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JUNE BIRTHDAYS:

**Bob** Parras 26th **Elaine** Pepper 29th

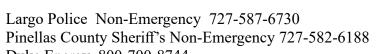
### JUNE ANNIVERSARIES:

Ron & Cathy Russell 14th Sonny & Janis O'Leary 17th

(REMINDER: I do not take this information from your paperwork, you must let me know if you want your birthday/anniversary in the News & Views. It can be emailed to: embassymhp@ hotmail.com Please put News & Views in the subject line)

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PLEASE PLEASE PLEASE- (Editor still looking for resident's birthdays/anniversaries for a new database...can be emailed to: embassymhp@hotmail.com Please put News & Views in the subject line)











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### We Need Cover Pictures! Send in Your Interesting Photos

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: Picture



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### **AUTHOR OF THE MONTH**

Jack Higgins having lived in Belfast until he was 12 had several close calls with gunfire and bombs. Jack went to school until 15 so he had jobs like a circus roustabout, factory worker, truck driver and laborer. He did go to college at age 27 and earned degrees in sociology, social psychology and economics. Jack also



got a doctorate degree in media. He is an expert scuba diver and marksman.

In a Darker Place we have a Russian writer and exparatrooper, Alex Kurbsky, who is fed up with Putin government and wants to disappear into the West!

It will be a real coup for the West. One problem though he is still working for the Russians or is he? Read and find out.

Don't forget the Library is open daily and we have fundraisers going on to help support it. We have WiFi and air.

### FROM THE OFFICE:

*ue to my broken collarbone, articles will be limited in this issue. I hope to make up for it in the next issue.* 

THE NEXT MANAGER'S MEETING WILL BE WEDNESDAY, JUNE 12TH, coffee & cake at 9:00 a.m., meeting at 9:30 a.m.

### **MONTHLY BULLETIN**

Tay Sollberger, former resident (Lot 1814) passed away on Easter Sunday, April 12, 219 at his home in Largo. He was 92 and had resided at Princeton Village for the last 4 years. Jay enjoyed over 20 years as a member of the Embassy Shuffle Club. Condolences may be sent to his sister, Peggy Gentry, 18675 U. S. 19 North, #305, Clearwater, FL 33764.

Ladies Luncheon will be on June 12th at the Olive Garden Hostesses are Iva & Barbara and the sign up sheet is in the clubhouse.

Just a reminder that there will be no bulletins during the summer, so please get any info you want published to the Office.

### Early birds versus night owls—who's better off?

The early bird gets the worm, and early risers enjoy other benefits, according to a story on the *New York Post* website. A survey of sleep habits involving 2,000 people found that, among other things, self-identified early birds have more sex on a weekly basis than their night owl counterparts.

The survey also found that early birds generally make more money, are more likely to work in an office setting, and describe themselves as happy. They're also more likely to be married with children in their home. On the other hand, night owls are typically shy and sarcastic, likely to believe in ghosts and cryptids, and more often single.

They tend to sleep about the same amount—seven hours a night for early birds and six hours for night owls. However, early birds are light sleepers, and they feel more well-rested when they get up than night owls.

### Disconnecting may not lead to the benefits you're looking for

Ver feel the need to disconnect from your devices for a "digital detox"? The Yahoo Finance website reported on a survey by Mojo Vision (Saratoga, California), which found that people tend to use technology as much, if not more, after distancing themselves from their smartphones and tablets for a while.

The survey of 1,000 Americans found that 67 percent agree that technology makes life

easier, but 55 percent believe that all that tech is a distraction, with one-third worrying that it hurts people's ability to connect with one another. Still, 54 percent said that abstaining from their devices didn't produce the positive benefits they'd hoped for—or at least were unsure whether it had a beneficial impact.

The most common strategies for "subtracting" tech are setting devices to send fewer notifications, putting them on a "Do Not Disturb" setting, scheduling times to not use their devices, or simply turning them off for a period of time.



