

The Benefice of Badwell & Walsham

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07526 271784
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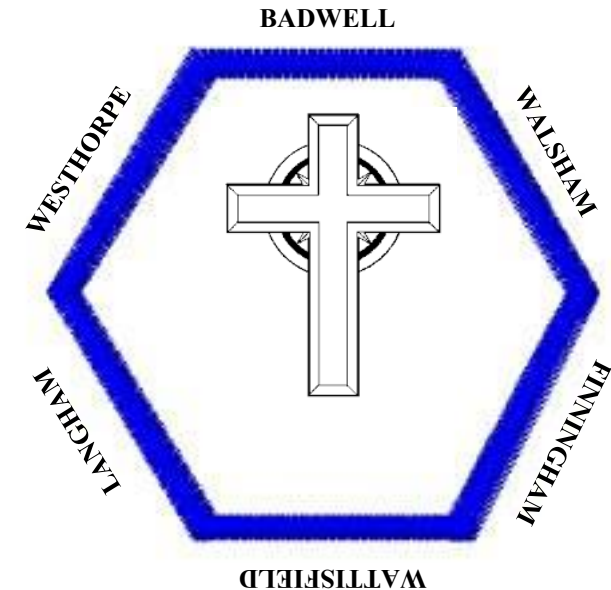
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(robsonpam@btinternet.com)

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Reader Emeritus: Freddie Montgomery

Benefice Elders: Marion Bell 01449 782072
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Tracey Gorzelak 01359 258529

*The Benefice of
Badwell & Walsham*



*Hexagon
February – March 2023*

HEXAGON

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie on 01359 259686 or debbiewatson2916@gmail.com

COPY DEADLINE Last date for items for inclusion in the next issue is Sunday **5th March 2023**

Advertise your fundraising or community event for free.

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FULL PAGE	single issue £30	3 issues £60	6 issues £120
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QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

Contact Judith on 01359 258251 or judith@gharlow.plus.com

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FROM THE RECTORY

A belated Happy New Year to all our readers.

For our Christian churches, the season of Christmas has been left behind, although not forgotten, we are passing through the season of Epiphany and soon will be approaching Lent and preparing for Easter. Being a 'moveable feast' (unlike say Christmas Day), Easter is always somewhere between 27th March and 24th April, this year Easter Sunday falling on the 9th April; please see elsewhere in the Hexagon for service times.

Another commemorative day in the life of the church will shortly be upon us, namely Women's World Day of Prayer, (or more recently known as World Day of Prayer). Always the first Friday in March, our Benefice service will be held in St Mary's Church Walsham le Willows at 2.30pm Friday 3rd March. All are welcome, whether male or female.

Each year a different country is chosen as the focus, and this year the service contents have been written by the Christian Women of Taiwan. A country that has for many years been caught in a superpower struggle. Taiwan has been isolated internationally for decades, with only 13 of the 193 United Nation member states, along with the Vatican City/Holy See, prepared to recognise Taiwan as a sovereign country.

China continues to claim Taiwan as its territory, and it thought that the risk of conflict may be at its highest level for decades. The people of Taiwan are in need of our prayers. The theme for this year's service is 'I Have Heard About Your Faith,' taken from St Paul's letter to the Ephesians, chapter 1 verses 15-19.

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COMMUNITY YOGA FOR HEALTH

Walsham Community Yoga on Thursdays
in the **Priory Room** from 7.15 to 9.15pm.
This will be in adherence to COVID social distancing regulations.

Newcomers always welcome and no experience required

Please contact Julia (British Wheel of Yoga) 07980476140

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The World Day of Prayer has been active in Taiwan since 1955, put together by the Young Women's Christian Association (YWCA). The Constitution in Taiwan protects the basic human right to freedom of religion. Taiwan is regarded as one of the very most religiously diverse countries in the world. The YWCA report that all the denominations coexist peacefully working on their own ministries, with each able to take different positions on various issues.

Due to persecution by the Chinese Communist Party in the 1950s, Christian Churches fled to Taiwan. As a religion Christianity makes up just under 7% of the general population; but has been allowed to contribute significantly to the country's social development, education and medical care.

We thank the Christian women of Taiwan for putting the service contents together, and appropriately themed refreshments will be available after the service.

Philip and Denise

THE PRIORY ROOM WALSHAM LE WILLOWS WARM SPACE

The Priory Room will be open every Wednesday from 10am to 3pm
free Tea, Coffee, Hot Soup and Bread Rolls will be available.
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FROM the REGISTERS

FUNERALS

Carole Maureen Donaghy	30/11/22	Walsham	Burial
Valerie May Hubbard	13/12/22	Finningham	Burial
Terence Charles Smith	20/12/22	Badwell Ash	Burial

LENT BIBLE STUDY

During Lent there will be a Bible Study held in Finningham church on the Mondays of: 13th March, 20th March and 27th March from 2.00pm – 3.00pm.

