

CROSSWINDS OF CHRONICLES

May • 2018

Issue 3 42nd Year

Spring is Here!

Thank you Kathy Kettelkamp of Ranchero Village for the picture!

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Park Residents
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Crosswinds Mobile Home Park

Activities Directors for the 2017-2018 Season	
President Brenda Manfredi, Lot 631.	727-914-4154
1st Vice Pres Agi Wacker, Lot 721	498-0432
2nd Vice Pres Louisa Rice, Lot 535	827-7442
Treasurer Rachel Brabant, Lot 743,	705-618-3593
Secretary Suzanne Roy, Lot 413	289-4124
Media Director Suzanne Roy, Lot 413	289-4124

Bird Group's Chairperson November, 2017 to March, 2018

Birdgroups	Chairperson	Month Assigned
Sandpipers	. Judith Reid, #632, 727-954-6123	March 2018
Flamingos	. Brenda Manfredi, #631, 727-914-4154	November 2017
Blue Jays	. Rachel Brabant, Lot 743 705-618-3593	December 2017
Cardinals	. Heather Hachey, #525, 727-826-0298	January 2018
Mockingbirds	. Louisa Rice, #535, 727-827-7442	February 2018

Crosswinds Homeowners Association Inc

Emergency Numbers

Maintenance Emergency	. 727-310-7249 After Hours - Unit 613
Fire Department	
Emergency	

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ROOF-OVERS - 727-547-8300

ASC

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24



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Medical Payments.....\$5,000 Each Person

ComprehensiveACV - \$500 Deductible

CollisionACV - \$500 Deductible

Road Trouble Serv. ...\$50 Each Occurrence

Additional Exp......\$30 Per Day / \$900 Each Occurance

Annual Paid In Full Premium.......\$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.

OE Wilson Insurance Inc.

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Leaving Florida for the summer?

Don't miss the summer issues of your community newsletter. Sign up with Monthly Media (your community newsletter publisher) to have your summer issues mailed to you.

It's Easy as...

- 1. Decide how many months you'll be away from your community
- 2. Call our office and sign up for the service for \$4 per month flat fee* *foreign mailing fees may apply*
- 3. Get your community newsletter mailed to your northern address every month!



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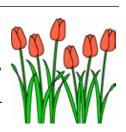
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CROSSWINDS MAY BULLETIN 2018



President, Brenda Manfredi, Lot 631, tel:727-914-4154, 1st Vice-President, Glenys Forrester, Lot 447, tel: 727-541-6126, 2nd Vice President, Heather Hachey, Lot 525, tel:727-826-0298, Treasurer Rachel Brabant, Lot 743, 705-618-3598, Secretary Suzanne Roy Lot 413, tel: 727-289-4124



The Activity schedule for the Regular Weekly Activities is cancelled for the summer season and will resume in November.

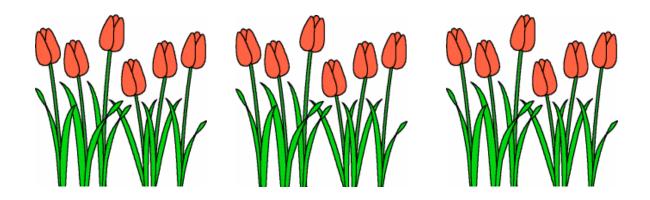
May Activities:

Saturday May 12 Coffee Hour (free)

9:30 AM in Large Hall

Bring your own mugs.

Anyone wishing to submit information for the monthly newsletters should email Suzanne Roy (<u>sroy13c@gmail.com</u>). The information should be sent in Word (doc or docx format).



View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

ACROSS

- 1. Astringent
- 5. Alpha's opposite
- 10. Charity
- 14. List of options
- 15. Varnish ingredient
- 16. A person who lacks good judgment
- 17. Horse feed
- 18. Devalue
- 20. Gnarled
- 22. Overshadowed
- 23. An Old Testament king
- 24. Relaxes
- 25. A dunce
- 32. and lows
- 33. Mountain lakes
- 34. New Zealand parrot
- 37. Leer at
- 38. Remedies
- 39. Remain
- 40. How come?
- 41. Data stream manipulator
- 42. Vernacular
- 43. Being filled with wonder
- 45. Twined
- 49. Australian flightless bird
- 50. Angered
- 53. Fortunate
- 57. Everyplace
- 59. South American country
- 60. Fully developed
- 61. Consumed
- 62. Weightlifters pump this
- 63. Sleigh
- 64. Shooting sport
- 65. Writing table

