Marathon Media
Building Local Businesses
Strengthening Communities

Diane and her team at Marathon Media would like to wish Merry Christmas and Happy New Year to all our readers, advertisers and information supporters.

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COMMUNITY BONFIRE NIGHT AND FIREWORKS DISPLAY

Its Free!
Plus Fairground & stalls
Saturday 7th November 2009
at the Rainworth Miners Welfare Sports ground, Kirklington Road, Rainworth
Bonfire Lit 6:30 pm
Firework Display 7:00pm

“We would like to sincerely thank all of the individuals and organisations that have contributed to make this event happen for another year”

Tel: 01623 792495 for details

Jerry Green Dog Rescue

ShoeBox Appeal 2009
Take a Shoe Box and Fill it with Doggy Goodies such as toys or treats
Deliver as a present to the Centre on Warsop Lane a week before Xmas
See all the Dogs online at: www.jerrygreendogs.org.uk
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VOUCHER PAGE 4*
Hello again! Yes we are now in Autumn with the leaves falling around us and although it has been beautifully sunny, we have recognised a slight chill in the air. What an edition we have for you! Jam packed thank you to all the advertisers and information suppliers so looks like we will be increasing up to 20 pages for the New Year newsletter.

The November/December edition offers a unique theme with several sections related to ‘Stress’, both related to prevention and coping, with various elements such as: financial, mental and health issues touched upon. The theme is also timely as the holiday season can add pressure for all sections within the business sector on pages 11, 12 & 13, and financially, see our ‘Mansfield 103.2 Debt Doctor’, Lee Dunnill, on page 15. Lots of fun Christmas events too throughout and adverts and articles to get you through the cold, dark winter months.

Thank you for your patience and please keep sending and reading those articles in.

Diane Editor

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REGULAR LOCAL CHURCHES ARTICLE

I jokingly said to someone this week that I was considering moving the Christmas festivities to June 25th because it would be less frantic at that time of year. But the sad truth is that if we did that and I was only joking it would probably become just as busy and as stressful. Is this what we need really at all about, stress, worry, buying presents and the reality is, cooking the turkey, bailing the minced pies?

In many churches we celebrate the season of Advent for a month before Christmas as it is a time to pause and reconsider the priorities. It is a time to look again at the wonderful Good News of God’s love shown to us in Jesus. It is a time for awe and wonder.

Perhaps you could make your own Advent by setting aside five minutes in your day each day to meditate upon the scriptures sung at church Christmas over 2000 years ago. And if all that Jesus hadn’t been born to an ordinary family we would celebrate Christmas today! So let’s not throw the baby out with the wrapping paper.

Article C/O Hazel Robinson Priest in charge of Raining and Rainfall

Dates for Church Services

12th Dec 4.00pm Christingle St Simon’s & St Jude’s Church
13th Dec 4.00pm Teo of Memories St Mary’s Church
19th Dec 5.00pm Living Nativity & Carol St Mary’s Church
20th Dec 6.00pm Carol Service St Simon’s & St Jude’s Church
24th Dec 4.00pm Christingle Service St Mary’s Church
25th Dec 5.00pm Carol Service St Simon’s & St Jude’s Church
25th Dec 11.30pm Holy Communion Services at St Simon’s & St Jude’s Church
31st Dec 9.00pm Carol Service Holly Communion St Simon’s & St Jude’s Church
5th Jan 10.30am Holy Communion St Simon’s & St Jude’s Church
31st Jan 11-12pm Christmas Carol service of the church

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Bildworth and Rainfall Women’s Institute

As the October meeting members enjoyed a very interesting talk entitled: “The Best Kept Secret of the World War”. This was the history of the Edingale Old Wells and their vital role in the production of fuel, together with the U.S. D35 experts, in developing the ‘hodding donkeys’ to keep the tanks and planes moving.

