



BAY OF PORT CARTIER: S. KOHNER



PHOTOS TAKEN BY AMY DAY

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Positive Mental Health Day - March 13

On Monday, March 13th, the NSCA held a Positive Mental Health Day event for youth of QEHS and Northern Lights Education Center at the Centre Socio in Sept-Îles. We were pleased to have Shannon Day, a local motivational public speaker who was born and raised on the Gaspé Coast, share her life story to bring attention to the importance of mental health and the building of resilience and perseverance.

The morning event also offered the opportunity for the youth to learn more about local community services and resources. Approximately 90 participated in this event. Many thanks to the following partners who held a kiosk with great resources to share:

- Aire Ouverte de Sept-Îles
- CISSS de la Côte Nord
- Hommes Sept-Îles
- CALACS Sept-Îles
- Association des troubles anxieux de la Côte Nord

NSCA would like to acknowledge the financial support received from Gaspé Literacy Council, and the CHSSN, for this event, and hats off to our coordinator, Alicia, and CLC CDA - Lisa Lavallee, for their support in organizing the memorable event for our youth

A Word from the Chair

Greetings to you all,

What a relief to have the pandemic behind us. Some after-effects remain, but the NSCA is diligently working to help everyone cope with activities for early childhood all the way through to seniors.

Early Childhood clients enjoy Story Time in Port Cartier and Sept-Îles, along with Toddler Time. The 'Family Ties' e-bulletin keeps parents informed on early childhood initiatives while the popular and informative 'Parent Volet' bags are still something the children and parents look forward to. Upcoming topics are: spring themed activities, risky play and building confidence in children to make safe but risky choices, Pride month in June and sleep and school routines. Our themed 'Traveling Literacy' bags are also still being promoted.



In collaboration with our community partner, 'Hommes Sept-Îles', fathers and children enjoy outdoor activities and workshops on how to appropriately 'rough play'. An exciting annual family camp-out weekend (June 9 and 10) is presently in the planning stages.

The NSCA is focusing more and more on youth mental health. Through this initiative there are workshops for youth and the general public held to raise awareness. There will be more activities to come.

Sharing of experience through intergenerational activities is on-going in Baie Comeau and Sept-Îles. Both groups benefit from seniors and youth coming together for cookie making, latch hooking and storytelling workshops. BCHS students get a hands-on account of the exciting and original history of the Baie Comeau Community Association. Seniors stay fit with Tai Chi in Baie Comeau and a walking group and yoga sessions in Sept-Îles.

Do not forget if you do need medical guidance in a health care setting, to look for staff wearing a yellow, 'ALLO', badge. This regional initiative identifies staff who can speak English and provide you with information in the English language.

This newsletter is distributed to approximately 280 people on a quarterly basis to keep us informed and connected. As you can see by our new logo, we have gone through an in-depth rebranding process and will soon be launching our new website. Enjoy!

Wishing you enriching encounters at our multiple functions,

Mary Ellen

Minister Eric Girard - Funding

NSCA is pleased to announce a financial contribution from Mr. Eric Girard, Minister responsible for relations with English-speaking Quebecers. The amount of \$1k from the minister's discretionary funds was received after a request was put forward by the Association for support in their outreach activities that are planned through their senior program and early childhood program.

The amount will be allocated towards upcoming senior events and a community cohesion activity with seniors from the Sept-Îles and Baie-Comeau communities; both events are scheduled to take place during the month of June 2023. In addition, some of the funds will help with the costs of a family outdoor activity with parents and children in the English-speaking community of Sept-Îles during the month of June.

Warmest thanks to the Minister on behalf of our communities.