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DOWN

- 1. Violent
- 2. Low-fat
- 3. "Do others..."
- 4. Upper lip hair
- 5. Tough going
- 6. A fitting reward (archaic)
- 7. Clairvoyant's gift
- 8. Prepare for action
- 9. Afresh
- 10. All excited
- 11. Bums around
- 12. Sacred song
- 13. Sleighs
- 19. There's 52 in a deck 39. Not a molar or

- 21. Sounds of disapproval
- 25. Grub
- 26. Not low
- 27. Not pretty
- 28. Chopin composition crinkled texture
- 29. Rabbits
- 30. Construct
- 31. Autonomic nervous
- system
- 34. An eccentric idea
- 35. Border
- 36. Many millennia
- 38. Bovine
- incisor
- 41. Cheerful (Scottish)

- 42. Citrus fruit
- 44. Yield
- 45. Lascivious looks
- 46. Blacksmith's block
- 47. Paper with a
- 48. Dog-
- 51. Female sheep
- (plural)
- 52. East Indian tree
- 53. Broth (Scottish)
- 54. Arid
- 55. God of love
- 56. Immerse briefly into
- a liquid
- 58. French for
- "Summer"





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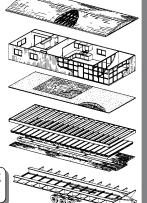


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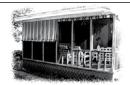


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dog ran into a butcher shop and stole a prime cut of meat. The butcher caught up with the thieving pooch on the street and noticed that the dog was wearing a nice collar and tags. The butcher walked the dog back to its owner who just happened to be a lawyer with an office on a nearby street.

"Tell me something," the butcher asked the lawyer. "If a dog steals a roast from my store, can I demand compensation from its owner?"

"Certainly," the lawyer replied.

"In that case," the butcher said, "you owe me \$15. Your dog ate my best roast."

"That's only fair," the attorney said as he wrote out a check to the butcher.

"Why, thank you!" The butcher was gleeful at having triumphed so effortlessly. He left the lawyer's office and went back to his shop.

His mood quickly soured when the lawyer dropped off a letter for the butcher that evening. It contained an invoice for a \$150 consultation fee.

Survey looks at who argues about money

oney is a major cause of conflict and stress in many relationships, but it affects some couples more than others. In a survey by CompareCards.com, a subsidiary of LendingTree, only 15 percent of respondents said they fought about money with their partner.

The survey found that 20 percent of members of Generation X (ages 35-54) argue about money, followed by 17 percent of millennials (18-34), and only 9 percent of people over 55.

The health of the relationship may influence money squabbles. Eight-two percent of the couples who claimed not to fight over money described themselves as "extremely satisfied in their relationships," but just 59 percent of people who do have arguments felt the same way.

One way some people avoid financial conflicts is by hiding purchases. Thirty-seven percent of survey participants said they have bought things without telling their significant other, and 11 percent said they have a private bank account, credit card, or loan that their partner doesn't know about.



Health benefits of coffee for (almost) everyone

s coffee good for you? Bad? The arguments go on and on, but a meta-analysis of 127 studies on the question by the University of Catania in Italy has found that drinking coffee is associated with the following health benefits:

- Decreased risk of breast, colorectal, colon, endometrial and prostate cancers, among others, from 2-20 percent depending on the cancer type.
 - Five percent reduction in risk for cardiovascular disease.
- An approximately 30 percent lower risk for both Type 2 diabetes and Parkinson's disease, thanks to coffee's ability to improve enzymes that regulate glucose and insulin metabolisms.
 - A lower death rate.

Coffee's natural antioxidants reduce free radicals that can damage cells and cause aging. It's also an anti-inflammatory that calms you down so you don't overact to stress.

One group that should avoid coffee, however, is pregnant women. Coffee, the study notes, can increase the risk of miscarriage.

Be ready to donate

re you nervous about donating blood or signing up to be an organ donor? You don't have to be. An infographic from Work The World explores some of the common misconceptions about blood and organ donations. They include:

- Age. There is no age limit on organ donations. In fact, the oldest known donor to date was a Scottish woman of 107 who donated one of her corneas after death. The main factor is the health of the organ and the donor.
- Organs. A single organ donor can improve or save up to eight lives. Donating tissue can save even more.
 - Blood type. All blood types are needed, even the most common ones.
- Tattoos. Got a tattoo? That won't prevent you from donating blood as long as you're otherwise healthy.

