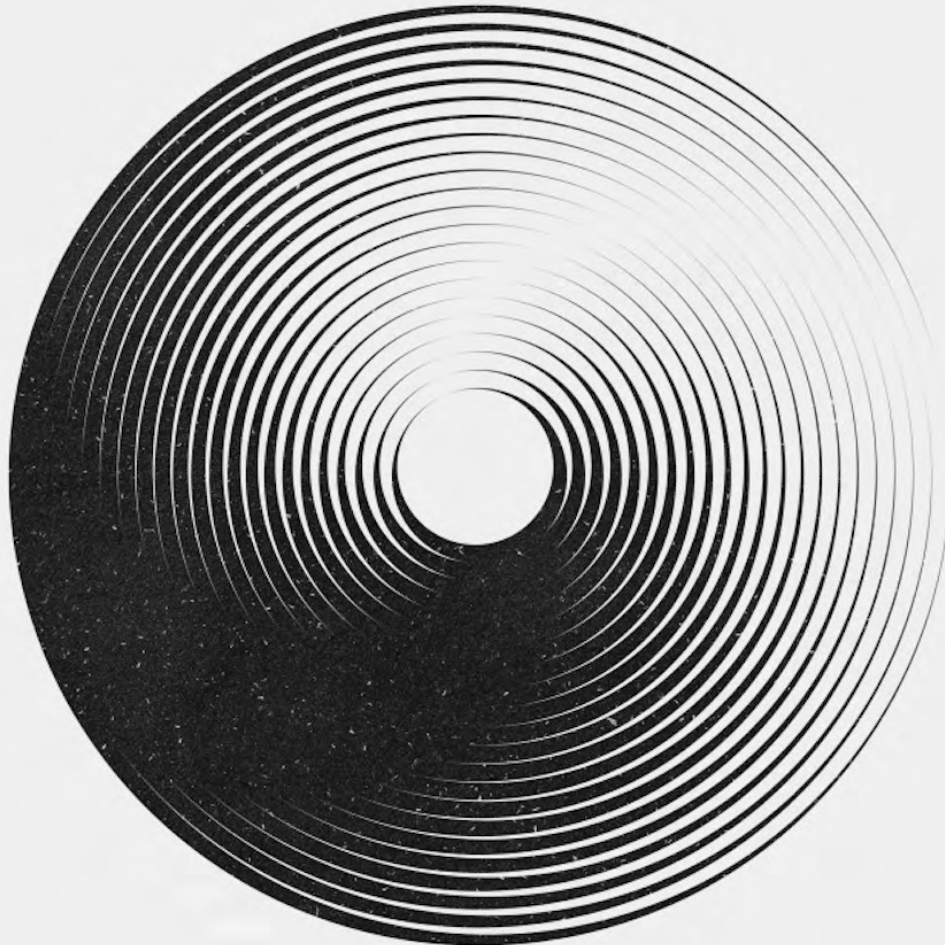
Ultimately, a dinner party is more than just a meal shared among friends – it's an opportunity to create lasting memories and foster connections that stand the test of time.

By blending elegance, real food, great conversation, and a cool ambiance? You now have the ability to transform any ordinary gathering into an extraordinary soirée.

So go ahead, unleash your inner Gatsby and create experiences you'll want to remember for a lifetime.



The Creative Act: A Way of Being



The number of highlights and notes I've made in this book is astonishing. It's almost difficult to describe, making it difficult to articulate just how deeply it resonated with me. It's been a while since a book has had such a profound impact on me, particularly considering I had no idea who Rick Rubin,

the author, even was a mere few months ago. I chanced upon Rubin from [clips circulating on Twitter](#) where he spoke about his creative process. "*Who is this guy?*", I thought as I watched him talk about how he gets paid for essentially being a *visionary*, instead of say his practical skills at playing an instrument or the sheer amount of hours he works. In a few

sentences, he redefined the concept of creative work, suggesting that art is not as simple as labor multiplied by time, but rather as if it's transmuted from a divine source — in a category of one. That was enough for me to place an order for his book, and it came in a form factor that complemented the contents within. It's creamy white. With a bullseye on the front, all

in cloth-bound hardcover that feels really good to the touch. Rubin's book is divided into 78 chapters or, as he prefers to call them, "Areas of Thought." In this review, I won't be going through these chapters methodically, but instead I'll focus on the key ideas that have captivated me.

