



swellsogunquit@maine.rr.com

SENIOR CENTRAL



WOCAM NEWSLETTER

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Wells, ME 04090

P.O. Box 987

P.O. Box 9

Moody, ME 04054

Curb Appeal ?

I don't think so! We don't have any right now! Not when you look at the front of our building this month. Many of us have watched the T.V. show about selling our home or making our home more attractive to buyers and the one thing the realtors stress is "first impressions or 'curb appeal' is so important." Well, right now our "curb appeal" is non-existent! Our beautiful display of perennials have gone over and the garden is, in plain English, a mess. I don't know if you are all aware of the reasoning and origin of our landscape design. Way back when the building was put up in 2004 the automatic reflex to landscaping was your basic shrubs and low maintenance mulch which would stay attractive and neat with minimum attention. This was discussed by our building committee and it was determined that shrubs

and trees with large rooting systems would be detrimental to our foundation. Our building sits on a slab with significant drainage but there is water not far down and the roots could, over time, jeopardize the integrity of our foundation. So flower beds, for their appearance and less invasive roots, was determined to be the solution. Our plants were donated by Wells Rotary and Paul and Helen Rice spent hours, days and weeks selecting plants and doing layouts to give us gorgeous displays all summer long. They subsequently planted and maintained the gardens for a few years. Then Faith Coye and Pam Arnold picked up the torch (or should I say shovel?) and worked on the gardens weeding in the spring and planting annuals in the summer. In fact we still have the odd pansies showing their face as a leftover or rebirth of those plantings. They too did a great job and we'll

be forever grateful to them. We have been unable to find anyone with the commitment and energy of those people to carry on the maintenance and cleaning up of the flower beds although we are fortunate to have a volunteer (who never says NO when asked if he can help out). He works on pancake breakfast, bingo and anywhere else that we find ourselves short a pair of hands. This time he didn't wait to be asked. He stepped up and volunteered to work on the flower beds and now George Hersom can add landscape maintenance to his resume or list of departments he works in here at the Center. Just InTime (owned by Justin Petelle) helped out also by weeding and cleaning up the island in front. I wish I had a before and after picture of the flowers but you have probably been here during the summer and enjoyed the (cont. on page 4)

**WOCAM
Newsletter
Nov 2009
Volume 6 Issue 11**

Inside Story

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Mission Statement

To Promote the well being Of Senior Citizens in Wells and Ogunquit, regardless of sex, creed, race, religion, or the ability to pay.

News From The Office

The Flu Shots were unavailable for the Oct 20th schedule, however, we still have the Tuesday, Nov 3rd, 12 pm-3 pm date set for the Senior Center. Unfortunately, York Hospital ran out of vaccine but hopes to have supplies for the Nov. 3rd clinic. Our apologies to anyone who did not get a notice about the Oct. cancellations. Please call to verify that we have the vaccine for Nov. 3rd before coming.

Hopefully you've all marked your calendar to move your clocks backwards on Sunday morning November 1st. Most of us do this on Saturday night before the official date so that we can get an extra hour in bed. So in the event that you forgot to make a note of the time change, this is your gentle reminder before you find yourself showing up at the Center on Mon. at 8am. before the doors are open. With the clocks set back and the days shorter, we are definitely officially into Fall. Let's hope we get to enjoy it with an Indian Summer kind of weather.



Letters to the Editor



Dear Editors: I'm curious to know what the criteria is to determine where the bus trips go and what day they go on. I notice that they are always scheduled on Thursdays and that eliminates the possibility of some of us going on them if Thurs. is a day we have other commitments. Jack L.

Answer: Dear Jack, Many things enter into our activities committee decision
(Cont. on Page 4)

What's Up At The Center ?



What's Up in November ?

Please check the calendar
for all daily activities

Board Of Directors

Chairperson: Frank Wolfgang (11)
Vice Chair:
Secretary: Paul Weiner (10)
Treasurer: Ron Allen (11)
Asst. Treasurer: June Messier (12)
Directors At Large
Joe Allara (10) Valerie Brown (12)
Kathy Chase (10) John Graves (11)
Christine Tremblay (12)

BOD/Membership Meeting
will be held on **Tues. Nov., 10th**
@ 4 pm.

