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May • 2016

**Issue 3
40th Year**

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Vice President:	Jan Troke,	593-8178
Secretary:	Bob Green,	585-7786
Treasurer:	Charli Werth,	644-1887
Parliamentarian:	John "Rick" Geary,	595-8712
Directors:	Shirley Roslan,	538-2993
	Hugo Herrera,	773-294-0968
	John Cutting,	473-7925

Office Managers

Kitty Wagner	596-8656
Charli Werth	644-1887
Jan Troke	593-8178

Beautification Committee

Kitty Wagner, Chr.	596-8656
Shirley Roslan 538-2993
Hugo Herrera	. 773-294-0968

Supervisor of Labor

Jan Troke Chr	585-7786
Bob Green	585-7786
John Cutting	437-7925

All Units, Common Grounds, Mowing/ Spraying, (Lawns under unit)

Kitty Wagner	596-8656
Hugo Herrera	773-294-0968
John Cutting	437-7925

Pool/Shuffleboard/Common Areas/Bldgs.

Shirley Roslan, Chr.	..	538-2993
Bob Green	585-7786
John Cutting	437-7925

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Bob Green	593-8178
Shirley Roslan,	538-2993

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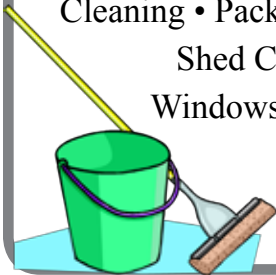
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MAY BIRTHDAYS

5/1	Stanley Kryjak	#220
5/4	Joan Tang	#1
5/6	Jan Kearney	#86
5/7	Lori Buswell	#58
5/11	Karen Wagner	#11
5/11	Charlotte Barry	#152
5/13	Mike Pezzetti	#196
5/14	Debbie Durham	#111
5/16	Pat Hyland	#27
5/17	Lynda Mailhot	#36
5/18	Linda Geary	#203
5/18	Maureen Mosler	#8
5/21	Frances Brown	#231
5/23	Christine Curtin	#119
5/24	Doris Roche	#71
5/26	Catherine Cutting	#206
5/27	Glenna Fasold	#171
5/27	Shirley Roslan	#240
5/30	Bob Houston	#68



MAY ANNIVERSARIES

5/2	Sharon & Don Bradley	#199
5/8	Sandy & Carl Warner	#175
5/10	Maureen & Joe Robak	#61
5/29	Char & Bob Elliott	#128
5/29	Marilyn & Jim Alcoba	#219



FROM THE DESK OF THE PRESIDENT

Kitty Wagner

Our Spring 2016 Walk-Thru is complete. The Beautification Committee thanks you all for your cooperation.

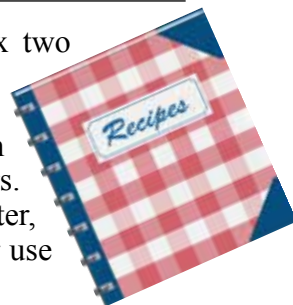
It is time once again to say "goodbye" to our northern friends. We wish you all safe travels and we'll see you in the fall.

Last fall we received notification from The Clerk of Court, Ken Burke, that a "surplus of funds" was available through his office after a tax deed sale on Lot 223 and Glenwood was entitled to apply for their unpaid Assessments, late fees, and interest on that foreclosure. That notification was faxed to Attorney immediately. Since that time Charli Werth has stayed in touch with the Attorney providing them with any requested information and she was key in helping secure a check in the amount of \$10,772.45. I would like to congratulate her for that. Unfortunately because it was a tax deed sale we were not entitled to Attorney fees.

A RECIPE TO SHARE

Jan Troke

Non-Stick spray bottom of 9x13" pan. In a mixing bowl, mix two packages of vanilla pudding with 3 1/2 cups milk, then mix in 8oz of defrosted cool whip. Put a layer of graham crackers, put in a layer of pudding mix, put in another layer of graham crackers, then the remainder of the pudding mix and another layer of graham crackers. Make chocolate topping (mix together 3 tablespoons of softened butter, 1 1/2 cups confectioner's sugar and 3 tablespoons of cocoa powder) or use frosting mix. Spread on top and refrigerate.