### A good decision is based on knowledge, and not on numbers.

-Plato





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### **Flower power**

dairy farmer in Japan, Toshiyuki Kuroki, found a novel way to help his wife, Yasuko, cope with her failing health. When complications from diabetes robbed her of her vision, he began planting shibazakura around their farm. It's a species of phlox and a hearty groundcover that blossoms March and April.

Though he knew his wife of 30 years would no longer be able to see the beautiful fuchsia-colored petals, he hoped the sweet fragrance of the flowers would lure her outdoors and out of her deepening depression. It didn't, for a while, and then something pretty wonderful happened.



As the farmer continued to plant more flowers, they thrived and spread across the farmland. People from surrounding areas, even tourists, began to visit the farm. Everyone wanted to see the beautiful pink fields and walk among the spring flowers. With so many new and different people showing up on their land, the farmer's wife began to wander outside and interact with the visitors. She was happy again.

For the past 25 years, the shibazakura fields that surround the home of Toshiyuki and Yasuko Kuroki have sparked joy and wonder in the hearts of many. The Kurokis receive about 7,000 visitors a year at the farm during March and April, and they no longer raise dairy cows.

Their story is a reminder that love and flowers are a powerful healing force.

### That's what friends do

story recently went viral on social media that attracted the attention of national news outlets:

A teenager from a small town in Arkansas saved two years of earnings from his part-time job to buy a motorized wheelchair for his best friend and fellow high school classmate. It was a selfless act that speaks volumes about friendship and goodwill while serving as an example of how each of us can do and give more to contribute to the greater good.

#### A flower cannot blossom without sunshine. A man cannot live without love.

#### —Max Muller

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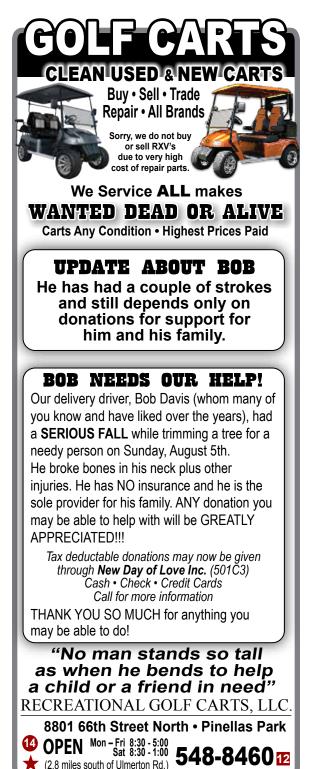
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Watch for these hidden causes of high blood pressure

any factors affect your blood pressure, including genetics, diet, and even your sleeping patterns. The Healthline website advises you to be mindful of these possible contributors to high blood pressure, as well:

- **Over-the-counter medications.** Common medications used to address everyday aches and pains can increase one's blood pressure. These include anti-inflammatory drugs like Aleve, Advil, and Tylenol, as well as decongestants. You don't have to stop taking them, but check with your doctor.
- **Caffeine and alcohol.** Both of these can heighten your blood pressure. Limit yourself to less than 300 milligrams of caffeine a day—two to three cups of coffee—and one alcoholic beverage a day for women and two for men.



• Food ingredients and supplements. Some herbal supplements, for example, use licorice, which can raise blood pressure. In addition, some cheeses, cured meats, and also soy products contain high levels of tyramine, which can interact with medications like antide-pressants, causing a spike in blood pressure.

### Pill offers an alternative to insulin injection

People with type 2 diabetes may have a new alternative to insulin injections, according to the Science Daily website. A research team at MIT has developed a capsule that patients can take orally to receive their insulin through the stomach.

The blueberry-size pill contains a tiny needle filled with compressed, freeze-dried insulin. The needle itself is made of a biodegradable substance and is attached to a compressed spring held in place by a disk of sugar. The capsule is designed to orient itself so the needle can contact the lining of the stomach. When the needle is injected, the insulin dissolves at a controlled rate and then passes harmlessly through the digestive system.

Tests in animals found that the device can deliver sufficient insulin to lower blood sugar at a rate comparable to injections through the skin. The device can also be adapted to deliver other medications.