The Source

Where do ideas come from? Rubin suggests that thoughts, like ideas, are not intentional, and there's something magical in the air when an idea sparks in our heads. He likens human beings to antennas, receiving ideas from the universe, stating, "*As artists, our job is to draw on this information, transmute it, and share it.*"

"Art is a circulation of ideas. What makes them appear new is that they're combining differently each time they come back. No two clouds are the same."

Drawing Inspiration

Rubin believes that inspiration can be found everywhere, as the world is filled with signals that can spark creativity at any moment. He offers an interesting metaphor for this process, saying, "*You might imagine that the outside world is a conveyor belt with a stream of small packages on it, always going by. The first step is to notice the*

conveyor belt is there. And then, any time you want, you can pick up one of those packages, unwrap it, and see what's inside."

On Perfectionism

Perfectionism can be a double-edged sword, and Rubin addresses the fine line between being a perfectionist and being counterproductive. Yes, the work needs to be great. You seek greatness, but it cannot come at the expense of the art itself. That indicates that there is some fear there. Of what? Only you know.

"Ultimately, your desire to create must be greater than your fear of it."

On Rules and Boundaries

There's a popular saying that goes "Rules are meant to be broken." Well, are they? It's not quite so straightforward. While so much of the creative process itself involves the breaking of rules, Rubin posits that sometimes rules are what makes the piece of art great. *"As artists, we get to create a new set of rules each and every time we play."*

Create your own directives for your work. Every now and then, when you find yourself stuck in similar patterns, intentionally break your rules. Bob. Weave. Even make new rules if you have to. *"If you always write on a laptop, try using a yellow legal pad. If you base your melodies on instrumentals, write one acappella. If you film using professional equipment, consider making an entire movie with only the camera in your phone."*

"A rule is a way of structuring awareness."

On Hoarding Ideas

Ideas are like money. They are meant to be used;

traded for the tangibles and intangibles of life.

According to Rubin, *"A river of material flows through us. When we share our works and our ideas, they are replenished."* Remember this the next time you worry about running out of ideas. Never live life in a scarcity mindset. The ideas will always come. Live life, experience things and have a mindset of abundance. It will come.

On Greatness

Rubin argues that art is not made purely to be consumed but for the artist himself. For the enjoyment and fulfillment that comes in the process itself. From seeking perfection. Going after excellence, as he says, *"This is the essence of great art. We make it for no other purpose than creating our version of the beautiful, bringing all of ourself to every project, whatever its parameters and constraints."*

"I want to make the best thing I can make, whatever it is. Greatness begets greatness. It's infectious."

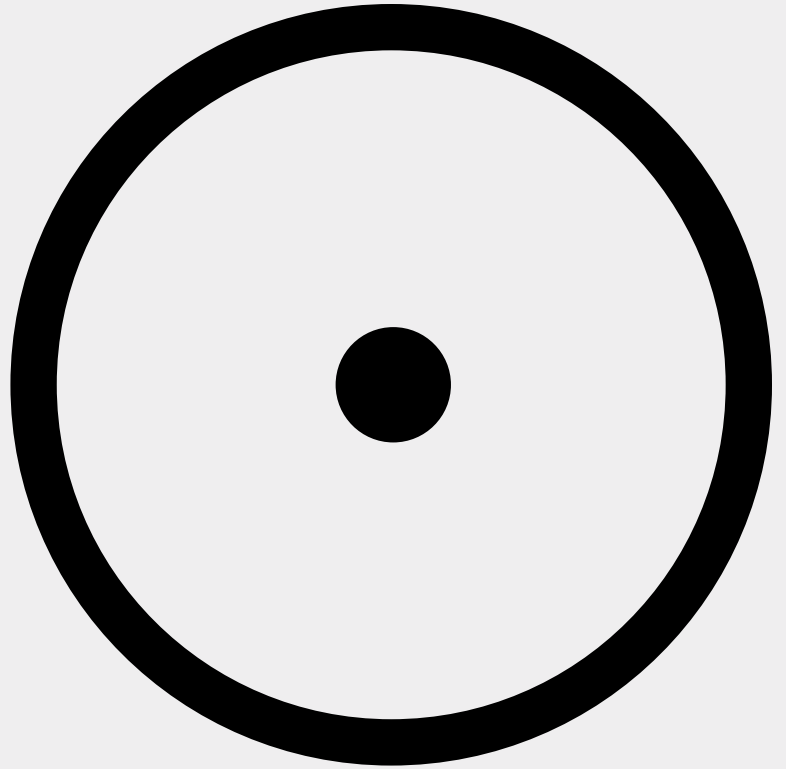
On Evolution

As people change, so does their art. Change itself is inevitable. It happens to all of us. We talk about the old Kanye. The new Kanye. We as individuals go through different phases of life and it's often reflected in our art. At those very inflection points are where fear creeps in. So many never evolve simply because they fear the negative repercussions of their very own transformation. You must listen. Rubin advises, *"Whenever an instinct toward movement and evolution arises, it's wise to listen to it. The alternative — being trapped by a fear of losing ground — is a dead end."*