Office Staff

Office Manager: Suzi Franklin
Office Asst: Doris Hanlon

Activities & Newsletter Staff:

Sheena Allara.....Marie Hastie
Website: Bob Bussiere
Senior Center Aide: Ken Chase

Every
Saturday

Pancake Breakfast 8—11 am

All you can eat Pancakes, with
2 sausages, Coffee and OJ
Roll back price \$4:50 !



Every
Wednesday

Bingo ! See you in the spring

Tuesday
Nov. 3rd

Flu shots schedule 12 pm— 3 pm
No sign up, first come, first served
Please call the office to confirm this date (646-7775)

Sunday
Nov. 8th

Salute to Veteran's 2 pm -approx 5 pm
An afternoon of fun, food, and entertainment

Monday
Nov. 9th

Atria Luncheon 12 pm noon
@ the Senior Center

Thursday
Nov. 19th

Happy Holiday's Revue—Indian Head Resort
Meet @ Wells Transp. Center at 8:30 am

Saturday
Nov. 21st

Big Saturday Event!!
Pancake Breakfast-8 am-11 am
Craft Fair & Bake Sale 8 am- 3 pm

Sunday
Nov. 22 nd

Thanksgiving Dinner @ the Jr. High School in
Wells. 11 am-1 pm (Please call 646-5142 if more
than two are going to attend. If you are only a single
or a couple you need not call)



Please Call the Office to confirm the Flu Shot Schedule on 11/03

November 2009



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|---|---|
| 1 Closed | 2 Yoga 9:30 am Marker Art Class 1-3 pm Canasta 1-3 pm Scrabble 1-3 pm Matter of Balance 1-3 pm | 3 Don't forget to VOTE! Chair Exercise 10 am Exercise 10:30 am Flu Shots 12 pm-3pm Chicago Bridge 1-3 pm Mahjong 1-3 pm | 4 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4 pm | 5 Coffee Club 9-11 am Ask the Nurse 10 am Computer Tutor 10 am Exercise 10:45 am Line Dancing 1-3 pm Dup. Bridge 1-3 pm | 6 Pinochle 10 am -12pm Hand & Foot 1-3 pm | 7 Pancake Breakfast 8-11 am (Gold Team) |
| 8 Veteran's Day Salute (Veteran's & spouse our Guest) 2-5 pm | 9 Yoga 9:30 am Atria Luncheon 12 pm Marker Art Class 1-3 pm Canasta 1-3 pm Scrabble 1-3 pm | 10 Chair Exercise 10 am Exercise 10:30am Chicago Bridge 1-3 pm Mahjong 1-3 pm | 11 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4pm | 12 Coffee Club 9-11 am Ask the Nurse 10 am Exercise 10:45 am Line Dancing 1-3 pm Dup. Bridge 1-3 pm | 13 Pinochle 10 am-12 pm Hand & Foot 1-3 pm | 14 Pancake Breakfast 8-11 am (Red Team) |
| 15 Closed | 16 Yoga 9:30 am Canasta 1-3 pm Scrabble 1-3 pm | 17 Chair Exercise 10 am Exercise 10:30am Chicago Bridge 1-3 pm Mahjong 1-3 pm | 18 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4 pm | 19 trip Coffee Club 9-11 am Ask the Nurse 10 am Computer Tutor 10 am Exercise 10:45 am Line Dancing 1-3 pm Dup. Bridge 1-3 pm | 20 Pinochle 10 am-12 pm Hand & Foot 1-3 pm | 21 Big 21 Saturday Event Pancake Breakfast (Green team 8-11am) Craft Fair & Bake Sale |
| 22 Closed Thanksgiving Dinner@ the Wells Jr. High School 11am-1pm | 23 Yoga 9:30 am Canasta 1-3 pm Scrabble 1-3 pm | 24 Chair Exercise 10 am Exercise 10:30am Chicago Bridge 1-3 pm Mahjong 1-3 pm | 25 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4 pm | 26 Closed | 27 Pinochle 10 am-12 pm Hand & Foot 1-3 pm | 28 Pancake Breakfast 8-11 am (Blue Team) |
| 29 Closed | 30 Yoga 9:30 am Canasta 1-3 pm Scrabble 1-3 pm | | <p>Sun Nov. 8th 2-5 pm Veteran's Day Salute (Veterans & spouse our guest) Mon. Nov. 9th Atria Luncheon 12 noon Thurs. Nov. 19th Happy Holiday's Revue Trip (meet @ Wells Transp. 8:30 am) Sat. Nov. 21st Big Saturday Event (Pancake Breakfast 8-11 am, Craft Fair & Bake Sale 8 am-3 pm)</p> | | | |