All warmly welcome.

BENEFICE LENT LUNCHES

It is intended that once again there will be Lent Lunches across the Benefice. Further information will be posted on the church noticeboards and please contact me for any queries. Philip

HEXAGON MAGAZINE

We are very grateful to everyone who helps with the production of the Hexagon. From the people who submit items, those who print over 1600 copies, the collators and everyone who delivers a copy to every house in the benefice. We are always in need of volunteers especially collators on the last Thu of the following months March, May, Jul, Sep, Nov& Jan. Anyone who is able to assist with printing is also very welcome (training will be provided).

Please contact the Editor Debbie Watson 01359 259686



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**If you're struggling for whatever reason please
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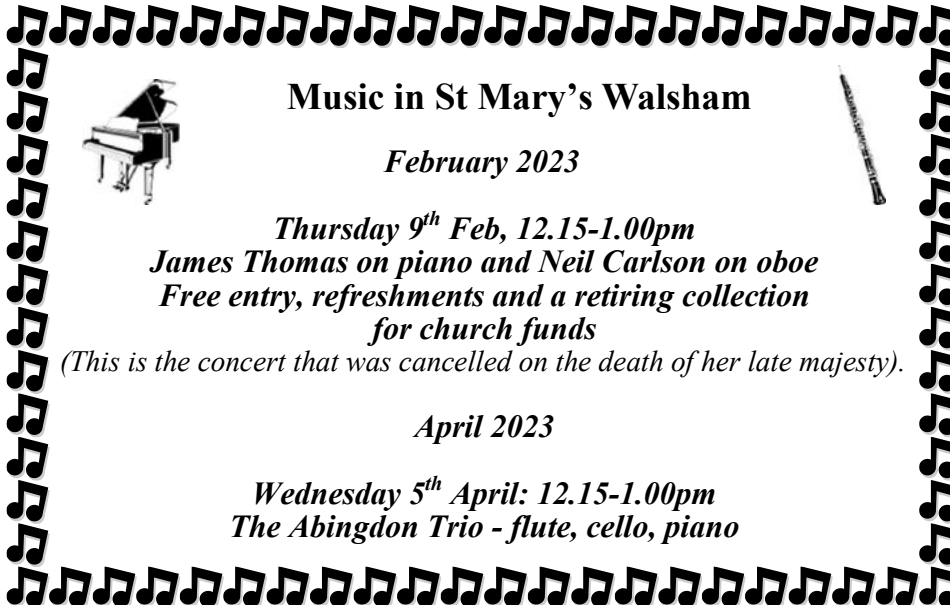
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Music in St Mary's Walsham
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Thursday 9th Feb, 12.15-1.00pm
James Thomas on piano and Neil Carlson on oboe
Free entry, refreshments and a retiring collection
for church funds
(This is the concert that was cancelled on the death of her late majesty).

April 2023

Wednesday 5th April: 12.15-1.00pm
The Abingdon Trio - flute, cello, piano

WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is a COVID Secure venue and is available for hire email ferretjim@msn.com or tel 01359 258646 There are also a variety of activities happening at the hall:

Community Lunch 12.45 pm (second Monday of each month)
Contact : Shirley White tel 01359 258532

Self Defence Class Tuesday 6.30pm
Contact: Andy at info@rbmdynamics.com

Pilates Wednesday 9.15am -10.15am
Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12 noon
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WALSHAM LE WILLOWS COMMUNITY COUNCIL FOOD BANK THANK YOU

As a community, we all know it isn't right that anyone should be left hungry or worrying about how to feed themselves or their family. Your Community Food bank, working with a network of agencies works to provide emergency food and support to those in our community who find themselves in crisis.

A massive THANK YOU to all of you, who have supported your local Food Bank in 2022. We could not give out our food parcels without your donations. Your amazing kindness and generosity for others in your community means that in the last 12 months, in response to referrals from the agencies we work with, we have been able to give out 7,659.65 kg in weight to those needing support.

That is 214 parcels of food, each parcel contains basic long life foods for a week and basic hygiene provisions, to help support 706 individuals including 32 dogs and 34 cats.

Thank you from,
Amanda Ellis, the Food Bank team and your community.