At the next meeting there will be a talk entitled “City of Bees”, a very topical subject in view of the worrying disease presently being endured by bee keepers. The meeting will be held at Bildworth Methodist Church, Plain Street, on Thursday 5th November at 7pm. We welcome new members and please call: 01623 795473

Bildworth & District Art Club

For experienced and any budding artists, the above club would like to remind you that they meet at Bildworth Methodist Church each Tuesday from 7pm – 9pm. This is a group of enthusiasts who use the medium of their choice to paint in the company of others and exchange ideas and help. Interested visitors are always welcome.
C/O Jean Richards.

RAINFALLOW BLIDSWORTH & DISTRICT Branch of the Royal British Legion, Meet at POTTERS on first Thursday of the month at 8pm. All are welcome to meetings.

Our Remembrance Sunday Ceremony will be at St Simon and St Jude’s Church in Rainfall on Sunday 8th November this year. Weather permitting there will be a parade at 10.30am when the Rainfall Royal British Legion will march from Kirkington Road to the church for the service to commence at 10.45am.

Sandra Overton, Branch Secretary

WOULD YOU LIKE TO ADOPT A SOLDIER?

Volunteers are needed for a scheme to write once a month (or more frequently) to a designated soldier serving in Afghanistan. Service personnel in 1st Battalion Duke of Lancaster’s Regiment are preparing for a deployment to Afghanistan early next year and their Padre is hoping to get in touch with every one of the 670 soldiers in the battalion. “Some soldiers don’t have families to support them and it’s a huge morale boost for someone in a war zone to receive mail,” the padre says. All postage for letters (and small items) free. If you would like to adopt a soldier, contact the Branch Secretary of the Rainfall and District branch of the Royal British Legion at Potters on: 01623 797576.
C/O Sandra Overton @ Potters

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*One Voucher per person only

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Looking good & feeling great

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• Insomnia
• Tinnitus

Call today On: 01623 556234 or
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So what should you eat and drink?

• Opt for a soothing tea like camomile – relaxing or green tea.
• Do not eat too much starch. Foods such as white bread, rice and pasta can all help to reduce stress but you can feel tired and even depressed. Try small regular meals with some fibre and protein instead.
• Eat lean protein, especially turkey. It contains tryptophan, which the brain needs to make serotonin, the brain’s happy hormone. However, this needs to work with carbohydrate to carry tryptophan across the blood-brain barrier, so put it in a sandwich.
• Make the sandwich using whole wheat bread. Whole grains contain B vitamins which help the body release energy from food and are used up by stress.
• Fish has a high omega-3 content, which helps to boost brain function. It can also improve blood sugar levels and stabilise mood.
• Dark chocolate – a favourite of mine, famously high in antioxidants but also contains a stimulant: caffeine.

Choose a kid’s fun size milk chocolate bar and eat a cube of cheese first to slow the sugar rush.

Are you concerned about coping with winter weather?

Age Concern and Help the Aged

Provide a number of direct support services to older people. From advocacy in care homes and hospitals to support at home, to Day Care and Luncheon Clubs, they are here to help you or someone you know.

Offering a variety of services including:

• Advice and Information related to grants and benefits
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• Visiting and services & Carers Support & Support at home
• Emergency alarm systems – Grants available
• Coffee mornings & activities & Signposting to other services

Worried about coping with winter weather?

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10% off Tanning Course
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Get 10% of Services
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See Front Page Advert

December 3

Are You Stressed?

Stress has a number of causes, manifesting itself in all sorts of ways. We all need a certain amount of stress in our lives to be able to survive, to be able to do our job, and to cope with emergencies.

People who are suffering from excessive stress often deny that they are suffering from or cannot handle stress, viewing it as a sort of weakness to even admit to having excessive stress in their lives. Stress affects men and women from all walks of life, young and old, rich and poor, no matter what your job, or even if you have no job.

Some of the signs of stress on the body include shallow breathing, quickening heart rate, raised blood pressure, nervous activation, muscular tension and excessive perspiration. These are designed to give the body energy to cope with danger, or perceived danger.