> Calm mind brings inner strength and self-confidence, so that's very important for good health.

> > —Dalai Lama

### An educated guess

The students in a zoology class were shown a series of slides. Each picture framed only the legs of a rare and exotic bird. Correctly identifying each species was how the students would earn their final exam grade.



"This is ridiculous!" one student should as he marched up to the front of the room, slammed his incomplete final on the professor's desk, and headed toward the door.

The professor looked at the paper and noticed the student's name was not on it. "Wait, what is your name?" he asked.

The student turned around, rolled up the legs of his jeans, and shouted, "You tell me!"

### **Reasons to get away**

fter a day of hiking, a group of tourists were seated around a campfire deep in the Amazon rainforest. Their guide asked the members of the group what inspired them to make this trip.

"I want to explore new places and do fun things," said one camper.

"I write a travel blog," volunteered another. "This is a work assignment for me."



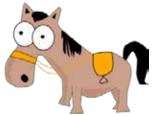
"My neighbor's kid inspired me take this journey," said a third man. "He's learning to play the accordion."

### What you don't know

man is wandering through the desert with his horse and his dog. After several hours under the heat of the sun, the dog sits down and says: "That's it. I'm not taking another step until I get some water."

The man gasps and says: "I didn't know dogs could talk."

The horse looks at the man and says, "Me neither."





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Monthly Media 220 Bahama St. Venice, FL 34285 info@monthly-media.com 727-484-7488

JUNE•2019			
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2	3	Sewing I Domino	
9	10	Sewing I Domino	
16 Father's Day	17	Sewing I Domino	
23	24	Sewing I Domino	
30			

# Embassy

uesday	Wednesday	Thursday	Friday	Saturday
nine People: Il Lot 1301 72 une 7th then ot 717 727-53				1
4 H.H. 9 a.m. es 1 pm	5	6	7 Crafts H.H. 9 am	8 Scrapbooking
11 H.H. 9 a.m. es 1 pm	12 Manager's Meeting 9:00 a.m. cake & coffee 9:30 a.m. Meeting Ladies Luncheon noon	13	14 Crafts H.H. 9 am	15 Music and Dancing with Ron Foster 7 PM
18 H.H. 9 a.m. es 1 pm	19	20	21 Crafts H.H. 9 am	22
25 H.H. 9 a.m. es 1 pm	26	27	First Day of Summer 28 Crafts H.H. 9 am	29



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Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
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*
Duote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 vea

Quote Details: -6/ 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.









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BEFORE



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EMBASSY NEWS & VIEWS JUNE, 2019 C

### Three steps to motivate your imagination

otivating yourself—or others—to be creative can be a challenge. Here are few ways (from the DMN website) for kicking creativity into gear:

- Shake up your process. Don't do the same things the same way all the time. Even simple changes can help you see the world in a different light. For example, instead of starting your day by checking your email, sit down with a colleague to brainstorm ideas.
- Look for the unfamiliar. Ditch the same-old-same-old. Take a class, or work in a different department for a few days. Talk to new people. Take on fresh challenges that force you to learn something new.
- **Don't be afraid of "bad" ideas.** No idea is bad if it leads to something good. Open your mind to the wild possibilities. They may be unusable, but sometimes they stimulate your thinking and suggest a practical solution to a problem.



### Don't believe you can't be creative

Il people are born with a great core of creativity at our center, says Elaine St. James in her book, *Inner Simplicity*. If you grew up believing that you were not creative, it is time that you abandoned that belief. Believing you are not creative is often an excuse for not using your creative abilities. Believing that you have no talent holds you back from using what you do have.



If you've ever taken a class in, say, creative writing, and you've dropped out because you felt that you were the only one who couldn't write, you might believe you were born without talent. Julia Cameron, the author of The Artist's Way, says this is the equivalent of dropping out of a foreign-language class because you can't already speak the language.

You can develop your talents, and you should, because it will give you the inner peace that will give your life meaning.