SINGLES LUNCHEON

Doris Roche

The singles luncheon will be on Friday, May 13th at 12:30 P.M. Our Hostess this month is Jan Tetrault and we're going to Chili's in Largo Mall. If you need a ride call Doris 595-2849.

A special thanks goes to Anna Schloder our Hostess for April. We had a great time at Cheddar's.

MAD HATTERS LUNCHEON

Jan Kearney

The Mad Hatters Luncheon is on Tuesday, May 3rd at 12:00 P.M. Our Hostess this month is Jan Kearney and we are going to Bon Appetit' located at 148 Marina Plaza in Dunedin. If you need a ride give Jan a call at 595-0815.

A special thank you goes to Carol Smerker our Hostess for April. We had a great time at The Conch Republic.





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FROM THE SOCIAL COMMITTEE

Catherine Cutting, President

Mother's Day - Glenwood mother's will be celebrated at a luncheon on Saturday, May 7th at 11:30 a.m., in the clubhouse. The luncheon will include Chicken Salad, Tuna Salad, Croissant, Fruit Bowl, Muffin, and Dessert. The luncheon will be provided free to our female residents. Male resident tickets are \$7.00, and non-resident tickets are \$8.00. Tickets can be purchased from Judy Lee at cards, bingo, and coffee. May 4th is the deadline for purchasing tickets.



Kentucky Derby – Glenwood residents are invited to join in celebrating the Kentucky Derby on Saturday, May 7th at 4:00 p.m. Come join the fun as we watch the race on our new TV. Bring snacks/drinks, and enjoy the evening. JR will be running the party.

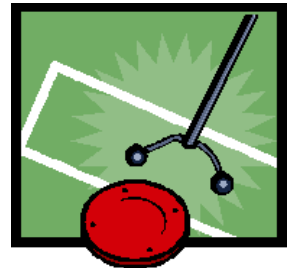
Pot Luck Dinner – Friday, May 20th is the date for the next Pot Luck Dinner. Remember to bring your table service, and a dish to share. Coffee and cold drinks will be provided.

Memorial Day Parade/Cook-Out – We end the month of May with a Golf Cart Parade honoring our fallen veterans on Monday, May 30th. Golf carts will meet in front of the clubhouse at 11:45 a.m. The parade will be followed by a cook-out at the clubhouse beginning at 2:00 p.m. Tickets will cost \$1.00. Hamburgers and hot dogs will be served. Guests are asked to bring sides and/or desserts.

SHUFFLEBOARD

Joyce Herbort

We've had good turnouts for shuffleboard this year. I just hope the year round people will come for the summer. We're still playing at 3 PM on Mondays. Bring a quarter for prizes, and come at 2:45 so we know how many courts to set up. Come have some fun!!



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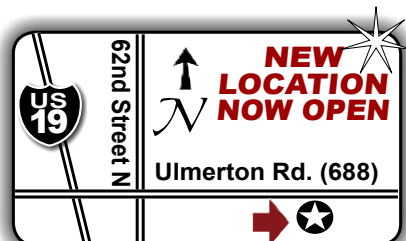
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Volunteers Work on the Entry Appearance

Judy Lee

Most neighbors entering Glenwood in the past few weeks have noticed that there is a new look in the beds east of the Guardhouse. The Mexican petunias had been there for over 10 years and were well past their prime! Two crews of volunteers worked hard to remove them and prepare the new look. Fil Tua, Jim Swanner, and John Dionne worked the first day to remove the debris from above ground which was bundled and sent out with the trash truck. Crew 2: Dave Rutledge, Hugo Herrera, Jim Swanner, Dan Pysson, Tony Altieri, Ron Deveau, Dave Barber, Rick Geary, and Joadee Edwards dug out roots, leveled the bed, killed weeds, put down lack plastic, spread mulch, and potted geraniums in the three pots we already had to improve the appearance and make the maintenance load much more reasonable. We saved some operating budget money and got the job done in just a few hours. Our thanks to the whole group for their willingness to help improve the first look people have as they enter our community.