**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

Québec



**North Shore
Community
Association**

Upcoming NSCA Events

Continue to check the NSCA's Facebook page for upcoming events

Mark your calendars for the upcoming **online sessions**:

April 19th, 2023- "If you love them, leave them lists- Advance Care Planning" (CHEP session) •

May 17th, 2023- "Downsize, Rightsize & Lightsize- Decluttering your home" (CHEP session) •

June 21st, 2023 - "Men's Health- Taking the fear out of prostate screening and follow-up" (CHEP session)

Contact our offices for more information or to register to these sessions

Intergenerational Activity: BCHS Latch Hook Mats



Our Baie Comeau 50+ community members have been busy helping out the wee ones at BCHS pre-K and K classes to make a latch hook mat. Big and little fingers devoted many hours to getting their project completed. I even heard that homework was assigned to the community members! Thanks everyone for making this project a realization. As a thank you, the little ones sang, "Skidamarinky Dink".



BCHS & BCCA Story Telling

Passing on history and engaging students at BCHS in learning about the past Recreation Centre building, its murals, and the BCCA who operated it, was enjoyed by all on March 30 as some of our senior community members presented a bit of history on Baie Comeau. The story commences on September 18, 1937 when the Baie-Comeau Community Association (BCAA) was incorporated as a company with the mandate to organize, promote and manage the social and sports activities of its members.

But this isn't all; now, the stories begin as our community members, Walter, Mary Ellen, and Don, weave their storytelling magic with the Baie Comeau High School students. A big *Thank You* to Richard Gaudet, CLC Development Agent at BCHS, in coordinating and hosting the event, complete with popcorn and beverages.

Sept-Îles Senior Wellness Program



St. Patrick's Day Celebration dinner social on March 17, had 36 community members kicking up their heels while enjoying Irish music, food, and drink. Much laughter and fun was had by all and they look forward to the next annual event.



On February 22nd, the Sept-Îles 50+ Club and Projects Coordinator, Alicia, showed their support for the anti-bullying movement by wearing pink!



20 ladies and 2 staff enjoyed an afternoon of Carnival fun on March 1st in the NSCA Sept-Îles office!



Always with thoughts of giving back to the community, the Stitch N' Yarn group have created hand-made knitted items which are donated to the mothers in the maternity ward at the Sept-Îles Hospital to welcome their new wee ones.



On February 1st, some of the 50+ club ladies were treated to an afternoon of manicures as a Valentine's Day celebration.

March 17 revealed the lucky winner of the rug and afghan the ladies from the Stitch N' Yarn group knitted and made. All funds raised will be put towards events for the 50+ community members in Sept-Îles. Who says St. Patrick's Day doesn't bring luck! Congratulations to **Anne Bobbitt from Kegaska** on winning the draw for the afghan and **Alban Maurice from Sept-Îles** winning the mat. I'm sure they will get many years of use from these beautiful items



March 8, the community members gathered to celebrate International Women's Day by inviting Nurse S. Gravel to animate a blood pressure clinic, which was followed by a wonderful luncheon full of fabulous food items brought in from home. Twenty-two people participated in this annual event.

Pictograms Being Installed at Sept-Îles Hospital

CISSS Testing Universal Pilot Project – Hospital Pictograms

The CISSS is testing a universal display project.

(MEP) The North Shore CISSS is participating in a provincial pilot project to add pictograms to the internal signage of the Sept-Îles Hospital, in order to facilitate orientation of users in the facility. The facility was selected from among all others in Quebec, because of the linguistic and cultural diversity of the territory. CISSS de la Côte-Nord Spokesperson, Pascal Paradis, explains that this will allow to verify the parameters feasibility of such a project on a larger scale, on the North Shore, or elsewhere in Quebec. To validate the choice of pictograms, the CISSS surveyed various organizations working with users who need to use the pictograms namely: Autisme Côte-Nord, representatives of Aboriginal communities, users, partners, Coasters of the Lower North Shore, North Shore Community Association (NSCA), members of the regional committee for the English-language access program committee, organizations for illiterate persons, clinical directorates of the CISSS de la Côte-Nord. There will be written signage accompanied by a pictogram, therefore, a picture, representing the service. For example, the blood/urine collection department, we could see a picture of a vial of blood or a urine collection container. At this time, the display is not yet in place.