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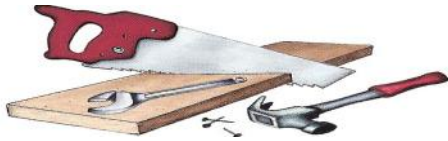


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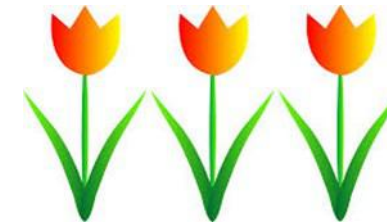
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Standing quietly in the corner was our screen and on it the first showing from our newly acquired high tech projector. Capable of storing all the photos of our activities, we finally have moved on from the magic lantern slides of yesteryear.

After a mammoth raspberry meringue was demolished together with a number of other delights it was entertainment time. Talented members whipped quickly through Charades and Pictionary amid much laughter. A secret vote was taken to choose one resolution from the list of four for debate in Cardiff at the NFWI Annual Meeting in May.

We had begun with our usual Jerusalem and to end we formed a circle for a rousing Auld Lang Syne. Fun and friendship there was a plenty.

Jill Newell

PROGRAMME OF EVENTS

February 8

History of Shepherds Grove—Peter Palmer 7.45pm

March 8

Talk on Fire Safety in the home 7.45pm

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As the weather has turned colder, I've noticed mould and damp in our flat. It's mainly in our bedroom, including some black mould on the carpet. I've been chasing our letting agency, who say they'll speak to our landlord. I'm really worried about how this might affect our health. Our tenancy agreement isn't up for eight months, what can I do?

It's good that you've already raised the issue with your letting agency. Unfortunately, it isn't always easy to work out the cause of mould or damp. This can make it difficult to work out if your landlord is responsible, unless there's an obvious cause, like a leaking roof.

There are many causes of damp that properties can get. The most common are rising, penetrating, construction and condensation damp. On our website there is information that may help you work out what type of damp you have, who is responsible and what you can do. Check your tenancy agreement too for mentions of repairs and damp, and reach out to Citizens Advice on anything you're unsure about.

A landlord will have to act in relation to damp if it makes the property unsafe for someone to live in. This could be for example, if it is making the tenant or a member of their family ill. The landlord will also be responsible if the damp is related to repairs they should have carried out, like if heaters are broken. If the damp has damaged items that the landlord is responsible for, such as carpets and window frames, they'll likely have to cover the cost of repairs.

One of the most common causes of damp is condensation. To prevent this, it's important to keep homes well-heated and well-ventilated, but for a lot of people this will be trickier to do given the colder weather and higher heating costs. You may be eligible for help to insulate and heat your home, and should visit our website to find out more.

On our website we also have advice on things that can make damp worse and may impact the landlord taking responsibility for repairs. These include drying clothes on heaters or blocking air vents.

cont>



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If your landlord is responsible for the damp in your property but doesn't act, there are steps you can take, such as reporting them to the local authority. If you're in social housing you might also be able to use the landlord's formal complaints procedure. There is more information about this on our website. If it reaches the point where you want to get out of a fixed term tenancy agreement early, speak to Citizens Advice Mid Suffolk first, as there might be better ways to approach the issue. You may also find helpful information on <https://www.citizensadvice.org.uk/housing/renting-privately/during-your-tenancy/dealing-with-repairs/>

Citizens Advice Mid Suffolk can provide advice on this and other issues, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. More information and our opening hours can also be found at midsuffolkcab.org.uk/contact-us.