Volunteers

Judy Lee

In case you thought the operation of Glenwood moves along with just the work of the Directors, the Social Committee officers, Linda & Paul, and the vendors, guess again! Volunteers whose effort is sometimes invisible should be thanked and their work acknowledged. We have these and more to thank. Jim Swanner besides working two big days on the entry bed project, also cleaned the gutters of the gazebo, Fil Tua faithfully trims the palms in the entry bed with his wicked machete. Jan Troke prints the tickets and posters for all the events for which we sell tickets. Marty Roslan under the supervision of Shirley, moves the recycle and trash bins to the curb on the appropriate days. June Berry cares for the flower pots and the palms around the pool, Marty and JR Hall cleaned the coils of the refrigerator so it will work more efficiently. Joadee Edwards weeds at the entry bed, Karen Sapienza assists Charli with the financial program when needed. Pat Moore is very active and helpful. He has done lots of digging when needed, he has assisted with the clog at the weir, and along with Kathy has worked on the existing sound system to allow us to play unlimited music through our new speakers on a BlueTooth device. Jerry Archambault purchased the necessary items and helped to install them. Lastly, I omitted the name of Judy Melanson in thanks for contributing to the door prizes and organization of the Card Party Luncheon. To all of you, a big thank you from our community!

**A Complete Listing of Resident Services
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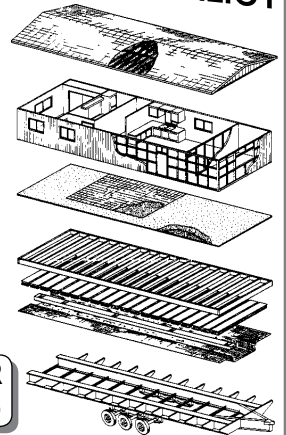
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ABC PEST CONTROL

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NEW RESIDENTS

Welcome to Edwina Horn and Natalie Abril who bought Lot 19. Edwina will be part-time . Natalie will be a full-time resident.



FROM THE TREASURER

Charlotte G. Werth

The 2015 compilation was completed on February 24, 2016. As always every unit is entitled to one copy. They are available at the office and must be signed for.

THE FISHING IS FINE!

If the smile on Pat Moore's face is any indication a bad day fishing IS better than a good day at the office! This was a decidedly good day fishing, look at the size of that bass caught in our beautiful, healthy lake! Thank you to Kathy Moore for providing this span and to Jerry Herbolt for taking it!



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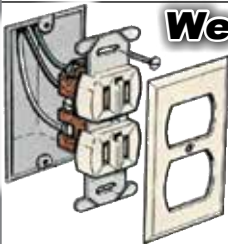
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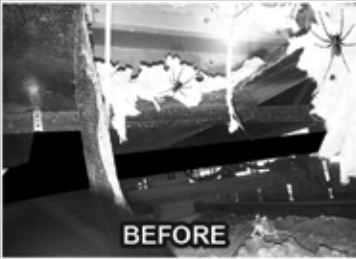
Sunday	Monday	Tuesday
1	2 AM Walk 8AM Aquadux 9AM Aquadux 12PM Band rehearsal 3PM Shuffleboard 6PM Poker	AM Wa 8AM A 9AM A 12PM M 6PM G
8	9 AM Walk 8AM Aquadux 9AM Aquadux 12PM Band rehearsal 3PM Shuffleboard 6PM Poker	AM Wa 8AM A 9AM A 6PM G
<i>Mother's Day</i>		
15	16 AM Walk 8AM Aquadux 9AM Aquadux 12PM Band rehearsal 3PM Shuffleboard 6PM Poker	AM Wa 8AM A 9AM A 6PM G
22	23 AM Walk 8AM Aquadux 9AM Aquadux 12PM Band rehearsal 3PM Shuffleboard 6PM Poker	AM Wa 8AM A 9AM A 6PM G
29	30 AM Walk 8AM Aquadux 9AM Aquadux 11:45AM Memorial Day Parade 12PM Band rehearsal 2PM Memorial Day Cook-Out 3PM Shuffleboard 6PM Poker	AM Wa 8AM A 9AM A 6PM G