Le **Nord-Côtier**

(Source: Le Nord Cotier, March 29, 2023 Edition)

**You do not have a
family physician?**

**You have a
health problem?**

If your situation is not
urgent, contact the
primary care access
point (GAP).

We can help you!

**1 844 962-4263,
option 2**

For more details about this
service, scan this QR code.



Centre intégré
de santé
et de services sociaux
de la Côte-Nord
Québec

Baie-Comeau Senior Wellness Program



On March 7, International Women's Day was recognized in a special way in Baie Comeau. Our male community members served up a wonderful luncheon, complete with dessert and coffee to the women who attended. What a nice treat to be celebrated in this way! Thank you to all who served the meal, picked up and did dishes and cleaned up. You read right, the ladies didn't even have to do the dishes!

We also had the pleasure of having 4 guests from Nova Scotia attend the event and they were also treated to this special luncheon and were very impressed with the great service, variety of food and general sense of camaraderie amongst our members.



Baie Comeau community members got together on March 17 to celebrate St. Patrick's Day with an evening of music, dinner and games. Irish stew, with Irish soda bread, and many other dishes were enjoyed by the 24 participants who attended this lively event. Thank you to all those who contributed main dishes, salads and desserts.



Local artist, Gilles Beaulieu, animated an art class to some of our 50+ members.



Baie Comeau community members got together on March 17 to celebrate St. Patrick's Day with an evening of music, dinner and games.



Some members enjoying a CHEP session!



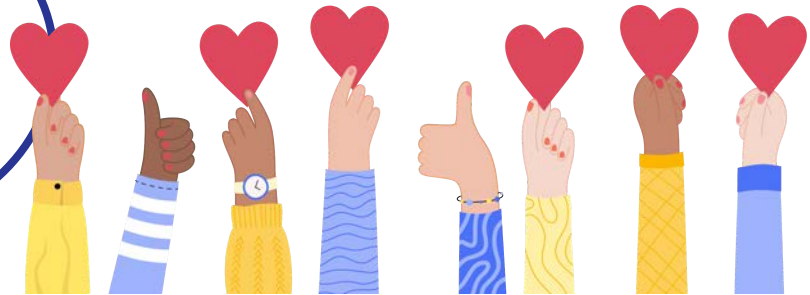
Deep breath, inhale, exhale and relax...our 50+ Wellness members continue to participate in Tai Chi lessons which improves strength, flexibility, aerobic conditioning and balance. It's been proven to enhance cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis.

Volunteering Weaves Us Together!

Volunteer week April 16th to 22nd, 2023

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in".

~Unknown



As we celebrate our volunteers during this week, the NSCA would like to thank our many volunteers in the communities of Baie Comeau, Port Cartier and Sept-Îles, who continually provide their time, expertise, talent and energy to strengthen the fabric of our communities. To celebrate our many volunteers, we will be holding an appreciation dinner, along with distributing Certificates of Appreciation.

Volunteerism in our communities include time being spent at the Port Cartier Library reading stories at Story Time; helping out at intergenerational events at the Baie Comeau High School, Riverview and Flemming schools and assisting at annual events such as the Annual Christmas Tea in Sept-Îles and senior wellness cohesive events. As the saying goes, "many hands make light the work", and thank you to our volunteers for making these events possible. We appreciate and care about you all!

Check out our podcast to listen to some of our volunteer's comments on volunteerism.

https://youtu.be/npwcUelj_m8



"Volunteers don't always have the time, but they have the heart". ~Elizabeth Andrew

VOLUNTEERS

RIESS

Regional **Individual** Employment Services & Support

Côte-Nord

Connecting the English-speaking community to regional opportunities

solitude breakup heartbreak violence abandonment financial difficulties mourning exhaustion stress grief conflict housing depression sexual assault

NEED HELP?

