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for more product information & how to purchase



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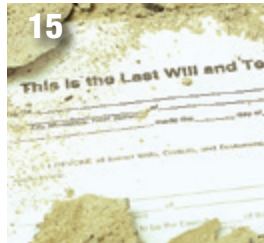
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87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Volunteer Links

For full descriptions go to the website

<http://calgaryarea.com/index.php?p=volunteer>

Alberta Cancer Foundations Events Office

Suite 120, 707 7th Ave SW
Calgary, AB
T2P3 H6
403.775.4676

Alberta Health Services

Calgary, AB
403.943.4702

Calgary Immigrant Educational Society (C.I.E.S.)

Calgary, AB
403.29102

Calgary Opera

1315 7 Street SW
Calgary, AB
T2R 1A5
403.262.7286

Calgary Public Library

616 Macleod Trail SE
Calgary, AB
T2G 2M2
403.260.2600

Calgary Reads

105, 105 12 Ave SE
Calgary, AB
T2G 1A1
403.777.8254

Canadian Mental Health Association Calgary

400, 105 12 Ave SE
Calgary, AB
T2G 1A1
403.297.1700

Canadian Progress Club

Calgary, AB
myraskerrett@shaw.ca
<http://www.progressclub.ca/>
calgary-city-centre

Cerebral Palsy Association In Alberta

12001 44 Street SE
Calgary, AB
T2Z 4G9
403.543.1161

CNIB Alberta and Northwest Territories

15 Colonel Baker Place NE
Calgary, AB
T2E 4Z3
403.261.7225

CNS volunteer opportunities.

City of Calgary

800 Macleod Trail SE
Calgary, AB
T2P 2M5
403.476.7224

CUPS. Health Education Housing

1001 10 Ave SW
Calgary, AB
T2R 1M4
403.221.8780

Habitat For Humanity

210, 805 Manning Road NE
Calgary, AB
T2E 7M8
403.253.9331

Immigrant Services Calgary

1200, 910 7th Avenue SW
Calgary, AB
T2P 3N8
403.261.1120

Mary's Meals

PO Box 76144, Millrise RPO
Calgary, AB
T2Y 2Z0
1.855.702.0330

Meals on Wheels

5759 80 Avenue SE
Calgary, AB
T2C 4S6
403.243.2834



The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.

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ELECTED OFFICIALS



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Web: www.calgary.ca/ward2



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Calgary, Alberta T3G 5H6
Tel: 403-282-7980 Fax: 403-282-3587
Email: pat.kelly@parl.gc.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women’s Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children’s Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary		511
Weather Information		511
Gamblers Anonymous	403-237-0654	

Royal Oak / Rocky Ridge



Name	Age	Contact	Course
Abi	14	587-834-1581	Yes
Alicia	14	403-470-2243	Yes
Aliza	18	403-926-7851	No
Allysa	15	403-614-1937	Yes
Amber	15	587-349-4855	Yes
Caitlin	13	403-827-9228	Yes
Cecile	49	402-827-2782	No
Cheryl	13	587-350-8716	Yes
Chloe	14	403-471-5899	Yes
Deeti	24	780-200-8083	No
Eman	45	403-305-1204	No
Erica	13	587-349-2484	Yes
Farnaz	14	403-714-2075	Yes
Gabriella	17	403-208-1698	Yes
Hayden	12	587-435-3773	Yes
Joanna	15	403-208-6191	Yes
Julia	31	587-577-0825	No
Kalyn	15	403-473-7907	No
Maya	16	403-266-1735	Yes
Nana	16	403-918-4652	Yes
Opey	22	403-975-2600	Yes
Piper	14	587-893-5299	No
Teagan	15	403-400-3438	No

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura

Owner of Buds and Blooms

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*Actual customer experience.



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WICHEWAKN DISTRICT

What does being a Girl Guide allow me to do?