COMPUTERS ARE BETTER THAN WE ARE AT ARITHMETIC, NOT BECAUSE COMPUTERS ARE SO GOOD AT IT, BUT BECAUSE WE ARE SO BAD AT IT.

-ISAAC ASIMOV

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Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are here:



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Carol Zapiecki, Clearwater, FL





VINYL IS FINAL

expires 5/15/18

"Just a short note to express my appreciation for the work done on my mobile home. The crews that worked here...were gentlemen at all times, efficient, knowledgeable and prompt. You can be sure if I run into anybody who needs your type of work, I will surely recommend your company. It has been a very satisfying experience!"

George Lordstrom, Saint Petersburg, FL



visit: www.ascaluminum.com



Did You Know That May is Also...

Asthma and Allergy Awareness Month. The flora in full bloom make May the take-action month for those living with asthma and allergies. To gain insight and learn about events and advocacy efforts targeting these conditions, visit the Asthma and Allergy Foundation of America website at www.aafa.org.

National Barbecue Month. Grilling only hamburgers and hot dogs just won't do. This month, get in touch with your inner pit master and fire up your skills

National Photography Month. Take a photography class, view an exhibit at an art gallery or museum, get inspired, and capture life's moments one frame at a time. There's an entire world to explore on the other side of the lens.

Brain Tumor Action Week, May 6-12. Frequent seizures, headaches, impaired vision, or speech difficulties are a few of the warning signs of the possibility of a brain tumor. This year, nearly 79,000 people will receive a brain tumor diagnosis. To learn more, visit the National Brain Tumor Society website at braintumor.org.

American Craft Beer Week, May 14-20. Roughly 98 percent of the 6,000 breweries in the United States are small, independent, and passionate about the art of beer making. This week craft brewers in every state will showcase what they do best in events that will delight the palates of beer drinkers everywhere.

Garden Meditation Day, May 3. Gardening is good for the soul, and so is meditation. Take time out of your busy schedule to quiet your mind and spirit by smelling the roses, curling your toes in the grass, or napping in the shade of a tree.

International No Diet Day, May 6. Take a break from your diet today and figure out if it's the best thing for you. This day is less about indulgence and more about loving yourself while embracing healthy and positive attitudes toward nutrition and eating.

World Lupus Day, May 10. Lupus is a chronic autoimmune disease that can lead to pain, inflammation, and damage in any part of the body. Since 2004, organizations throughout the world have used this day to raise awareness and emphasize the need for funding and research focused on a cure.

Armed Forces Day, May 19. On the third Saturday of May, citizens around the world pay tribute to the women and men serving in their nation's military branches. Look for parades, exhibits, and events in your area.

Don't Fry Friday, May 25. As we embark upon this long holiday weekend and many warm and sunny days ahead, the American Cancer Society wants you to remember to make protecting your skin from harmful UV rays part of all your outdoor activities.



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8 Night Bermuda Cruise from Port

Canaveral on the Carnival Sunshine,

Sept 21 - 29, 2018, roundtrip bus to

port, insurance, port taxes & gov

fees starting at \$1,071 pp

8 Day Southern Caribbean Cruise

from Port Canaveral on the Carnival

Sunshine, Jan 4 - 12, 2019, roundtrip

bus to port, insurance, port taxes & gov fees starting at \$932 pp

Carnival



\$281 pp Double •\$361 pp Single

Price Includes: Dinner & Show at hambra Dinner Theatre, Tour of Sweet Pete's Chocolate Factory, Tour of Anheuser Busch, Beer School, 1 night hotel, transportation, gratuities



5 Night Cozumel & Costa Maya Cruise from Tampa on Majesty of the Seas, Oct 29 - Nov 3, 2018 Roundtrip bus to port, insurance and port taxes & government fees starting at \$505 pp

4 Night Cozumel Cruise from Tampa on Brilliance of the Seas Nov 22 - 25, 2018, Roundtrip bus to port, insurance and port taxes & gov fees starting at \$680 pp



7 Day Hawaiian Islands Cruise on Pride of America plus 2 nights in Honolulu - Oct 25 - Nov 3, 2018 Roundtrip transfers & airfare, hotel, & taxes starting at \$3,770

14 Day Panama Canal Cruise from Tampa on Norwegian Pearl Nov 4 - 18, 2018 Roundtrip transfers & taxes starting at \$2,112