Do not wait... Call 8-1-1, option 2

- You are experiencing a difficult situation and you want support
- You want to learn more about the resources that may help you
- You want to ask for psychosocial services

This telephone service is available 24/7, confidential, free of charge, and provided by professionals

Centre intégré de santé et de services sociaux de la Côte-Nord Québec

suicide.ca
help • educate • prevent

24/7

Confide in a counsellor by text message
1 855 957 5353

An initiative of **AQPS** Association québécoise de prévention du suicide

ARE YOU TRAVELLING TO QUEBEC CITY FOR HEALTH SERVICES?

LOOKING FOR SUPPORT WHILE YOU ARE THERE?
A patient navigator can accompany you while you are in Quebec city

navigator@qchfoundation.org
418-932-0095
www.travel4health.ca

TRAVELLING FOR HEALTH? TOOLKIT

North Shore

USEFUL INFORMATION FOR PEOPLE WHO HAVE TO TRAVEL **OUT-OF-REGION** TO ACCESS HEALTH SERVICES

Follow us on Instagram!

That's right! The NSCA is now on Instagram.

Give us a follow to stay up to date on the latest podcasts, available bursaries, upcoming community events, and more!

@nscaqc



Story Time!



Story Time

Venez apprendre avec Amber sur Yom HaShoah, une journée qui commémore la vie des victimes juives de l'Holocauste pendant la 2^e Guerre mondiale. Nous apprendrons sur des traditions juives avec des jeux et des latkes.

Join Amber to learn about Yom HaShoah, which commemorates the lives of Jewish victims of the Holocaust during World War II. We'll be learning about Jewish traditions with games and latkes.

Samedi 15 avril à 10 h
Saturday, April 15th
at 10:00 am

Bibliothèque Le Manuscrit Public Library
21, rue des Cèdres, Port-Cartier
Contactez la bibliothèque
pour réserver votre place
418 766-3366
Contact the library to reserve your place

Story Time in Port Cartier in April we will honour and remember those loved ones who survived the Holocaust and were lost in this tragic event. A museum-like presentation will be set up, images shown (age appropriate), and many discussions on the significance of why we need to remember. We will be crafting and playing with toys used by the children during the Holocaust and are still used traditionally by Jewish families.

Story Time in Sept-Îles in April, we focus on Mother Earth. We will discuss the importance of reducing waste, power, and keeping our minds open to all the wildlife starting to emerge for the warmer months. We will do our part in the community to help by picking up some waste around our library and learning why and where the trash goes into specific bins. Lots of sensory exploring for our younger, and even the older children, in the theme of Earth Day!

Story Time EARTH DAY

Joignez Amber pour des histoires, et des bricolages pour célébrer le jour de la terre. Si la température le permet, nous allons dehors pour aider un peu la Terre!

Join Amber to celebrate Earth Day with stories and crafts! Weather permitting, we'll go outside and help Earth a little!

SAMEDI 22 AVRIL
À 10 H
SATURDAY, APRIL
22 AT 10:00 AM

Bibliothèque Louis-Ange-Santerre Public Library
500, Av Jolliet, Sept-Îles
Contactez la bibliothèque au:
Contact the library at:
418-964-3355
pour réserver votre place
to reserve your spot.

In May, in both Port Cartier and Sept-Îles, Story Time, we will be teaching parents and children about caring. Amber and Alicia, from the NSCA office, will provide examples for parents to learn about bonding with their children and expressing healthy emotions and support for each age range. Parents and children will have an activity to reflect back and forth with each other on what they are grateful for and love about one another. Fun, lighthearted crafts and games will also be enjoyed taking a breather from an emotional setting and continue allowing parents to bond and help their children.

The month of June will find us exploring the Full Moon, decorating a moon catcher stick, and talking about the lunar phases! Children will learn to explore outside, past regular hours, to take in the nightly beauty.

We will also enjoy a summer beach theme, play games, enjoy a snack, music, and everything related 'under the sun'. **Toddler Time** events coming up in May will focus on Mother's Day with a tea time, relaxation and making beautiful crafts, followed by celebrating mixed families and Pride-related learning, in June, to honour and celebrate the beautiful diversity in families and communities to assist in erasing the stigma.