Stress is a normal part of our life and we need coping strategies to deal with stressful situations. Stress is harmful if people do not learn how to control it.

There are many ways to do this for example breathing exercises, taking time out for you, regular exercise, and nutritional meals and not resorting to detrimental practices such as smoking or consuming too much alcohol, not exercising, missing meals, eating junk food, leaving no time for on/weekends etc. All of these things may seem obvious to you but do we do them? Remember, you are not the only one suffering, nor is it a sign of weakness to seek professional help.

Protracted and excessive stress can lead to depression, both depression and stress can affect the Immune System, resulting in a variety of physical and psychological illnesses, such as irritable bowel syndrome (IBS), fibromyalgia, skin problems or even risk of heart attack.

The Clen Turner Hypnotherapy Practice teaches coping skills using a variety of treatments, including Hypnotherapy, Emotional Freedom Technique (EFT) Neuro Linguistic Programming (NLP) and Cognitive Behavioural Hypnotherapy (CBT).

If you are suffering from any stress related issues give us a call in complete confidence on 01623 556234 or at the Rovergate clinic on: 01623 408224.

Are you interested in finding out more? Article C/O Clen & Margaret Turner

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HELP WITH PAYMENTS FOR CHILDCARE

Did you know that you can claim childcare costs if you are using any registered or approved childcare for your children whilst at work? This comes through the working tax credit or child tax credit system and a detailed information brochure can be found on our newsletter blog: www.rainworthposters.wordpress.com

Rules and Regulations: You can claim if you are a lone parent aged 16 or over and work at least 16 hours per week or you are in a couple, both aged over 16 and either:
• You work over 16 hours per week and/or
• One partner must work over 16 hours and the other may be incapacitated. This covers a variety of areas including in hospital, disabled, in prison or claiming certain benefits (check the detailed brochure on the blog)

Employer’s Child Care Vouchers—Some businesses offer childcare vouchers and even registered and approved childcare providers are happy to accept these. Always check with your working tax credit and childcare if you receive these as it can affect your claim. Also some employers offer childcare costs as part of their salary, known as ‘salary sacrifice’ in return for a reduced wage and you must declare this to the tax credit system or you could end up paying it back.

How Much Can I Receive? The childcare element can help with up to 80% of your eligible childcare costs up to a maximum of:
• £175 per week if you pay childcare for one child and £300 if you pay for childcare for two children or more.

If you want more information contact the tax credit helpline on: 0845 300 3900
Info: C/O Mr & Mrs D Fryer at The Old Fire Station Day Nursery

Movie Magic on Your Doorstep!
Did you know that Rainworth Library now stocks a full range of adult and children’s feature films on DVD? From classics such as ‘Teas of the D’Urbervilles’ to recent titles such as Mary and Max, the Rotary has a small but excellent range of films which can be borrowed for just £1.60 per week. Children’s films and popular TV series can also be loaned for only 50p per week giving parents some valuable personal time or offering a fun night in for the whole family.

With a library card, customers also have access to the full range of Nottinghamshire Libraries’ DVD stock which can be ordered for only 25p to be delivered to the library of your choice. If you find it hard to access the village library you can join online at www.nottinghamshirereg.uklibrarians. Receive a card in the post and then order DVDs online to be delivered to your local library. Once you have a Rotary card you also have access to the full range of Nottinghamshire Libraries books, music CDs and audio books, plus free internet access in the library.

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Wednesday 2-6pm
Friday 9am – 12.30 pm and 2-6pm
Saturday 9am – 12 pm

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Casino Night Monday 28th December 7pm
New Years Eve Disco from 7pm until Jan’ 2010

ALL SPORTS SHOWN LIVE ON OUR BIG SCREEN & PLASMA

FREE SPORTS SHOW!