Memorial Day

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Tuesday	Wednesday	Thursday	Friday	Saturday
3 AM Walk 8AM Aquadux 9AM Aquadux Mad Hatters gametime	4 AM Walk 8AM Aquadux 9AM Aquadux 5:30 Hand & Foot 6PM Cards	5 AM Walk 8AM Aquadux 9AM Aquadux 7PM Bingo	6 AM Walk 8AM Aquadux 9AM Aquadux 1PM Gametime	7 8:30AM Coffee 11:30AM Mother's Day Luncheon 4PM Derby Day Party
10 AM Walk 8AM Aquadux 9AM Aquadux gametime	11 AM Walk 8AM Aquadux 9AM Aquadux 5:30 Hand & Foot 6PM Cards	12 AM Walk 8AM Aquadux 9AM Aquadux 7PM Bingo	13 AM Walk 8AM Aquadux 9AM Aquadux 12:30PM Singles Luncheon 1PM Gametime	14 8:30AM Coffee
17 AM Walk 8AM Aquadux 9AM Aquadux gametime	18 AM Walk 8AM Aquadux 9AM Aquadux 5:30 Hand & Foot 6PM Cards	19 AM Walk 8AM Aquadux 9AM Aquadux 7PM Bingo	20 AM Walk 8AM Aquadux 9AM Aquadux 1PM Gametime 6PM Pot Luck Dinner	21 8:30AM Coffee
24 AM Walk 8AM Aquadux 9AM Aquadux gametime	25 AM Walk 8AM Aquadux 9AM Aquadux 5:30 Hand & Foot 6PM Cards	26 AM Walk 8AM Aquadux 9AM Aquadux 7PM Bingo	27 AM Walk 8AM Aquadux 9AM Aquadux 1PM Gametime	28 8:30AM Coffee
31 AM Walk 8AM Aquadux 9AM Aquadux gametime				JUNE 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

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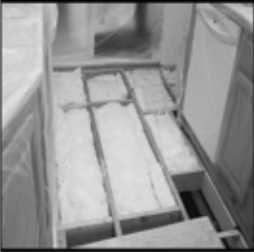
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Caregiving has its rewards

As Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.

Try these year-round common cold remedies

You can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- Honey. Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- Zinc. Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- Hot liquids. Hot tea or water can loosen up congestion in your chest and sinuses.
- Salt water. Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- Vitamin C. Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.



We must respect the past, and mistrust the present, if we wish to provide for the safety of the future.

—Joseph Joubert



Did you know that May is also...

ALS Awareness Month. ALS, also known as Lou Gehrig's disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

Better Hearing Month. Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

National Military Appreciation Month. As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.



Children's Mental Health Awareness Week, May 1-7. A yearly event aimed at raising awareness of the issues and causes integral to the children's mental health field nationwide. Sponsored by the National Federation of Families for Children's Mental Health, this year's theme is "Healthy Families, Resilient Children: Mental Health is a Family Affair."

National Nurses Week, May 6-12. One of the nation's largest health care events, National Nurses Week ends on the birthday of Florence Nightingale, the mother of modern nursing, and recognizes the contributions nurses make. It also educates the public about the significant work they perform.

American Craft Beer Week, May 16-22. American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.

May Day, May 1. An ancient northern hemisphere spring festival celebrated in many cultures. Dances, singing, and cake are usually part of the activities.



Mother's Day, May 8. Don't forget to tell your mother (and mothers everywhere) how much she means to you.

Memorial Day, May 30. A U.S. federal holiday honoring those who have given their lives while serving in the armed forces.