Sign Up

If you would like more information on early childhood initiatives at the NSCA, please contact: **Annie Lafreniere**, Programs and Communications Coordinator, Baie Comeau, 418-296-1545 ext. 4 or by email at: a.lafreniere@quebecnorthshore.org; or, **Amber Dalby**, Community Coordinator, Sept-Îles, 418-968-3148 or by email at: a.dalby@quebecnorthshore.org

Hommes Sept-Îles & NSCA collaboration!

CAMPING PÈRE-ENFANT / FATHER-CHILD CAMPING TRIP

Organisé par Hommes Sept-Îles et L'Association communautaire de la Côte-Nord

Organised by the North Shore Community Association and Hommes Sept-Îles

MATÉRIEL DE CAMPING FOURNI AU BESOIN, ACTIVITÉS ANIMÉES PRÉVUES ET LES REPAS SONT INCLUS! SEULEMENT 20\$ POUR S'INSCRIRE.

CAMPING MATERIAL AVAILABLE IF NEEDED, ANIMATED ACTIVITIES PLANNED AND ALL MEALS INCLUDED! ONLY 20\$ TO REGISTER.

Quand - When ? 9-10-11
juin - June 2023
Où - Where ? Camp
Scout André Beupré

S'inscrire/Sign up!

We are excited to announce that we are currently in the planning stages with Hommes Sept-Îles to have an annual family camp-out weekend the weekend of June 9 & 10, 2023. This year we will be spending 3 days camping at the Scout camp just outside the town of Sept-Îles. Games, challenges, singing, exploring, fishing and so much more will be enjoyed on the trip. Of course, the option to 'rough-it' in tents is encouraged and will be supplied. All food will be made by Amber and Melissa and prepared for the families. We look forward to dads teaching their children the crafts of outdoors and moms to take a fun break and socialize. Stay tuned to the NSCA Facebook page for upcoming details. It's sure to be full of adventure and surprises. You can contact Amber at the NSCA office at 418-968-3148 for further information as well.

The NSCA and Hommes Sept-Îles collaborated to bring children and parents together to enjoy an outdoor activity. They put seeds into a birdhouse they painted and then hung them along the trail as they enjoyed a walk through the woods. Trucks, shovels and an obstacle course of tools finished off the event. Lots was learned and laughter was always present. Thanks everyone for helping put this event together!

NSCA has again paired up with Homme Sept-Îles to host a 'rough play' event on Saturday, April 29, 2023. We will be meeting at the Sept-Îles library to do battle! We will make forts, fight with nerf guns and pillows to try and be the last fort standing. We highly encourage the fathers to come and spend time learning to 'rough play' but gently with your children of all ages. Moms and single parents are also welcome, and encouraged, to bring out your inner competitive nature.



Did you know? Early childhood edition!

Did you know we publish an e-Bulletin every 2 months on topics relevant to early childhood?

The next 'Family Ties' e-bulletin will hit the social media platform soon and will contain a lot of information on early childhood education. Check it out!

The NSCA also wishes to hear your comments as we are looking into expanding the scope of the e-bulletin and we wish parents of the North Shore to get a say in what will happen going forward.

It's a quick, 3 minute survey you can find here:

<https://www.surveymonkey.com/r/RQ69H9R>



Did you know that in Sept-Îles and Port Cartier, we have wonderful pre-made literacy bags? Our 'Traveling Literacy' bags make a wonderful tool to take on an outing, car ride, rainy weather, or even just because!

Our themed, animal backpacks have two age groups, 0-2 years of age and 3-5 years of age. We cover healthy habits such as brushing teeth, nutrition awareness, and sleep cycles. Fire safety, bonding, and social type skills are also areas we cover.

These bags are loaned out for a two week period and we ask you return just the book inside with the Ziplock baggies. The baggies are clearly labeled to know what goodies and information you can keep versus what we ask to be returned so the next family can enjoy it too!