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NEW BLIDWORTH AFTER SCHOOL & HOLIDAY CLUB FROM AGE 4–11 YEARS
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• Competitive Prices, Caring Staff & Creative Activities
THE HOLIDAY CLUB
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Snacks included in the price!
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WE MEAN BETTER BUSINESS

A NEW DIRECTION AND APPROACH TO BETTER BUSINESS IN BLIDWORTH

Take a look at our business section. We have put it together to offer information related to grants, advice, local support and of course business to business services. If you believe you have a service to benefit the local businesses we would love to hear from you. Dianne Carter, Editor

Christmas is coming and many of my clients and business colleagues are turning to me for advice on what to give their customers or ‘potential/former client’ as gifts. Talking about stress in business, budgets are tighter than ever, so it is vital to think about how you can say thank you respectfully, but ensure that your gift also benefits your own business. Calendars, Diaries and Christmas cards are all part of the expected ‘package’ and certainly put your business name in front of the clients and visitors to the Company. However, this may just be for a short term so think about long term usage to ensure that ‘rip-off’ marketing reminder system is set up in place.

Office goods may sound dull but they are useful and businesses appreciate gifts such as mouse mats, calendars, notepads, pens, memory sticks and calculators. Cheap and cheerful but saving the Company money whilst driving brand awareness. We know that many businesses are bodies come from all levels of the Company and it could be the receptionist with her nicely branded mug enjoying her morning coffee that passes on your name to the ‘Visitor’ - and maybe your next client?

Statistics of a poll related to marketing gifts were recently published in ‘The Marketer’ the Chartered Institute of Marketing magazine. Of the 429 business people polled, 72% could name a piece of promotional merchandise on their desk without looking, whilst 52% had bought from a company that had given them a promotional freebie! Evidence enough?

Gifts can be fun, but people would often rather receive something they would use anyway. A nice leather briefcase or lap top bag is a nice medium level of saying thank you - again with your company name enhancing it. Maybe a little expensive but consider how many business meetings these items could be taken to and sit ‘inviting’ your Company to EFO: 100! Hundreds of businesses could use your name and contact details every year.

Gifts are coming into discussion and office parties are very popular, but they can be costly and again, think of the objective and the person receiving it. Plus does it tie in with your business ethic? Your competition are always ready to jump on you if you can see any sign of hypocrisy here.

Whatever items you choose, send them out in plenty of time as your competition will be doing the same. Your want to be the one the Director used.

Want to receive more helpful marketing tips? Please visit the Marketing Marathon Co website and subscribe to the blog on the Marketing on the Mark website.

Dianne Carter, Editor of Marathon Media & Marketing
Director of Marathon Marketing Co Ltd

NNNJ

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WHAT’S ON IN AND AROUND RAINWORTH

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NO ROOM HIRE CHARGES in 2009/2010

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The famous Potters Sunday Carvery Only £5.50 (Senior Citizens £4.50)
Deserts available but not normally required

POTTERS CHRISTMAS DIARY
Friday 11th at a CABARET NIGHT $ Course Meal with live entertainment £18.50 BOOK EARY
Wednesday 16th in Christmas Bingo. Eyeie Down at 3pm ALL WELCOME
Thursday 17th in Special Christmas 3 Course Lunch, Two Sitings
Sunday 20th in our Christmas Carvery—ONLY £4.75. BOOK EARY
Sunday 20th in our Kids Christmas Party with Santa. 4—7pm ALL ADULTS MUST BE WITH A CHILD!
Thursday 24th Christmas Eve Party with the Pedals & Friends. TICKETS ONLY
Sunday 27th Christmas Snooker Handicap 8pm with cash prizes. TICKETS ONLY
Sunday 31st New Year’s Eve Party & Buffet. TICKETS ONLY

POTTERS JUBILEE YEAR CELEBRATIONS START IN JANUARY 2010
Special Events to Celebrate 10 Years Details in the January Edition of the Rainworth Reporter