5 Night Western Caribbean Cruise on the Celebrity Infinity, Jan 14 -19, 2019, roundtrip bus to port, 2 private cocktail parties, insurance and port taxes & gov fees starting at \$735 pp

11 Night Western Caribbean Cruise on the Celebrity Reflection, Jan 28 -Feb 8, 2019, roundtrip bus to port, insurance and port taxes & gov fees starting at \$1,865 pp

CEE. PRINCESS CRUISES Holland America Line*

15 Day Panama Canal Cruise from Fort Lauderdale on the MS Volendam, Jan 18 - Feb 2, 2019, airfare from San Diego to Tampa, all transfers, 2 bottles of wine per room, Pinnacle Grill lunch, Canaletto Dinner, insurance, all port taxes and government fees

starting at \$3,161 pp

2018, all transfers, roundtrip airfare from Tampa, insurance and port taxes & gov fees starting at \$3,803 pp 10 Night Panama Canal Cruise on the Island Princess, Jan 29 - Feb 7,

11 Day Alaska Cruise and Land Tour

on the Golden Princess, July 3 - 14,

2019, roundtrip bus to port, insurance and port taxes & gov fees starting at \$2,130 pp

All prices are per person and accurate at time of printing. For complete details on these trips go to: http://advantagecruises.net/Page/DealsandSteals or call our office for newsletter and more information.

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CROSSWINDS CHRONICLE MAY, 2018 D

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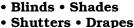
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A lesson in diplomacy

If you've ever had to deal with the thoughtless behavior of someone, you'll appreciate this story about the great composer and pianist Franz Liszt.

The virtuoso musician once found himself at odds with an important member of his audience. The czar of Russia, Nicholas I, made a late entrance during Liszt's concert. Even after being seated, the czar continued to speak with members of his entourage. Liszt realized that Nicholas had no intention of ending his discourse, so he stopped playing and bowed his head.

Noticing the silence, Nicholas dispatched one of his aides to find out why the pianist was no longer playing.

"Music herself should be silent when Nicholas speaks," Liszt replied.

After that, Liszt was able to finish his recital with the czar's full attention.

The daily residue

man was seated on the bus having an animated conversation with someone via cell phone. He fumed. He swore. He shouted and swore, a lot more.

The other passengers dared not look at him for fear of being on the receiving end of his ire.

"I need to get off here!" he shouted as he raced to the front of the bus and disembarked.

"Excuse me sir," the bus driver said to the man, "you left something behind."

The man stood outside of the bus checking his pockets. He then asked, "What did I leave?"

"A very bad impression," the bus driver replied as he closed the door and drove away.

Every block of stone has a statue inside it, and it is the task of the sculptor to discover it.

-Michelangelo

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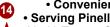
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May Sudoku

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

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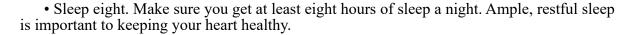
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CROSSWINDS CHRONICLE MAY, 2018 D

Three steps to better heart health

Improving your heart health doesn't have to mean two-hour gym workouts or a diet of kale and water. The Mayo Clinic website offers three easy steps to keeping your heart in good shape for a long, healthy life:

- Eat five. Five servings of fruits and vegetables a day can boost your heart health. Include fruits and vegetables in all your daily meals, and snack on them instead of, or at least in addition to, chips or other junk food.
- Move 10. Add 10 minutes of physical activity a day to your routine. This can add up to 60 minutes a week to your exercise regimen, reducing your risk of heart disease by as much as 50 percent.



Learn what gout is all about

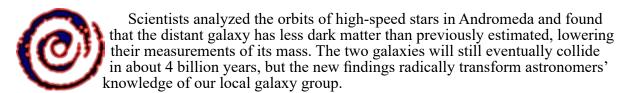
out—one of the most common forms of inflammatory arthritis—is on the increase. It affects approximately 8.3 million Americans, 50 percent of whom have three or more attacks a year.

According to an infographic on the Doctor-Patient Communication Tools website, gout is caused by a buildup of uric acid in the blood, where it collects in a joint and then crystallizes. About two-thirds of uric acid in the body is produced naturally, and the other third is an effect of diet. However, genetics plays a larger role than diet in the amount of uric acid in the body.

Talk to your doctor. Although limiting alcohol and other foods can help, dietary changes may not be sufficient. In many cases, medication is necessary to reach and maintain the proper level of uric acid in your body.