when we schedule bus trips and luncheons. I realize that your concern is for people who might miss out on something because of Thursday always being our bus trip day. We considered Mondays, but one Mon. per month is luncheon day, and Yoga of course is every Mon. Then Tues. is for Foot Care Clinic and bridge and exercise. Weds. has been traditionally our Bingo night and Cribbage Tournament while Thursday was exercise and bridge. Friday was for card games both morning and afternoon and it is the day that everyone prepares for their summer weekend family visits. (More in the summer obviously because of the beach!) To make a long story short, too late you might add, Nov.'s bus trip is Thursday, 19th, but Dec.'s trip is Sunday, 13th and Feb. 2010 is Tues. 16th so hopefully more people will join us on those trips when we try different days. As to where we go, we are always open to suggestions and some of our best trips have been a combination of more than one person's advice and information. Feel free, in fact feel encouraged, to offer suggestions if you have something you'd like us to consider or look into

Signed: Sheena & Marie

Curb Appeal ? (cont. from page 1)

beautiful display we had and hopefully will have again next year. All of our gardens are in sad disrepair at this time of year so all I ask is that if you are able to help a little, George would surely appreciate it and so would the rest of us. Next year we will have to thin out plants, move some, reorganize in some areas and get a head start on weeding and mulching and we would like to be able to get some plan of action lined up this winter. Our Board is looking at landscape contracts and bids in the absence of volunteer activity because obviously we can't 'wing it' again next year and 'hope' that someone like George Hersom steps forward. If you have any desire or expertise to work on this challenging (but rewarding!) problem please contact the office at 646-7775.

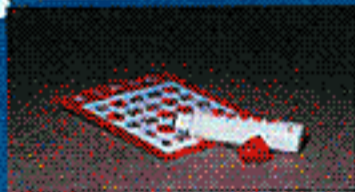
On the same subject but another note, many thanks to Bob Foisy for supplying us with pumpkins etc. and Marie Hastie for decorating the front entrance on a seasonal theme.

Jr High Thanksgiving Dinner

Thanksgiving @ the Jr High is not to be missed!

This is an annual event that gets the holiday season off on the right foot when you see these wonderful eighth graders and their families and teachers prepare and serve a great community dinner. So please join them on Sunday Nov. 22nd from 11am.-1:00pm. as their guests at the Junior High, Route 1, Wells.

Or call 646-7775 for more info.



ALERT!



BINGO! Played its last game for 2009 on Weds. October 14th and we wish to thank all the Bingo participants and volunteers for a great job this year. We raised oodles of money while having lots of fun (and hopefully winning once in a while)!

PANCAKES! Will also be stopping with the last pancake breakfast for 2009 happening on Saturday Dec.12th. We shall be drawing our Holiday Raffle winners at that breakfast so please come and join us on Sat. Dec. 12th and maybe win yourself a great holiday gift!

DAYS OF WARMING! Are coming back starting Saturday Jan. 2nd, 2010. This program was a great success last year and is back by popular demand. Look in next month's newsletter for more info.



Holiday Raffle

This Raffle has too many prizes to mention so come on in and see for yourself what you can win for a dollar. The best deal is that you get a bonus raffle ticket for **FREE!** If you buy \$5. worth of tickets. You also get to put up a decoration on the tree to show your support of the Center. Your **FREE** ticket enters you in a raffle for a great Robert Hastie original matted and framed pastel worth \$\$\$\$\$. Only \$5 donors get into the Bonus Raffle. All prizes will be awarded Sat. Dec. 12th at the last 2009 pancake breakfast. So are you ready? It's as easy as 1, 2, 3! Come buy some tickets and decorate the tree, then get ready to choose the best prize you see.