Dealing With Unfortunate Circumstances

There's a famous story about the Chinese farmer that highlights the point Rubin makes here — on a "connected detachment". He talks about how you

**"If you're picking colors based on a Pantone book, you're limited to a certain number of choices. If you step out in nature, the palette is infinite."
— Rick Rubin**



“Works hinting at greatness contain a charge we can feel, like static before a lightning storm.”

— Rick Rubin

A farmer's horse ran off one day,
Neighbors said "What bad luck!"
The farmer said "Maybe"

The horse returned with company.
"Good luck, how great!" the neighbors cried,
The farmer said "Maybe"

The farmer's son rode the wild horse,
He fell, breaking his leg with force.
"Unlucky!" the neighbors said,
The farmer said "Maybe"

War came, and every man was taken,
Farmer's son was spared, he could not partake
"How fortunate!" the neighbors thought,
The farmer said "Maybe"

Your Craft as Life

*"Consider your craft as an energy alive in you"
"It wants to grow. It wants to flower. To hone your craft is to honor creation. It doesn't matter if you become the best in your field. By practicing to improve, you are fulfilling your ultimate purpose on this planet."*

On Completion

There needs to be an end date, if not projects will never be completed. *"The only art the world gets to enjoy is from creators who've overcome these hurdles and released their work."* When is something done? *"The work is done when you feel it is."*

Conclusion

Rubin's magnum opus is a must read for all you artists and creatives — whether you consider it a career or not. The book leaves an indelible mark, and it forces you to reevaluate how you see your artistic endeavors and the very origins of inspiration. It's a book on *life itself*, with lessons that stretch far beyond the artistic realm.

The only bad thing I have to say is that a few ideas are occasionally repeated throughout the book. However, it's understandable and perhaps even intentional, as it reinforces the most significant concepts Rubin wishes to convey.

**Overall WarKitchen Review: [4.78/5](#)
*A Classic.***

*Disclaimer: The quoted words are direct quotes from Rick Rubin, lifted off his book The Creative Act. All other words are my own reflections.
— rock*

need to *detach* yourself from your life, and view yourself as a protagonist in a movie. The hard times are designed for the good times to exist.

"I wasn't expecting that plot twist. I wonder what's going to happen to our hero next."

"Zoom in and obsess. Zoom out and observe."

Acquiring Knowledge & Tools

Rubin encourages artists to learn and acquire new tools and knowledge without fear. *"There's no need to fear learning too much theory. It won't undermine the pure expression of your voice. If you don't let it."* Learning to use new tools will never hurt. At worst, you don't use it. At best, you unlock new perspectives and angle you would never have otherwise seen.

On Momentum

While creativity doesn't have a deadline, Rubin acknowledges the importance of acting on a vision once it's set in stone. That sometimes, you lose if you don't act now. Accelerate, and use all the momentum you have to your advantage.

"The artist's goal is not merely to produce, but to make the finest work they are capable of. The business thinks in terms of quarterly earnings and production schedules. The artist thinks in terms of timeless excellence."



Eats of the Community

Featured are works of art; photographs of all
that was made from the WarKitchen community
themselves. Bon Appetit!



kefir cheese



lamb rack



fried fish filet

steak & potatoes



baklava

shakshuka



steak & OJ

pickles

That's that!

To support the WarKitchen brand and take your nutrition up a notch, consider purchasing our magnum opus:

Optimal Fuel, Your Nutrition Playbook.

All proceeds goes towards buying the best food money can buy, as well as market research for future hardcover and coffee table WarKitchen publications.

The WarKitchen magazine is an entirely *community-driven project*. It's because of people like you that we manage to publish an issue every month. So, thank you.

If you'd like to submit a piece, or if you are a brand looking to get an ad in, please reach us on [twitter](#), [instagram](#) or fire an email to rocky@warkitchen.net

Thank you all.

See you next month

And May God Bless,

*Cheers,
Rocky*