Distant galaxy not as large as thought

or years, astronomers believed that the Andromeda galaxy, some 3.5 million light-years from Earth, was much larger than our own Milky Way—and that it would someday gobble up our galaxy. Recent research reported on the Sci-News website, however, suggests that Andromeda's size is roughly equivalent to ours, a mass of 800 billion solar masses.



Hospitals in the U.S.—a snapshot

The American Hospital Association conducts an annual survey on hospitals in the United States. The latest survey includes these numbers:

- Total number of all U.S. registered hospitals that meet AHA's criteria for registration as a hospital facility: 5,534
- Number of U.S. community hospitals (defined as nonfederal, short-term general, and other special hospitals): 4,840
 - Nongovernment nonprofit community hospitals: 2,849
 - Investor-owned for-profit community hospitals: 1,035
 - State and local government community hospitals: 956
 - Federal government hospitals: 209
 - Nonfederal psychiatric hospitals: 397
- Other hospitals, including nonfederal long-term care hospitals and hospital units within an institution such as a prison or school infirmary: 88

Self-driving cars rising in drivers' acceptance

re you eager to buy a self-driving car? More and more Americans are warming up to the idea. A study by AAA last year found that 78 percent of Americans were scared of the idea of riding in a car that drives itself. A more recent survey saw that figure drop to 63 percent.



Age makes a different in attitude. Sixty-eight percent of Baby Boomers said they'd feel worried in a driverless car, and 70 percent of Gen Xers expressed concern too. However, fewer than 50 percent of millennials said they'd be frightened of riding in a self-driving vehicle.

Overall, half of drivers in the survey said they want their next car to have some self-driving features, like being able to stop on its own or stay within lanes on the highway.

Clutter is the top target of kitchen remodelers

Thinking of renovating your kitchen? Tidiness is the biggest trend this year, according to the 2018 Houzz Kitchen Trends Study. The study found that 75 percent of homeowners named decluttering their counters as their No. 1 priority, followed by 66 percent who want to put things away and 49 percent who are focused on recycling.

The biggest issue? Storage, cited by 93 percent of survey respondents. That was followed by space planning (38 percent), entertainment (32 percent), and cleanliness (32 percent).

The survey notes that homeowners are also interested in pullout garbage bins, organizers for dishes and utensils, and wine bars.



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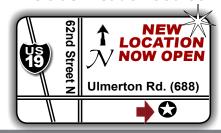
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Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

JUNE AD DEADLINE - MAY 10, 2018

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
• Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

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) Rick's Appliance Repair
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Sandy Jones	\$10	Mobile Home Depot
Dave Sparkes	\$10	E & E Gliddon Air Conditioning, Inc.
Bob Raynor	\$10	Palm Harbor and Dunedin, Inc.
		Bill The Carpet Guy
Rosella Pimentle	\$10	Discount Computer Repair
		Air Masters of Pinellas, Inc
William Hays	\$10	Natures Resource Pest Control, Inc
Pat Gilliland	\$10	Daily Life Helpers
Stacy Ness	\$10	The Plumbing Patrol, Inc.
Verna Nicholls	\$10	Bob's Mobile Home Washing
William Weeks	\$10	Boss Electric Corp.
Barb Deldin	\$10	Ron Wyngarden Mobile Home Washing
Marilyn Willette	\$5	Modern Pest Control, Inc.
Jim Craig	\$5	Modern AC & Appliance Service Co.
Dorothy Feeney	\$5	Jones and Sons Plumbing, Inc
Barbara Gould	\$5	Royal Enterprises
John Rogers	\$5	Boss Electric Corp.
Shirley Ellsworth	\$5	Hellers Mobile Home Washing
Nancy Enos	\$5	Royal Enterprises
Ken Boback	\$5	Discount Computer Repair
Randy Mumford	\$5	Bill The Carpet Guy
Phyllis Clayton	\$5	

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Chet Puett	\$5	Jones and Sons Plumbing, Inc
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Jean Fitch	\$5	Buggin Out Termite & Pest Control
Bob French	\$5	Imperial Electric Service of Pinellas
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Elaine Magee	\$5	Boss Electric Corp.
Donna Bailey	\$5	Doll Brothers Carpet Cleaners
Jane Simmons	\$5	Daily Life Helpers
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Sonny Neglia	\$5	Bob's Mobile Home Washing
Kathleen Stafford	. \$5	Bill The Carpet Guy
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	their group. See Birdgroups)	
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	Jim Hope, #303	
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