This is the question that we posed to the 200th Guide Unit at our first camp the weekend of September 22-24. This group of girls has a wide range of guiding experience; we have girls who started 6 years ago as little year 4-year-old Sparks, right up to girls who are brand new to Girl Guides and only have two weekly meetings under their belts. Their honest, heartfelt, unedited answers are given below, and we're sure after reading them, you'll agree that there isn't a lot of opportunities for girls to be involved in an organization that can provide all of these things, in such a nice cohesive package.

So, what does being a Girl Guide allow me to do? It gives me an opportunity to make new friends and meet new people, to see nature and animals, to go on adventures, to have a peaceful moment with my friends, to make crafts, to sleep in tents or bunk beds, to volunteer, to explore new places, to learn to cook, and clean and be independent, to learn life skills, to learn new songs and games. It is an opportunity to be silly, and earn badges, to get out in the fresh air, to eat tasty snacks that I made myself. I learn to respect the world, and be creative, and follow the rules. I learn how to be safe and the importance of volunteering to help those in need. But mostly, it is an opportunity to have fun, because let's face it, we wouldn't want to come if we weren't having fun!

The girls also added that it's an opportunity to sell Girl Guide Cookies, which is the major fundraising tool that allows all these fantastic things to happen. Proceeds from the sale of Girl Guide cookies supports Guiding activities both in our community and across the country. The girls gain self-confidence, increased responsibility, and important life skills regarding courtesy, customer service and money management. That's why we all want to take this opportunity to thank you for supporting us by purchasing our tasty, delicious, marvelous, amazing, wonderful Girl Guide cookies! Your purchases make all this fun happen and helps transform these independent, smart, caring girls into young women that are ready

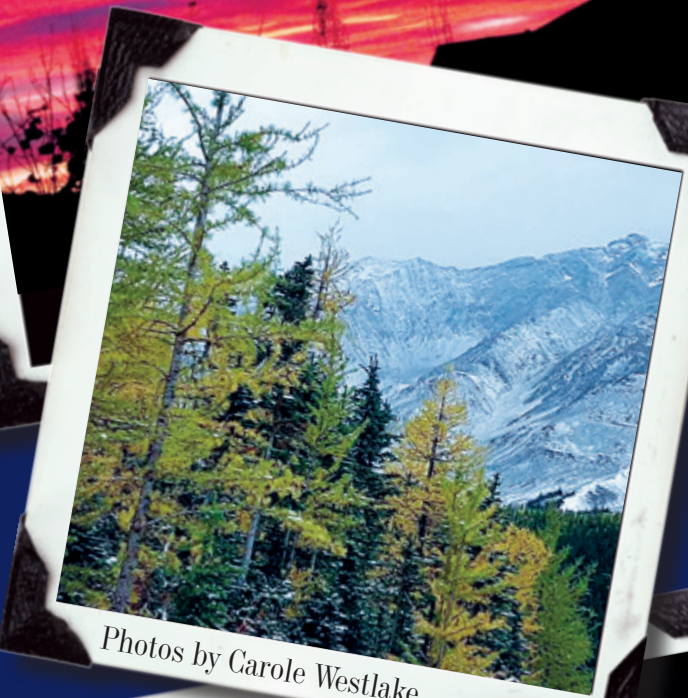


to take on the world! THANK YOU from the 200th Girl Guide Unit and all the other Girls Guides in Wichewakn District, Calgary, Canada, and beyond!

If you have questions about Girl Guides, wish to volunteer, or want to register your daughter feel free to email Aurora at wichewakn@hotmail.com for more info.



Photos by Char Kraus



Photos by Carole Westlake

PHOTO GALL



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nick

ERY




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Photos by Susan Larway

Celebrating 150 Years of Canadian Wildlife!




Yukon



Who Am I?

I howl in the wilderness, under the moon,
In search of the rest of my pack,
My thick grizzled fur is shadowy gray
With patches of white and black.

I've large pointed ears, a long pointed nose,
A tail that looks bushy and snuggly.
In the cool morning fog I may look like a dog,
But this canine is not at all cuddly!

