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Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to UR@great-news.ca



Mount Royal Community Association

2317 10 St. S.W. • Calgary, AB – T2T 3G7
president@mountroyalstation.ca
www.mountroyalstation.ca

Elected Officials



MLA Kathleen Ganley
Calgary-Buffalo
#130, 1177 - 11 Avenue SW
Calgary, AB Canada T2R 1K9
Phone: (403) 244-7737
Fax: (403) 541-9106
Email: calgary.buffalo@assembly.ab.ca



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Ward 8 Office
P.O. Box 2100, Station M
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Web: www.calgary.ca/ward8



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CONTENTS


Real Estate Update	6
Be the King of the (Healthy) Grill	9
My Babysitter List	10
At A Glance	12

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FIND SOLUTION ON PAGE 17

Mount Royal

Real Estate Update


Last 12 Months Mount Royal
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$1,599,000.00	\$1,575,000.00
May 2016	\$1,595,000.00	\$1,515,000.00
April 2016	\$864,450.00	\$832,500.00
March 2016	\$1,497,000.00	\$1,340,000.00
February 2016	\$1,299,900.00	\$1,160,500.00
January 2016	\$1,800,000.00	\$1,708,750.00
December 2015	\$2,499,000.00	\$2,284,000.00
November 2015	\$2,197,500.00	\$1,900,000.00
October 2015	\$2,100,000.00	\$1,825,000.00
September 2015	\$0.00	\$0.00
August 2015	\$3,250,000.00	\$2,975,000.00
July 2015	\$0.00	\$0.00

Last 12 Months Mount Royal
MLS Real Estate Number of Listings Update



	No. New Properties	No. Properties Sold
June 2016	8	3
May 2016	3	3
April 2016	2	2
March 2016	4	1
February 2016	3	1
January 2016	4	2
December 2015	2	2
November 2015	3	4
October 2015	3	3
September 2015	5	0
August 2015	6	1
February 2015	4	0

To view the specific SOLD Listings that comprise the above
MLS averages please visit mount_royal.great-news.ca



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MOUNT ROYAL | AUGUST 2016 7

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



RBC Wealth Management
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DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
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Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
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IN & AROUND CALGARY



Going on a Holiday? A message from the Federation of Calgary Communities

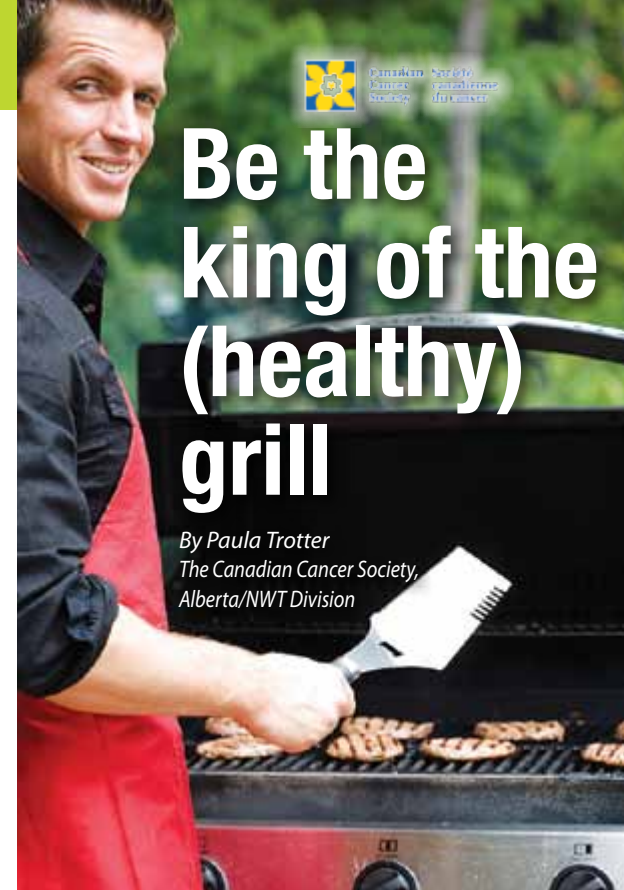
Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com, under the Building Safe Communities tab.



By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division

Canadians love to grill.