LOCAL POLICE UPDATE:
1. There has been 4 burglaries locally and these have mainly taken place overnight and via conservatory/kitchen doors. Also car thefts attempts but luckily disturbed. Be aware and lock up carefully.
2. The Blidworth Police surgery last meeting was on the 23rd October. Please visit the Focus blog for regular information www.blidworthfocus.wordpress.com
3. The next Safer Neighbourhood Group, SNG, will be held at the Rainworth Leisure Centre at 5.30 pm on Wednesday 2nd December 2009. All Welcome and the meeting usually lasts an hour
4. Volunteers are requested for assistance with a gardening project at the Police Station and for a volunteer to co-ordinate the gardening projects which will be on ongoing concerns. Once we have volunteers set up through the vetting process with Nottinghamshire Police, we shall be writing to Mr. Matthew, python Hill, Lake View and Blidworth Oaks family of schools to be involved in a design and work on areas that they can have as a plot to do what they see fit! We shall be looking for gardeners to guide young people in the right direction and a volunteer to assist in seeking funding etc. An exciting project which should hopefully get going in the New Year.

Article CIO PC 505 Annette Johnson, Beat Manager for Blidworth & Rainworth area. Based at Blidworth Police Station and can be contacted on 0300 300 99 00/747 155 417
Annette.johnson@nottinghamshire.pnn.police.uk

THE BARDS POETRY GROUP

Denis Richardson, Bards member of Blidworth group was overtaken by the Romantic muse recently - he married Barbara at Balderton.

Some of the Bards will have performed their poems during National Poetry week by the time this little article is printed. We hope that some will have come to listen! Especially if others are inspired to join us!

A loyal attendant, local man Arthur Radford, youth poet out in abundance these days and will have written his own reading in the library on the Friday of that week.

PRIZE-WINNERS of Bards of Blidworth & Beyond Poetry Competition will be announced at the meeting of the Bards on 19th December at Blidworth Library. All are welcome on 1st Saturday of each month, to attend meetings for refreshments, discussion and a cuppa.

The Bard’s website is changing to http://www.geocities.com/centralnotts/Keld/bards.html

Good wishes to all.

Christine Michael Call: 01623 79 4068 for more information

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AUTUMN IS HERE

Autumn is here, the leaves are falling and the squirrel is gathering his nuts — which reminds me that parliament is back and most of the MP’s have got a nice surprise bill for over claimed expenses — one up for the ordinary people. But a word of caution in that our Gordon, unlike the squirrel, is set to sell off some more of our assets at presumably rock bottom prices if the sale of the gold reserves at a quarter or their current value is anything to go by — bye, bye.

Let’s hear some good news — no Gay Pankie is not back — we appear to be tottering out of the recession and we should see a small amount of growth by next March reaching up to what will be the new level of economic activity for the foreseeable future.

I, myself, have seen some increase in the activity of many, our building clients and this, hopefully, will be the catalyst for an expansion of activity in other areas. A major problem, at the moment is stress, caused by the uncertainty of the future, which translates into a worry over money matters. In order to reduce the levels of stress seek help before it is too late. Most organisations provide a counselling service as well as Citizens Advice — don’t wait for the bailiwick.

In the case of businesses, review your situation and ensure that future plans are viable: thin form of review is starting to be made available at no cost, but ensure that you discuss these reviews with either an accountant or if you are a member of a networking group with members who have probably got a lot of experience and expertise between them. Try not to go it alone — remember the buck stops with you!

If you are in business or thinking of starting in business take positive action and do not understate the value of using a relevant professional for whatever activity you are unable to supply yourself, because of time or expense. The cost of employing your own, (office book keeper, wages clerk, etc), can be prohibitive but for an amount each month, which could be from as little as £50 you could have the benefit of your own resident expert who is qualified to undertake these services for you, leaving you to do what you do best.