Coyote Gray Wolf Red Fox

Turn page upside-down for answer!

© Rosemary Gall, 2017

Compliments of the Friends of the Bowmont Natural Environment Park Area



Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at calgarylibrary.ca/tumblebooklibrary.

\$1M grant transforms early learning at the Library

The Calgary Foundation Early Learning Centre at Saddle-towne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit calgarylibrary.ca, click programs, and search Math Quest.



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FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk.

403-263-3044

Ask Charles

I just listed my home, and my real estate agent told me we had to hire someone to professionally measure my home. The measurement was done, and now my agent sent me the bill. What should I do?

The first thing you need to do is check your Seller Representation Agreement (listing agreement). That agreement outlines your responsibilities and the responsibilities of your real estate professional, including who is responsible for costs that may arise during the listing. If the agreement you signed states the seller is responsible for additional costs, or it states the seller is responsible for paying third-party services, such as measurement companies or photographers, you're going to have to pay that bill.

More and more residential real estate professionals are hiring professional measurement companies to measure their listings, but it's not a requirement. There is a requirement to measure residential properties before listing them, but real estate professionals are allowed to do the measuring themselves.

If, for whatever reason, your real estate professional doesn't want to do the measurement themselves, that's fine. There are services out there that will do property measuring according to the required standards, but those professional measurement services come with a cost. Some real estate professionals may pass the cost on to their seller clients and set that out in the listing agreement, while others will see it as a business ex-

pense, for which they will eventually be compensated through the commissions they earn on the sale.

If your agreement doesn't specifically indicate you, as the seller, will have to pay for or otherwise reimburse your real estate professional for third-party services, your real estate professional cannot require you to pay for such a service.

If your real estate professional continues to request payment or otherwise attempt to force you to pay, please discuss it with their broker.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).



THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpet and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-36255478111?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

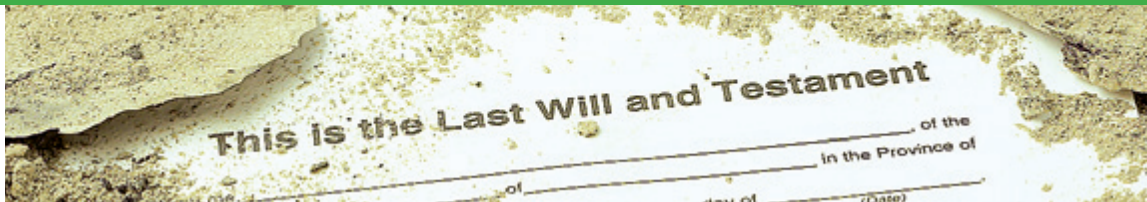
A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.

DECEMBER DECEMBER DECEMBER



Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O'Hagan, PFP, FMA, CIWM

September was Life Insurance Awareness Month in the U.S. When you consider the benefits you and your family may receive from life insurance, you might agree that Canada should also have a month focused on this important part of your overall financial picture.

According to the 2012 Insurance Barometer Study, published by the non-profit LIFE Foundation and LIMRA, a research and consulting organization that specializes globally in insurance and financial services, too many North Americans are uninsured or under-insured. In fact, nearly a third of all consumers think they need more life insurance. And it appears that one of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost for basic term life insurance has fallen by about 50 percent over the past 10 years, according to the LIFE Foundation.

The cost — financial, emotional and psychological — of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You'll hear about many things that are designed to “last a lifetime,” but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance:

When you're married

Many married couples assume they won't need life insurance until they have children. But if you or your spouse died, would the surviving spouse's income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans, or student loans?

When you're married...with young kids

Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to find the money to educate your children — and that's a big challenge, given the rapidly escalating expenses associated with post-secondary education. But with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for school — while you're still alive. (Keep in mind, though, that using some of your cash value could lower your policy's death benefit.)

When your children are grown

Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

When you're retired

Your need for life insurance doesn't retire when you do. For one thing, you may be able to access the cash value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit.) And your policy's death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you'd like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time-consuming process of probate.