#### VULNERABILITY IS THE BIRTHPLACE OF INNOVATION, CREATIVITY, AND CHANGE.

#### –BRENÉ BROWN

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**California Avocado Month.** Avocado toast lovers of the world will be in heaven this month as the season for California-grown avocados reaches its peak. To learn more about this nutrient-rich fruit, go to https://www.californiaavo-cado.com/.





**Georgia Blueberry Month.** This southern state boasts the longest growing season for the antioxidant-rich fruit. Georgia blueberry season runs from April through July. If you'd rather be eating berries for breakfast, visit http://www.georgiablueberries.org/ for recipes.

**Sorghum Month.** The Oldways Whole Grain Council has selected this versatile ancient grain as June's superstar. It's gluten-free, potassium-rich, easy to digest, and easy to grow. Chances are you've eaten it and just didn't know it.

**Professional Wellness Month.** Now is the time to take advantage of your organization's wellness program, or get together with members of your team, to walk, bike, or play volley-ball. Let the start of summer and the warm days ahead be the start of a happier and healthier you.

### Weekly

International Clothesline Week, June 1–8. People around the globe will be hanging their clean damp laundry outdoors to harness the drying power of the wind and sun. Try it yourself. Save money, and save the planet.

**Hemp History Week, June 3–9.** You can eat it, but you're not allowed to smoke it. However, this fast-growing, versatile plant can be used to make paper, textiles, biodegradable plastics, and so much more. To learn about hemp's many uses, visit https://www.hemphistoryweek.com/.

**Men's Health Week, June 10–16.** The week preceding Father's Day heralds the awareness and prevention efforts of men's health issues. Let's keep the men in our lives healthy. Get more info at http://www.menshealthmonth.org/week.html.

**National Mosquito Control Awareness Week, June 23–29.** The last week of the month highlights the enemy of summer fun—the mosquito. Visit the American Mosquito Control Association website at https://www.mosquito.org/ for tips and facts to minimize your exposure to this pest.







EMBASSY NEWS & VIEWS JUNE, 2019 C

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### Follow these steps to achievement

Prover feel stuck in life? You can dig yourself out of the hole with the proper attitude. Try these tips from the *Success* magazine website:

• Focus on commitment. Are you really committed to your goal? If not, you won't be motivated to pursue it.



- **Concentrate on gaining knowledge.** Don't expect instant results. Instead, work on accumulating the knowledge you need to get to where you want to go.
- Have some fun. Don't make the work all drudgery. Set a goal you'll enjoy working toward, and look for opportunities to have fun along the way.
- **Monitor your thoughts.** Don't fall into defeatist thinking. Get rid of negative thoughts that sap your self-confidence.
- **Spark your imagination.** Be open to anything, no matter how wild it seems at first. Generate ideas through brainstorming with others, exploring the world around you, and seeking opportunities to learn new things.
- **Challenge yourself.** Don't wait for the perfect moment to take action. Take chances, get out of your comfort zone, and be realistic about your mistakes and the causes of your failures.
- Eliminate distractions. Focus on what's most important without letting nonessential tasks get in your way.
- **Rely on yourself first.** You'll have to ask others for advice, assistance, and support, but remember that in the end, your success is your responsibility alone.
- Have a plan. Don't go off in all directions at once. Work out a solid, detailed plan for getting from your starting point to the result you want.
- Avoid burnout. Don't work too hard. Take care of your health, and give yourself permission to take a break—from a few minutes to a few days—if you start to feel yourself wearing down physically or mentally.