And rightfully so – there's nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high temperatures may increase your risk of developing certain cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I'm not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

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IN & AROUND
CALGARY



The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

- 1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
- 2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
- 3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
- 4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
- 5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

How will Calgary's main streets evolve in the future?

The City's Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

To see what The City learned about your main street neighbourhood through this work, visit calgary.ca/mainstreets.

Upcoming opportunities to get involved" There will be more opportunities to share your input about the future of Calgary's main streets in the fall.

Visit calgary.ca/mainstreets to become a subscriber and receive email updates about event dates and online input opportunities.

 **Mount Royal**
mybabysitterlist

Name	Age	Contact	Course
Avery	14	403-891-8149	Yes
Peyton	14	403-607-6025	Yes
Luka	16	403-688-0964	No
Connie	17	403-862-2081	No
Nathalie	20	403-681-8432	Yes
Nicole	24	587-437-4539	Yes
Marisa	25	289-922-8544	Yes

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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.

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SEPTEMBER 3 CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



SEPTEMBER 16 TO 18 CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



SEPTEMBER 21 TO 25 HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

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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.

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Trivia

Ann Franklin

1762 - 1st woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.



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Growing the Middle Class in Canada

In 2015 our government was elected to enact a variety of reforms to support the middle class and those seeking to join it. We committed to cutting taxes for the middle class, a newer, fairer, and tax-free Canada Child Benefit (CCB) and a reformed Canadian Pension Plan that will do more so secure retirement for Canadians.

Budget 2016 cut taxes for the middle class and eliminated tax breaks for the wealthy. Combined with the new tax cut for the middle class and a new tax bracket for those earning more than \$200,000 a year, Budget 2016 will give Canada's middle class the help it needs to grow and prosper.

As of last month Canadians from coast-to-coast-to-coast will benefit from the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of regular Albertan families, and give Calgaryans more money to save, invest, and grow the economy. Nine out of ten families will see more money and this will bring an estimated 300,000 children out of poverty.

The CCB is tax-free: meaning that Canadian families will not have to pay back anything on their taxes like previous child tax benefits. Families will not need to apply – it will be automatically recalculated based on their previous year's tax return (2015).

Back in June, our government reached an historic agreement to make meaningful changes to the Canada Pension Plan that will allow Canadians to retire with more money in their pockets. The deal will boost how much each Canadian will get from their pension – from one quarter of their earnings currently, to a full one third. To make sure these changes are affordable we have chosen to phase them in slowly over seven years – starting in 2019 – so that the impact is manageable and gradual.

We also moved forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65, putting an estimated \$13,000 more into the pockets of our lowest income seniors each year. To keep OAS and GIS at pace with the rising costs faced by seniors each year, we introduced a Seniors Price index.

Additionally, we increased the Guaranteed Income Supplement for single, low income seniors by 10%; giving one million of our most vulnerable seniors almost \$1,000 more each year.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun filled summer!



MLA CALGARY-ELBOW GREG CLARK

Leader - Alberta Party
(403) 252-0346
calgary.elbow@assembly.ab.ca
Twitter: @GregClark4AB

As I travel around Calgary-Elbow I am impressed with the variety of recreational opportunities that exist within our boundaries. I grew up in this community, yet I continue to find new places to explore and share with my children, and I hope you can too.

I was saddened to see a score of D- for overall physical activity in the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. The report also gives Canadian children an F in Sedentary Behaviours. The full report can be found at: www.ParticipACTION.com/reportcard.

The report paints a troubling picture of how our children are spending their time and the effect this is having on their sleep and ability to perform well in other areas of their lives.

- **Only 9% of Canadian kids** aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.
- **Only 24%** of 5 to 17 year-olds meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.
- **Every hour kids spend** in sedentary activities delays their bedtime by 3 minutes. And the average 5 to 17 year-old Canadian spends 8.5 hours being sedentary each day.
- **15% of children** aged 3 to 4 meet the guideline of less than 1 hour of screen time per day; only 24% of those aged 5 to 17 meet the guideline of no more than 2 hours of screen time per day.
- **High school students in Canada** spend an average of 8.2 hours in screen-based sedentary behavior.