Life insurance can offer a lifetime of benefits. So, make sure you get the coverage you need.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

CERTIFIED MASTER ELECTRICIAN: Terry Raabis, RME/CME, CQT - Big Sky Ventures. Call: 587-228-9371, or e-mail: braabis@shaw.ca. Home reno's re-wiring, troubleshooting, tune-ups, hot tub installs, fire alarms, smoke and CO2 detectors, breaker panel upgrades and much more! Fully licensed and insured, senior's discount, customer satisfaction guaranteed. 24 hour emergency service

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

DEBORAH'S TOUCH: Cleaning services residential and commercial. Licensed, insured, bonded, and supplies provided. Call or text Deborah at 403-801-7236, deborahstouch@gmail.com.

CALLING PROFESSIONAL PORTRAIT PHOTOGRAPHERS: Feature your professional family portraits for free in this newsletter. Email RO@great-news.ca for more information.

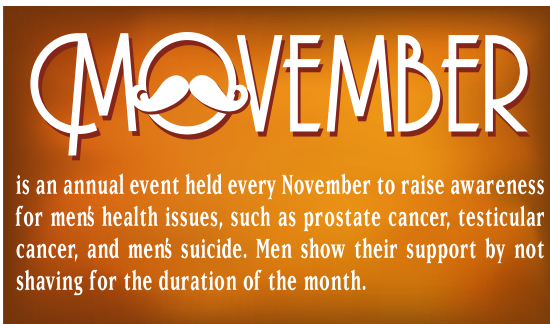
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FREE 30-MIN MASSAGE, OR 50% DISCOUNT ON A 60-MIN MASSAGE: Valid for new clients until Jan 31, 2018. Usual: \$98. New clients: \$49. I'm a registered massage therapist with 9 years' experience in deep-tissue and relaxation treatments. Receipts are accepted by all insurance companies. Call, whatsapp, or text me 403-397-6776. Website: www.raintreemassage.com.

ARE YOU OVERWHELMED BY YOUR STUFF? Whether you're moving into a new home or need to organize your current space, there's too much stuff to get through. You don't have the time or energy to sort through it all. I will help you bring order and peace back into your home, for good. Call Heather 403-703-0605. www.wildroseorganizing.com.

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is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.



**Councillor, Ward 1
Ward Sutherland**

P.O. Box 2100, Station M Calgary, AB
Canada T2P 2M5

☎ 403-268-2430 • Fax: 403-268-8091

✉ ward01@calgary.ca 🌐 www.calgary.ca/ward1

Ward 1 Updates

Curious about the status of developments and projects in your community? There are a total of 27 developments and projects in Ward 1, all of which have been updated on my City website at: <http://www.calgary.ca/citycouncil/ward-1>.

1. Bowfort Road/TransCanada Highway Interchange
2. Bowness Park
3. Bowness Complete Streets Corridor Project
4. Bowmont Park/Dale Hodges Park
5. Calgary West/Shape Properties
6. Christine Meikle School
7. West Crestmont Phase (Phase 4)
8. Eric Harvie School
9. Franco Sud School
10. Greenwich (4200 95 ST NW)
11. Groves of Varsity
12. Haskayne ASP (formerly Bears paw South)
13. Market Mall
14. Montgomery TCH Beautification
15. North Cross Town Rapid Transit (BRT)
16. Rock Lake Estates Phase 4
17. Rocky Ridge Recreation Facility
18. Shouldice Athletic Park Renovations
19. Silver Springs Outdoor Pool
20. South Shaganappi Study
21. Stadium Shopping Centre Area Redevelopment Plan
22. Stoney Trail/Ring Road
23. Tesoro/Homes by Avi
24. Trinity Hills - Medicine Hill
25. Tuscany Fire Hall
26. University District (West Campus)
27. Varsity - Attainable Homes

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Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!


Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme –“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.” (Matthew 7:7)

This year, we will focus on the first part of the theme, “Ask, and it will be given you.” This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God’s abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God’s abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.





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