In order to gain visibility and manage processes, tracking overall dock management systems, we put a business plan in place last year which has given us some focus and this goes a long way to showing that we have put things in motion to improve what we're doing as a club.

A grand mal seizure lasts between two and five minutes, and the person may be confused or have trouble talking when he regains consciousness (postictal state).

Enjoy your time in Amsterdam, and stay there longer than a couple days, if not you will wish that you had.