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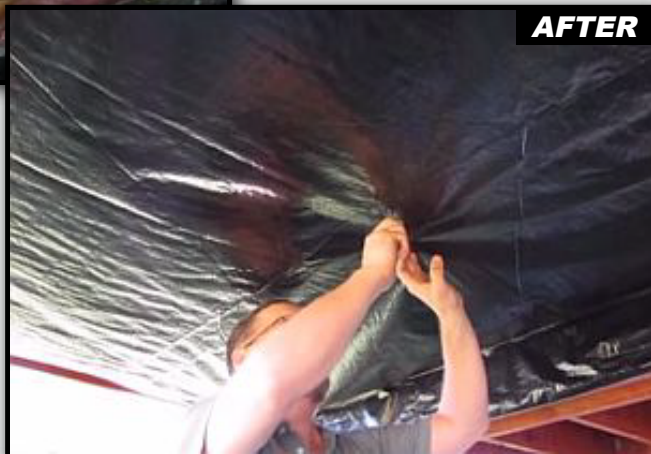
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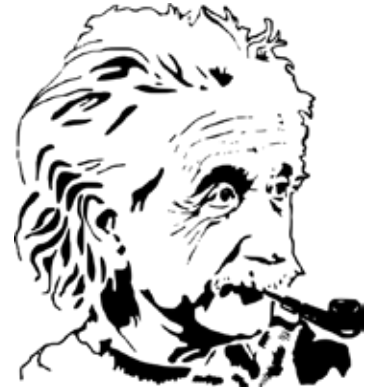


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Einstein: A genius with a human touch

Albert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:



- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: “A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes.”
- A student visited Einstein in his Princeton office one day with a copy of this year’s final exam in his hand. “Professor, all the questions on this year’s test are the same as last year!” “Yes,” Einstein replied, “but this year all the answers are different.”
- After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straighten the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.

The assistant asked why he didn’t just use one of the fresh clips. Einstein answered, “Once I am set on a goal it becomes difficult to deflect me.”

Too much of a good thing

A farmer went to church one Sunday. To his surprise, he and the minister were the only people there.

“This is a little embarrassing,” the minister said. “Since you’re the only one here, would you really like to hear my sermon?”

The farmer said, “Well, I’m not too smart, but if I went to the barn to feed my cattle and only one showed up, I’d still feed him.”

So the minister began his sermon. He spoke passionately for an hour and a half. When he finished, he asked the farmer what he thought.

The farmer answered, “Well, I’m not very smart, but if I went to feed my cattle and only one showed up, I sure wouldn’t feed him all the hay.”

Exercise: More isn't necessarily better

Losing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.



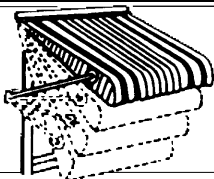
Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.

Don't get zapped at work (or home)

Electrical hazards at home and in the workplace injure thousands every year from burns and shocks. Faulty or overloaded wires cause the majority of accidents, so protect your family and your co-workers by following these guidelines:

- Get inspected. If your electrical panel hasn't been inspected for more than 10 years, get a qualified electrician to look it over.
- Unplug heat appliances after use. At home, that includes toasters, hair dryers, and irons, among others. In the office, unplug space heaters or anything else that can cause a fire.
- Use the correct wattage. Putting a 75-watt bulb in a 60-watt light socket is asking for trouble.
- Don't overuse extension cords. They're meant for short-term use, not as way to plug in as many appliances as possible into one outlet.
- Use surge protectors. They'll keep computers and other appliances safe from overloaded circuits.
- Keep appliances away from water. If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.
- Don't yank cords. When unplugging an appliance, always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.

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Space Station experiment points to possible life on Mars

Fungi from the dry, frigid environment of Antarctica took a trip to the International Space Station to determine their ability to survive under the harsh conditions of the planet Mars. Their endurance suggests that primitive life may indeed be viable on the red planet's surface.