NEVER ASSUME AND MAKE SURE YOU ARE STANDING WELL BACK WHEN THE TOUCHCHUTE IS LIT — HAVE A SAFE BONFIRE NIGHT AND AN EARLY MERRY CHRISTMAS...LIFE IS ALWAYS BETTER THAN YOU THINK!

Keith Knight, Knights Accountants and Treasurer of the local No Nonsense Just Networking business breakfast group.

WE MEAN BETTER BUSINESS

“No Nonsense Just……Networking” Business Group

The Larcher Public House, Westwood Drive, Rainworth, Mansfield

Next Meetings Tuesday 3rd November and Tuesday 1st December

£5.00 for attendance — includes light breakfast, coffee/tea and fruit juice

Do You Feel Isolated In Business? Do You Want to get New Business?
Do You Want to Gain Information about Business Grants?
Do You Want to meet other Businesses? Share Your Problems and Get Fresh Ideas?
Are You Considering Starting a New Business and Want Support and Advice?
Whatever Your Business—why not come along to the local, friendly........

NNJN Business Breakfast Group

Regular attendance from Eastern link representatives.

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To book your space call Diane Carter; Chair on: 01623 484295 or email: diane@marathon-marketing.co.uk
Plus check out our online information service for more details www.nononsensejustnetworking.wordpress.com

WE CAN DIRECT YOU TO—BUSINESS LINK—Offers support no matter what stage your business is at. Regular grant availability & information related to beneficial events and networking www.businesslinkeastmidlands.co.uk

Nottinghamshire Business Venture: For business advice and support. www.nbv.co.uk

Yare Design

Search engine optimisation is a service that Yare Design offers where you pay a small fee, and we find the best key words which your company should be advertising for and we incorporate those in to your website in such a way that it ranks highly on Google for the people you want to be finding it. Sound simple? If you find the right key words that people are searching for and your competitors are not advertising under, it can be simple to get a good start and a boost in the Google rankings. However if you want that all important page ONE ranking and to double or even triple your sales then it’s important to speak with an expert. Yare Design is based in Edwinstowe, Nottinghamshire and specialises in search engine optimisation and other areas including web design and web hosting.

Contact: Daniel Lacey
Tel: 01623 827863
Email: enquiries@yaredesign.co.uk

Article C/O Daniel Lacey, Member of NNJN I work with a lot of people in the website industry and they often say to me “I have this brilliant website, but why is it not generating any sales?” In reply I ask them if they have optimised their website for search engines, knowing that I may either get a blank look on their face or simply an answer of no! Search engine optimisation is a service that Yare Design offers where you pay a small fee, and we find the best key words which your company should be advertising for and we incorporate those in to your website in such a way that it ranks highly on Google for the people you want to be finding it. Sound simple? If you find the right key words that people are searching for and your competitors are not advertising under, it can be simple to get a good start and a boost in the Google rankings. However if you want that all important page ONE ranking and to double or even triple your sales then it’s important to speak with an expert. Yare Design is based in Edwinstowe, Nottinghamshire and specialises in search engine optimisation and other areas including web design and web hosting.

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RAINWORTH MINERS WELFARE FC

FIXTURES

November & December 2009 All 3pm Kickoff

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For future fixtures go to our website at www.rainworthreporter.wordpress.com

Emergency Contacts:
Police/Ambulance/Fire Services 999

PC 595 Annette Johnson
Beat Manager for Ridgeworth & Rainworth
Safar Neighbourhood Team
Bilnworth Police Station
01623 429999 ext 3370 / 07747 155417
Rainworth Police Surgery, Rainworth Village Hall, Thursday 29th October, 11am-12pm
Rainworth Health Centre, Warsop Lane: 01623 794293
Dentist 01623 798611
Rainworth Library, Warsop Lane: 01623 791038

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Thanks Diane Editor

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For more detail on: www.rainworthreporter.wordpress.com
Also www.bildworthfocus.wordpress.com

Thank you Diane Carter Editor.
Marathon Media

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