#### I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen. —Frank Lloyd Wright



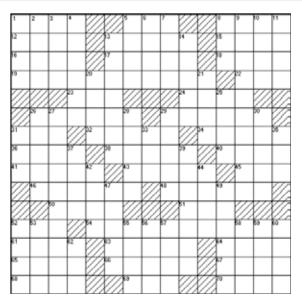




#### ACROSS

- 1. Box 5. Which person? 8. Store 12. A river in central Europe 13. A perennial used for seasoning 15. Underside of footwear 16. Bobbin 17. Lubricated 18. Tall woody plant 19. An opening to shoot arrows through 22. Personification of the sun (Roman mythology) 23. Supplement with difficulty 24. A pear-shaped stringed instrument 26. Assert 29. Long brightly-colored Mexican shawl 31. An expression of surprise 32. City in Florida 34. Repent 36. Bacterium 38. Occasion 40. Generates profound wonder 41. Fertile areas in deserts 43. One less than nine 45. Scottish for "Uncle" 46. Disinherit
- 48. A chain of mountains
- 50. Festivity
- 51. Earned Run Average
- 52. Utmost degree
- 54. The act of noticing
- 61. Products of human creativity
- 63. Negate
- 64. House
- 65. Lyrical writer
- 66. Sharp high-pitched dog cries
- 67. Female sheep
- 68. Ripple or current
- 69. Dance step
- 70. Tirade

- 1. A Slavic people 2. Humble request 3. Cain's brother 4. Respite
- 5. Sound of something in rapid 27. The opposite of myopia
- motion
- 6. Anagram of "Hail"
- 7. Concluded
- 8. Supersonic transport
- 9. A unit of power
- 10. Margarine
- 11. Skin of a fruit
- 13. Clique
- 14. A magistrate of the Roman 39. Robbers
- Republic



#### DOWN

- 20. Examine hastily
- 21. Subtle emanation
- 25. Goodbye (slang)
- 26. In the front
- 28. Someone who is highly
- skilled
- 29. Makes melodious sounds
- 30. Bowel cleansing
- 31. In the past
- 33. Japanese apricot
- 35. East southeast
- 37. Plateau

- 52. Anagram of "Pane" 53. Stepped

42. Alone

47. A loon

49. On the contrary

- 55. Ooze
- 56. Singer Fitzgerald

44. Prefix indicating 1 trillion

- 57 Tears
- 58. Mid-western state
- 59. Portent
- 60. Where a bird lives
- 62. Pigpen



EMBASSY NEWS & VIEWS JUNE, 2019 C



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-Monthly Media Staff

### JULY AD DEADLINE - JUNE 10, 2019

• 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.