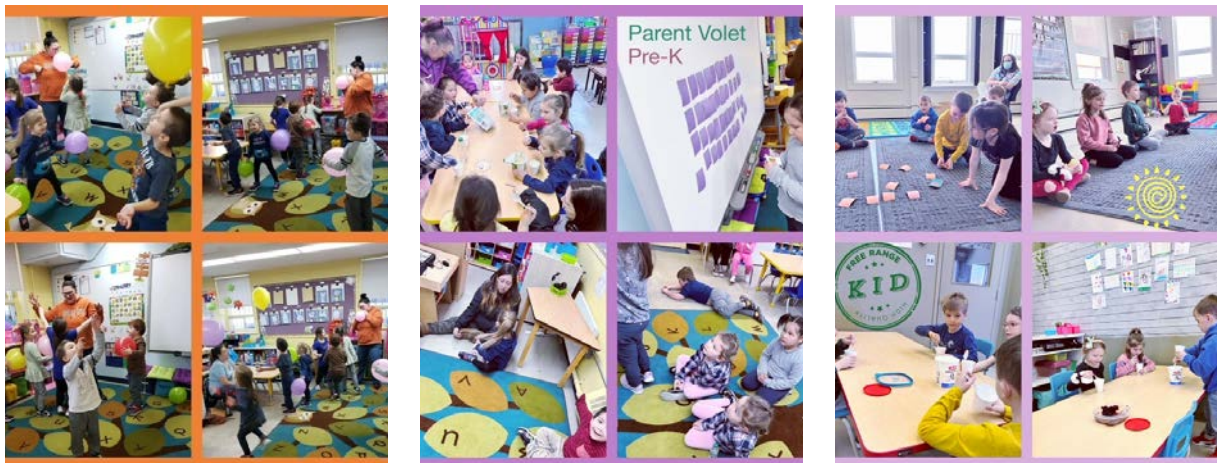


Parent Voilet!

Check out what's in the bag! A simple sprout house, using sponges and water, will be our fun science experiment in April. This type of activity allows children to use their motor skills, learn the concept of cause and effect, patience, and exploration. We will also learn about the water cycle and finish exploring fine motor skills with Chinese origami while making tulips. Join us, as you will not want to miss out on the fun!

Risky play and building confidence in our children to make safe but risky choices will be our theme for May. Encouraging parents to let go about being stressed on safe, but challenging play. Teaching children how to make safe choices but still push themselves to learn and try new play during school.

June is Pride month and our bag will have information on routines for school and sleep. We will show safety tips and things needed for the upcoming summer vacation with the kids! We will discuss pride with a wonderful book that discusses how families all look a little different which will be followed with a fun craft.



Canadian Mental Health Week

From May 1st to 7th, the NSCA will be recognizing the Canadian Mental Health Week. The NSCA continues to offer workshops with various partners; be sure to keep an eye out on our social media for these workshops and other mental health related content!

Want to make a suggestion? Stop by the NSCA Sept-Îles office and put your comments into our suggestion box!



Murder Mystery Party in Sept-Îles Young Adults 18-49



Murder mystery! Yes, the NSCA hosted a murder mystery on March 24, 2023 with 10 participants. This evening was full of inquiring, yet discreet, questions being sleuthed to discover the possible murderer. We enjoyed fun games, delicious food and a night of laughter!

If you'd like to enjoy these types of events and more, please contact Alicia at the Sept-Îles NSCA office at 418-968-3148 or by email at: a.buffitt@quebecnorthshore.org.

Mental Health Activities at QEHS & Flemming



In February, our Projects Coordinator, Alicia, spent some time in our local schools animating some mental health activities! On January 25th, the QEHS students filled in speech bubbles with positive messages for Bell Let's Talk Day. At Flemming Elementary, Grades 2 (with the help of Community Coordinator, Amber), 3, 4 & 5/6 were given workshops for Children's Mental Health Week on 'Self-Expression and Emotions' as well as a delicious lunch served by parents and members of the 50+ club, and some Yoga sessions with Fandango Yoga Studio!