But it's not all bad news! The report gives community and environment an A- rating and reports that "less than 20% of parents report that crime, safety or poorly maintained sidewalks are an issue in their neighbourhood". So, let's turn off the screens, get outside and play! Here is a small sample of places and activities in Calgary-Elbow:

- **South Calgary Pool:** located at 3130 16 Street S.W. (403-245-0379)

- **Talisman Centre:** located at 2225 Macleod Trail South (403-233-8393) www.talismancentre.com
- **Stanley Park:** 4011 1A St. S.W.
- **Stanley Park Lawn Bowling:** 350 42 Avenue S.W. (403-532-8006) www.calgarybowls.com
- **Lakeview Golf Course:** 5840 19 St S.W. (403-300-1003)
- **Mount Royal University Recreation:** 4825 Mount Royal Gate S.W. (403-440-6517) <http://www.mtroyal.ca/CampusServices/Recreation/Public>
- Or go for a stroll on one of the many river pathways!

If at all possible, I strongly encourage you to start the school year off by walking or biking to school with your children. Getting into a routine while the weather is nice and make it a habit that continues all year!

While you are out and about in the constituency, please feel free to pop by my office, located above the Sunterra in Britannia.

I hope you're enjoying a safe and active summer!



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I hope everybody has been enjoying this fantastic summer! It's been a pleasure to connect with the communities in Calgary-Buffalo at barbecues, yard sales, outdoor concerts and markets while enjoying this great weather. Now that the dust has settled on another successful Calgary Stampede, I know a lot of people are looking to escape the hustle-and-bustle of the inner-city and appreciate the beauty of Alberta's foothills and mountains. The tranquility of Alberta's Rocky Mountains is one of our provinces greatest assets, and I hope that many of you are able to experience some time away over in the coming months to appreciate Alberta's awesome natural beauty.

The Government of Alberta has taken steps to make travelling and touring Alberta easier, a useful starting point is the Official Alberta Travel Planner found online at www.travelalberta.com/ca/plan-your-trip/vacation-guides/. You can also speak to a travel specialist by calling 1-800-ALBERTA (2523782). Whether it's a day-hike, taking in a delicious meal in Banff, or driving north to camp in the lush Boreal forest, there are exhilarating outdoor opportunities available for people from all walks of life. If you and your family or friends plan to go camping this summer, the Government of Alberta processes provincial park campsite reservations online at: <http://reserve.albertaparks.ca>. Travel Alberta works to make your planning experience as stress-free as possible so that you can relax and enjoy your summer time off!

The Ministry of Culture and Tourism supports the development and sustainability of Alberta's cultural industries, tourism, the arts, recreation and sport, heritage and non-profit/voluntary sector. In 2013 Alberta received 34.3 million tourism visits, with the tourism industry sustaining more than 127,000 jobs in our province. The Calgary and area region accounts for the highest share of overall area of visitor spending at 30% of an \$8.2 billion industry. The tourism industry accounts for about 3% of Alberta's Gross Domestic Product, with about 19,000 tourism-related businesses in the province.

Alberta Culture and Tourism offers an easy-to-use Experience Alberta's History pass that gives you unlimited admission to a network of provincial historic sites and museums for a full year. With this pass you can take in 125 years of wedding fashion at the historic Lougheed House at 707 13th Avenue in Beltline, excavate dinosaur fossils at the Royal Tyrrell Museum of Palaeontology in Drumheller, and explore the Brooks Aqueduct. Passes and more information is available by calling 310-0000.



COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Making Calgary a Flood Resilient City

The 2013 flood caused significant social and economic disruption and unprecedented damages in Calgary, but especially in many of the neighbourhoods of Ward 8. However, The City is committed to making Calgary a safe, flood resilient community. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones, but I'm happy with the work we've done and the work we're committed to in the future.

We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.

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	
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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4	2	3	1	5	6	7	8	9
5	8	9	2	4	7	1	3	6
2	5	7	6	8	9	3	1	4
9	1	4	3	7	5	6	2	8
3	6	8	4	1	2	5	9	7
8	9	2	7	6	1	4	5	3
7	3	5	8	2	4	9	6	1
1	4	6	5	9	3	8	7	2

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