Foliage Trip on October 15th was a great success with a full bus load of satisfied seniors. We got back to Wells a little later than planned after stopping for a light snack at the Maine Heritage Village in Woolich on the way home. Ask anyone that was on the bus.it was a great trip and the Owl's Head Transportation Museum was fabulous.

SEND A CARD PAGE



An Anniversary, Birthday, Get Well or to Welcome someone new to the Center.
Let someone know you care

Someone would love to hear from you!



Happy Birthday to You



| | | | | | | | |
|----------------|---------|-------------------|---------|---------------------|---------|---------------------|---------|
| Ellen Robinson | Nov. 01 | Dave Gordon | Nov. 08 | Matt Saucie | Nov. 17 | William Cronin | Nov. 22 |
| Deni Thorne | Nov. 01 | Mary Mooers | Nov. 10 | Harry Lemmler | Nov. 19 | Joe Petrucelli | Nov. 22 |
| Wini Mason | Nov. 02 | Norman Levey | Nov. 10 | Mary Collins | Nov. 20 | Jean Wallace-Fearon | Nov. 24 |
| Janice Lacroix | Nov. 03 | Jocelyne Hunault | Nov. 11 | Hilda Gordon | Nov. 20 | Judith Maxed-Rice | Nov. 24 |
| Mimi Murray | Nov. 03 | Frances Guptill | Nov. 11 | Jeannette Welch | Nov. 20 | Phyllis Troddyn | Nov. 25 |
| Bob Philipps | Nov. 03 | Edward Cormier | Nov. 11 | Patty Hanley-Gorman | Nov. 20 | Christina McGuire | Nov. 25 |
| Barbara Allen | Nov. 05 | Mary Hirschauer | Nov. 12 | Rose Turco | Nov. 20 | Ruth Woodward | Nov. 25 |
| Marcia Hamlyn | Nov. 05 | Marion Bojas | Nov. 13 | Jean Walsh | Nov. 20 | Gordon Sirois | Nov. 26 |
| Bob Foisy | Nov. 05 | Paul Doherty | Nov. 13 | George Ashworth | Nov. 20 | Joan Anderson | Nov. 26 |
| Carol Hersom | Nov. 08 | Chris Meyer | Nov. 15 | Dave Khan | Nov. 20 | Bea Besozzi | Nov. 27 |
| Susan Cullom | Nov. 08 | Artis Cardillo | Nov. 15 | Kathy Chase | Nov. 21 | Jane Soucie | Nov. 28 |
| Joan Blake | Nov. 08 | Judith Bolstridge | Nov. 16 | E.J. Bateman | Nov. 21 | Lucille McDonald | Nov. 28 |
| Anna Colorossi | Nov. 08 | Lorraine Gaylor | Nov. 17 | Lorraine Hamlyn | Nov. 22 | Marla McCurdy | Nov. 28 |
| Sheila Madigan | Nov. 08 | Bob Bailey | Nov. 17 | Myriam Roderman | Nov. 22 | John Miller | Nov. 30 |

Happy Anniversary

"Walk through this world with me,
go where I go"

| | |
|------------------------|-------|
| Frances & Philip Clark | 11/08 |
| Susan & George Galant | 11/08 |
| Eve & Manny Rempelakis | 11/12 |
| Wendy & Robert Ferns | 11/17 |
| Jeanne & John Dunn | 11/19 |
| Natalie & Joe Hakanson | 11/23 |
| Anne & John Bullard | 11/26 |



Welcome

Our New Members

- Joan & Brian Clark
- Rita Mayo
- Betty Staples
- Genevieve Steward
- Christine Tomaszewski
- Carolyn M. Whitney

Thank You's

go out to Kittery Estates for the great luncheon they put on at the Center in October. They also had a company called Perfect Move come and tell us about their services and serve us dessert. We heard nothing but good things about the luncheon and Kittery Estates extended an invite to any of us that would like to tour their facility and have lunch in their dining room. We hope to arrange a carpool group during the winter that can have a tour and lunch in Kittery as a group from the Center

Many Thanks also go out to the following great pizza restaurants in the area for donating the wonderful pizzas we served at our 100 Club Raffle Party Friday Oct. 16th.