Press Release

March 28, 2023,

CAQ Budget Commits Additional Funding for Senior Wellness Centres Across Quebec that Support English-speaking Seniors

The CHSSN was very pleased to see a commitment to increase support for Senior Wellness Centres (SWCs) serving the English-speaking population across Quebec in the Provincial CAQ budget announced on Tuesday, March 21st, 2023. SWCs will double their funding in 2025 to \$2 million to expand existing programs and increase the number of sites for the centres. There are currently 75 sites offering health education and health promotion activities across the province supported by 30 organizations. "With this announcement the Minister of Finance and Minister Responsible for Relations with English-speaking Quebecers, Eric Girard, is demonstrating his government's support for vulnerable seniors" says Jennifer Johnson, Executive Director of Community Health and Social Services Network (CHSSN), the organization that manages the program. "I would also like to acknowledge the hard work of the Secretariat for Relations with English-speaking Quebecers to ensure this increase in funding for the community," Johnson confirmed.

SWCs aim to maintain and improve the health and well-being of English-speaking seniors, increase access to knowledge of health and social services, and decrease social isolation through purposeful and informed programming. With a focus on prevention, the SWC activities are community-led, cost effective, adapted to the linguistic and cultural needs and realities of English-speaking seniors, and there is no criteria required to participate.

SWCs are an innovative response by community organizations to address a gap in services for seniors. While each SWC is unique, provincial coordination ensures consistent levels of safety and quality across all activities. Formal and informal collaborations with health and social service professionals at regional and provincial levels support this flexible, adaptable, inclusive and multifaceted approach to improving overall health and wellbeing.

"It is so critical to have the financial support from the Provincial Government for this project," says Ms. Johnson. "It allows communities across the province to help vulnerable English-speaking seniors stay in their homes as long as possible and gives them a support network that is often difficult to build as you age."

Jennifer Johnson
Executive Director, CHSSN

What to do, see and explore...

Looking for something to do? Check out Tourisme Cote-Nord as it is the one place to contact to find out about events, attractions and festivals on the North Shore. Visit their website and stay up-to-date on what is happening in your community:

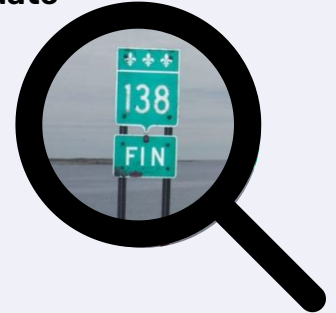
<https://www.tourismecote-nord.com/>

Explore your municipality's websites:

Baie Comeau: <https://www.ville.baie-comeau.qc.ca/>

Sept-Îles: <http://tout.septiles.ca/>

Port Cartier: <https://villeport-cartier.com/tourisme/tourisme-port-cartier/>



If you would like to keep up with what the NSCA is doing, subscribe to our newsletter (which can be received virtually as well!)



The NSCA would like to thank all those who have generously made a contribution to this newsletter. For any comments or suggestions, please contact us, we would love to hear from you. If you wish to make a submission for our next newsletter, please forward it to nsca@quebecnorthshore.org. (All submissions are subject to editing and approval)

NSCA Mission

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.

Mailing:

P.O. Box 6102
Baie-Comeau, QC
G4Z 2G9
418-296-1545

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Baie-Comeau, QC
G4Z 2Z1

Sept-Îles Branch Office: www.quebecnorthshore.org

598, Blvd. Laure,
Locale 106
Sept-Îles, QC
G4R 1X7
418-968-3148

nsca@quebecnorthshore.org
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Vice-Chair: Ms. Edith O'Brien
Secretary: Ms. Marilyn Miller
Treasurer: Mr. Don Goodfellow

Publication mail agreement

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Baie-Comeau, Québec G4Z 2G9

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