### WHO'S IN CHARGE?

Bible Study Marge Burris 536-9937 Bingo Wednesday Night Cards sold 4:30 p.m. to 5:45 p.m Bingo begins 6:00 P.M. Mike Matheny 530-7306 Bulletin Barb Whitman 238-3200 Bi-weekly Oct. thru April Monthly May thru Sept. Canada Club Bill Burtt 727-535-6826 Canada Days...: Lynn Turner March 1st and 2nd 2019 Chinese Auction Tuesday, January 22nd, 2019 Kathy Wilson Canada Club CARDS: Court Whist Friday Nights 7 PM Janet Patterson 727-531-1549 Cribbage Thursdays 7 PM Bob & Trina Whipple : 506-651-2778 begins November 15th Dealer's Choice Poker - Tuesdays - 12:30 PM Blanche Jones 459-2987 Euchre Monday Night 6:45 pm Guy McDougall 289-723-9745 or Ron McDougall 475-8517 Texas Hold-Em Monday & Friday 7 PM Fred Migliorati 437-7327 Sunday 11 a.m. & Wednesday 1 p.m. Janis Wilson 474-5050 CHRISTMAS EVENTS: Christmas Caroling, Cookies, Bike Parade and announcement of decorating winners Friday Dec. 21st Christmas Cards in the Park Elaine Pepper 286-7744 Christmas Caroling and Cookies Elaine Pepper 286-7744 Christmas Bike & Cart Parade Elaine Migliorati 437-7327 Christmas House Judging...voting done by Ballot Jessie Buchholtz in charge Christmas Dinner Hosted by: New York Club Dinner Theatre Barb Whitman 238-3200 Dominoes Tuesday 1 p.m. Terry Hazlett 530-1476 Exercise & Zumba Elaine Pepper 286-7744 October thru mid-April Fashion Show Tuesday February 12th, 2019 2:00 PM Jeannine Goguen 506-382-9660 Fun Night Elaine Pepper March 8th and 9th, 2019 (Rehearsals begin on Tuesday, January 8th, 2019 at 6:30 PM) Homeowner's Association Ron Russell 538-2439 Library Vanessa & Gordon Nead 586-212-1194 Line Dance Jan. Feb. March Marge Burris 536-9937 Memorial Service hosted by the Bible Study Group Marge Burris 727-536-9937 Sunday, February 17th, 2019 7:00 PM Monthly Calendar Nedra Woodroof 538-9507 New Englander's Breakfast 3rd Tuesday of the Month Irene Blondin 727-474-2576 New Year's Eve Dance JoAnne Murphy 303-3144 Newcomer's Night Friday November 30th, 2018 7:00 PM Hosted by the Social Club Nedra Woodroof 727-538-9507 New York Club Brud Livingston 315-372-4035 News & Views Articles & Information Jessie Buchholtz Office Hours or embassymhp@hotmail.com Distribution: Yvette Novak Lot 1718 333-7322 Pool Committee Dennis & Kathy Larocque 508-633-0406 Red Hatters of Embassy June DeRuiter 727-754-7321 Sewing & Crafts Judy Hoke 536-3417 Editors Note: If any of this SHUFFLERS: information is incorrect, please Shuffle Club President Guy McDougall 289-723-9745 contact me so that I can get the correct 248-496-1462 Czapiewski A Class Danny information (dates, phone numbers, 289-723-9745 B Class Guy McDougall names) in the next issue Friendly Class 524-4027 John Halliday Fun Shufflers Louie DeRuiter 754-7321 Potluck Shufflers Louie DeRuiter 754-7321 474-7920 Swashbucklers Randy Poulin Silver Tea Judy Hoke 727-536-3417 March 21st, 2019 1:00 PM Social Club 1st Wednesday of the Month 9:00 a.m. Nov. thru April Nedra Woodroof 727-538-9507 Social Gathering 1st Wed. of the Month Oct. thru April Janis Wilson 474-5050 Summer Activities Janis Wilson 474-5050 Thanksgiving Dinner Thursday, November 22, 2018 4:30 P.M. Guy McDougall 289-723-9745 Hosted by Shuffle Club Valentine's Dance February 16th, 2019 JoAnne Murphy 727-303-3144 50th Anniversary February 24, 2019 2:00 P.M. Bev & Al Morrison 727-601-4342

EMBASSY NEWS & VIEWS JUNE, 2019 C



### **Embassy Park**

	Jessie Buchholtz	Phone: 727-531-5386 Email: embassymhp@hotmail.com
		New Fax Number: 727-754-6486
Office hours: Monday-We	dnesday-Friday 10:00 am to 2:0	) pm727-531-5386
	Yvette Novak Roy www.embassyparkflorida	
January 21st,, 2019 at 10	day, Dec. 17th at 10:00 a.m. T ):00 a.m. There will be a sausa or. Other meetings are held as	ne Annual Meeting and Elections will be held on ge and biscuit breakfast at 8:00 a.m. as a Fund- needed and will be posted in the Clubhouse on the
President	Ron Russell(1301	
Vice President	Mary Ann Cassey (1532	330-7283
	Terry Hazlett(717) Elaine Pepper(833)	
	June deRuiter	
Directors	Mike Matheny	
	Al Morrison	
	Guy McDougall(1222	
Embassy Social Club		
	Nedra Woodroof Lot 73	
	Janis Wilson Lot 14	
	Judy Hoke Lot 62	
	Dorty Edgett Lot 4	
	Mike Matheny Lot 7	
	Ron Russell Lot 13 Barbara Whitman Lot 92	01
	Barbara whitman Lot 92	.2
New York Club	<u>s</u> Bill Burtt(401 <i>A</i> Brud Livingston	, ,
Vice President Secretary Treasurer Directors	Guy McDougall	) 727-223-5798 727-386-5509 475-8514 727-474-7920