LaPizzeria,
The Ogunquit House of Pizza,
Napoli's, **Julie's,**
Seacoast Pasta & Pizza,
Parra's Pizza, **Vinny's Grille & Bar,**

Get Well Wishes

Dolores King, 928 South St., Portsmouth, NH 03801 (rehab after surgery)

- Lee Oliver at home after knee surgery
- Valerie Brown at home after surgery
- Yale Feinberg & Doris Hanlon



Simon J. "Sam" Brusgulis Aug. 21, 1932 — Oct. 15, 2009

We extend our condolences to Ann and the family. Sam was a long time member of our Senior Center and will be missed by many.

Holiday Craft Fair Candy/Bake Sale



A Big Saturday Event.
Saturday, November 21st, 8 am—3 pm
Pancake Breakfast 8-11am only.

We need volunteers to *Bake or make Candy*. If you have a talent for making a *Christmas wreath* and would donate it to the Senior Center. That would be very special and appreciated. There is a sign up sheet @ the Center if you can help out.

We are excepting other crafters who wish to rent a space for the Craft show. Members can rent space for \$10. Non-mem. \$12. We also have tables available for an additional \$8. Members, / \$10. non-mem. You can come in for Breakfast and get something delicious for your Thanksgiving dinner, plus browse the Craft Tables for early Christmas presents. Have a little fun with our fortune telling gypsies.

Watch Bob Hastie demonstrate his Marker Art technique. That indeed makes this

A Big Saturday Event
you should not miss!!



CHINESE
Food

Join us
@
The 100 Club Raffle Party

5 p.m. Fri. Dec. 18th. 2009

CASH
PRIZES
TOTALING
\$1,200



ONLY 100
TICKETS
SOLD

**5 pm- 6 pm Chinese Buffet
6 pm- 7pm Raffle Drawing
Top Prize \$500.**

Sponsored by the East Restaurant

More Cash prizes and additional 50/50 bonus prizes Get one of the 100 numbers for \$25. which includes dinner or buy a guest ticket for dinner only \$10. Numbers go fast so call 646-7775 if you wish to participate .

Congratulations to our Oct. winners

Carol Miller- Top prize \$500.

Sandy & Paul Weiner \$100. (It was their 49th Anniversary that night.....Lucky in love and lucky in the raffle ! .)



A Spa Day is being offered by Your Body Works with a Mini Manicure , a Chair Massage, and an Express Facial (\$7. per service or \$18. for everything). This will be done at the Center and you can choose which services you wish to sign up for. Tentatively we are looking at a Thursday in December. We need to get an idea of participation so please sign up if this interests you. Or call 646-7775 (We'll receive a donation !)

MATTER OF BALANCE

Our first 8 week session ends on Mon. Nov. 2nd. We have requests for another class for those who were unable to attend the program this time. The Matter of Balance team will be setting one up for early spring 2010. They are also looking for people to train to be a coach for this program. If you are interested in being a coach or in attending an 8 week session class to improve you balance, let the office know. 207-646-7775

GOOD NEWS: The Dinner theater sold over \$1,000 worth of tickets and the Center got a donation of over \$700.00 after expenses. Many thanks to the Applause For A Cause Troupe for putting on a great show and thank you to all the volunteers who worked .

New Transportation Service

This is a "Pilot" program provided through the York Senior Center. The service will make stops for the Wells/Ogunquit Senior Center, Doctor, pharmacy, and Hannaford's supermarket in Wells. This will be a first come first serve basis and you will be charged a fee. Please contact Jane Martin @ York Senior Center to set up a date and get a rate! 207-363-1036 Mon.-Fri. 8 am-4 pm A Senior Center membership card is necessary and must be shown to the driver. This service is only available to Senior Center members.

COMING ATTRACTIONS

MOHEGAN SUN CASINO

Tuesday, Feb.16th, '10 (\$37. Mem.)



Celtic Women

Thursday, Mar. 18th, '10
(Members: \$74.95)



Just a preview of what we have on our trip schedule for 2010. We expect Celtic Women and River Dance to sell out quickly. If you would like to see these shows, we suggest you get your ticket

River Dance



Sunday, April 11th, '10
(Mem. \$82.)





On The Road Again.....