As reported by the NBC News website, scientists took samples of the fungus from the McMurdo Dry Valleys in Antarctica, then had them sent up to the ISS, where the crew placed them on a sealed platform outside and exposed them to various types of conditions, including one which simulated the sparse atmosphere and the exposure to radiation present on Mars.

After a year and a half, the fungi had retained 60 percent of their cells, providing evidence that simple forms of life can survive under the toughest conditions in space and on distant planets.

Robot cockroaches could save lives

Few animals are as maligned as the lowly cockroach. But scientists have found something worth emulating about them—their ability to squeeze into even the tightest spaces. Cockroaches on the run are about ½ inch tall, but they're able to compress their bodies to a 10th of an inch when they're trying to hide. Scientists at the University of California-Berkeley have been able to adapt that flexibility in a small, soft, multi-legged robot dubbed CRAM (Compressible Robot with Articulated Mechanisms). Constructed with an “origami-like” manufacturing technique, CRAM is seven inches long, three inches tall, and 1.6 ounces, and it's able to compress itself just like a cockroach to get inside tiny spaces. The scientists hope that CRAMS could be deployed in swarms to search for survivors inside collapsed buildings.

Antilock brakes: Use them properly

Antilock braking systems in cars are designed to improve safety, but they won't do the job unless drivers know how to use them correctly. Here's the right way to use the ABS when you need to stop quickly:

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- Don't let up. The grating noise you may hear is the sound of the ABS working.
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EVENTS & PROGRAMS

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Moving Sale: Doral Village, 29250 US Hwy 19 N. Lot #19, 33761. Bassett Furniture, S/S Gas Grill, King & Twin beds, Sleeper Sofa, Tools, Fishing Poles, Bikes, Housewares & Tons More. May 6th & 7th.

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

Beverly Hamel..... \$100	Bill the Carpet Guy	Martha Blake..... \$5	Royal Enterprises
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John Dodge..... \$10	Faling Construction, Inc.	Yvonne Large..... \$5	Denny's Plumbing, Inc.
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Jean Woolf..... \$10	Heller's Mobile Home Washing	Theresa Rought..... \$5	Appliance Specialty, Inc.
Leroy Berg..... \$10	Community Roofing of Florida, Inc.	Joy Leap..... \$5	Community Roofing of Florida, Inc.
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 V.P. Janet Green, 585-7786 Parliamentarian: Lucia “Chi-Chi” Ceron, 596-6997
 Secretary: Jan Kearney, 595-0815

2016 Social Club Committees

Activities	Chairperson	Telephone
Bereavement Committee.....	Shirl McAra.....	531-0210
Bingo.....	Mark Bloomer	444-0220
	Jeanne Burket	365-3341
	Joyce Herbort	517-1063
Bulletin Board.....	Russell Miller,	424-2939
Chaplain	Walter Parks	596-7181
Flags.....	Jim Wildes.....	474-3066
Gazette Delivery	Veronica “Ronnie” Dobbs	488-4944
Gazette Editor	Jeanne Humphrey	517-4371
Horseshoes	Bob Green,	585-7786
Librarian.....	Lucy St. Pierre.....	978-430-4737
Music - Social Committee	Jerry Archambault	593-3855
	Maxine Lasecki	474-6484
Photo Albums.....	Carol Smerker	596-7475
Posters	Jan Troke	593-8178
Purchasing Supplies	Judy Lee	596-8274
Sat. Emcees/Comics.....	Walter Parks	596-7181
Shuffleboard.....	Joyce Herbort	517-1063
Sharing and Caring	Mary Cronin	596-7488
Singles Group.....	Doris Roche.....	595-2849
Tours & Travel	Joyce Herbort	517-1063
	Carol Smerker	596-7475
Trash ‘n Treasure	Marilyn & Jim Alcoba.....	715-571-5501
Ways & Means (tickets/card party).....	Judy Lee	596-8274
	Barbara Mucci.....	210-7737
	Sue Archambault	593-3855
Welcome Committee.....	Jeanne Humphrey.....	517-4371
	Janet Kane.....	596-3356



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