Happy Holiday's Revue

Thurs. Nov. 19th, 2009

Welcome Cocktail Reception
Deluxe Luncheon Buffet
Christmas Party with Gift
Free Individual Photos
Gift Certificate to the Gift Shop

Dept. Wells Tr. 8:30 am
Coffee Br. Alton 9:30 am
Indian Head Resort
11:30 am- 4 pm
Back in Wells 6:30 pm

Members \$59. Non-Mem. \$64

Featuring
Russ Peters

Indian Head Resort

Seacoast Rep & Rosa's



Sunday, Dec. 13th, 2009

Menu

Assorted Appetizers
Rosa's Garden Salad
Choice of 3 Entrees:
Tortellini Alfredo w/fresh Broccoli
Penne w/Homemade Marinara Sauce
Homemade Meatballs &
Sweet Italian Sausages

Assorted Desserts & non-alcoholic Bev.

Depart 11:15 am
Wells Transp. Ct.

12 Noon
Dinner @ **Rosa's**
Portsmouth, N.H.
2 pm
Charles Dicken's
"A Christmas Carol"
5:30 pm back in
Wells

Members \$68
Non-Mem. \$73



Come Dine With Us.....



Salute To Our Veterans

All Branches of the Armed Services

The Wells/Ogunquit Senior Center presents an afternoon of Fun, Food, and Entertainment. All our members who are Veterans and their spouses are invited as our **guest!** The public is welcome to attend for a \$10. donation per person.



Date: Sunday, November 8th, 2009

Time: 2 pm—approx 5 pm

Place: 300 Post Rd. Wells, ME

We begin @ 2 pm with an introduction then we shall entertain you with a selection of Patriotic Music, Marching and Harmonizing. A delicious dinner will follow at approx 3 pm

Menu:

Salad, Garlic Bread

Lasagna with Meat Sauce & Meatballs

Dessert: Cake & Ice Cream

Beverage

Please join us to celebrate and honor these Veterans who have served our Country



Sign up at the Center or Call 646-7775 to make Reservations All reservations must be made by Noon Thursday 5th, 2009



Atria Luncheon

Menu



Chicken Cordon Bleu
with
Fettuccini Alfredo
Dessert
Apple Crisp
Beverage



Members: \$5.

Non-Members:
\$6.

Monday
Nov. 9th
12 pm
@ the Senior
Center

Urgent Care Hosting Luncheon here at the Center

early in 2010 to introduce us to York Urology Assoc. and to give us some information on services available dealing with Urology Health issues. More info. on this luncheon will be in the newsletter after the 1st of the year. In the meantime, if you wish to meet the Dr.'s Poplowski, Stahl & Berlew, they will be hosting an informal educational lecture Nov. 10th 5:30 – 7:00pm 2nd Floor of the Wells ERgent Care Building. Seating is limited so please call 641-8015 to reserve space.

Light refreshments will be served.

Senior Needs Committee of Wells & Ogunquit



NONPROFIT
ORG.
U.S. POSTAGE
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WELLS, ME.
PERMIT No.15

Available at

Wells/Ogunquit Senior Center
Provided by York Hospital

Date: Tues., November 3rd,
2009

Time: 12 pm-3:00 pm

Note: (No toenail care on this Tuesday).

Flu Shots & Pneumonia Shots

There will not be a sign up sheet. You can walk in, It will be open to the public. Please bring your Insurance Information with you. **Cost: Flu Shot \$10**

Pneumonia Shot (undecided; approx. \$20-\$40)

At this time we have no information on the H1N1 Vaccine availability. The seniors will be the last people to receive this vaccine due to the opinion that we have the most immunity to the virus. However we do expect to receive some vaccine in Nov. or Dec. The Senior Center still needs volunteers to help with the paper work on the Flu Shot days. Call 646-7775 if you can help.

(Alert !! Please Call the office to confirm that we have vaccine for this Flu Shot schedule day.)



Have you picked your lucky number? As you can see our thermometer is not all the way to the top yet. We have passed the halfway mark and have all the prize money collected so from now on every ticket goes into the Center's coffers. Please consider a \$50. ticket for a gift or just an investment in your Center. Of course you'll also have a good chance of winning \$\$\$ (lots of them!) The odds are great, better than 10 to 1. So how about it?? Do you want to be a **BIG WINNER?**

Great odds



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