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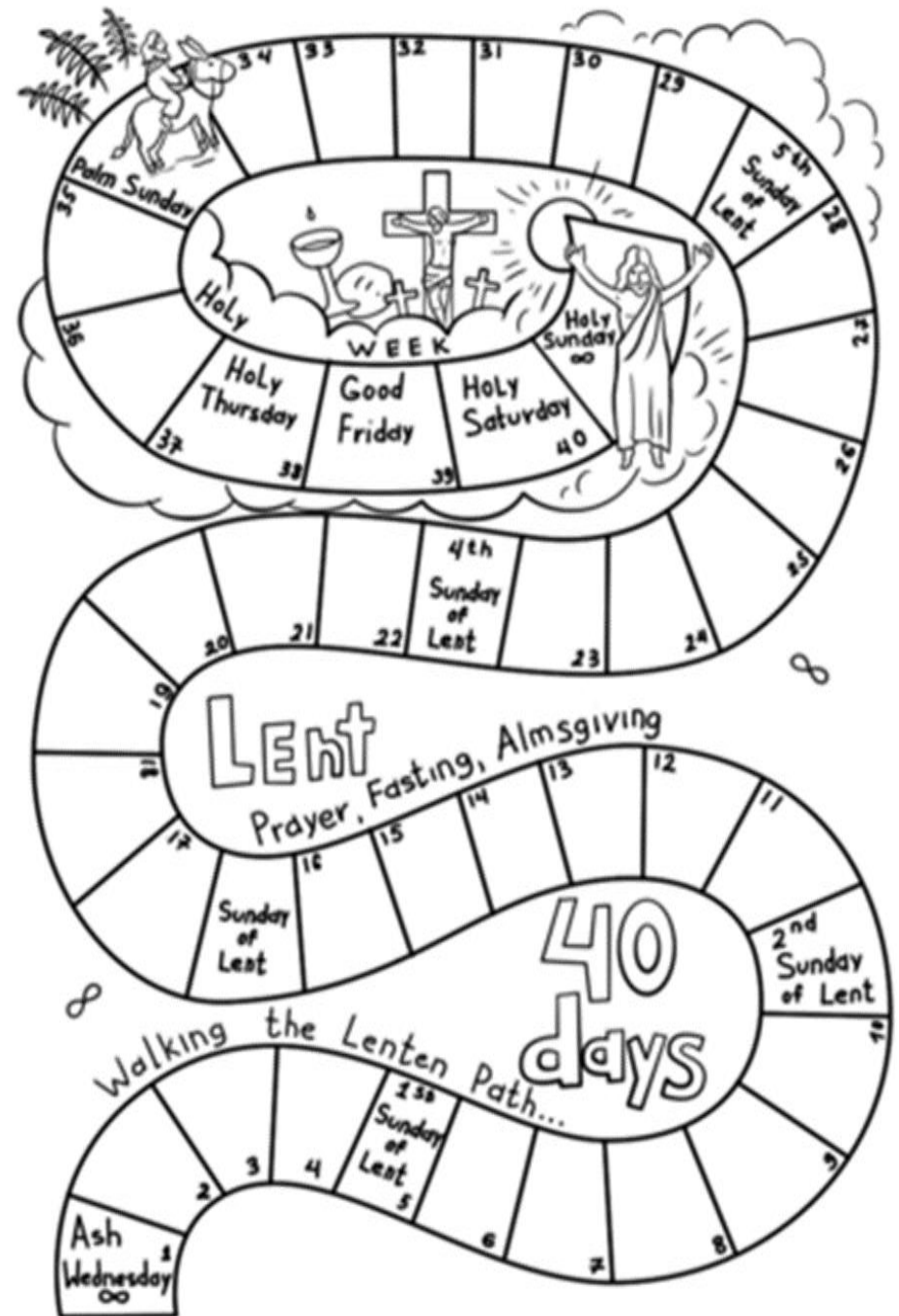
The **Rickinghall & District Community Bus** is available for hire to readers of this publication. Typical journeys include - shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheelchairs no problem.

Please telephone Gordon on 01379 897 109 (24/7 ansaphone).

We continue to fund raise for a new bus. Donations of Bric-a-brac, clothing, shoes, belts, jewellery and handbags can be left at::

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I'm looking forward to hearing from you.....



Caroline Morris: 07843 248 411
 cdv_11@hotmail.com
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 Facebook: Pawfect Moments Pet Care

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 Haughley Village Hall, near Stowmarket.

Ring 01449 766747 (Sue) or 01449 673518 (Gill) to find out more.



Find Haughley Hoovers on Facebook

WATTISFIELD TOWN TRUST

The Wattisfield Town Trust administers land and funds given to the Parish over many years. The profits from these lands & investments are used for the benefit of residents of Wattisfield.

The trustees have some funds available to offer financial help to residents who have encountered additional or unexpected expenses. This help is offered throughout the year and to young and old alike.

If you or someone you know needs help, do please get in touch with the Trustees who will consider your application in absolute confidence. Get an application form by Email; wattisfieldtec@btinternet.com or write; Hall View House, Chapel Rd. IP22 1NU.

Quiz Night

In aid of Suffolk Accident Rescue Service and St. Mary's Church

Tickets available from Badwell Ash Post Office or call 01359 259428/258641

Friday 17th March at 7pm

£7.50 per ticket
 Ploughman's Supper Included
 Maximum teams of 4

Badwell Ash Village Hall



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Wed 8th February 1pm-3pm (Crafts)

Wed 22nd February 1pm-3pm (Board Games)

Wed 8th March 1pm-3pm (Crafts)

Wed 22nd March 1pm-3pm (Board Games)

Everyone is welcome to join us with your craft project, board game or just come for a cup of tea.

For more information contact Mary 01379 898233 or Jo 07808 487844



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WI QUIZ

The Walsham le Willows WI will be staging a quiz in the Priory Room on the evening of Friday March 24th.

This event is open to all, gathering at 7.00pm for a 7.30pm start.

Tables of 4, £5.00 per person.
Light refreshments are included.

For further information or to book, contact

Denise on 01359 258806

WALSHAM LE WILLOWS SPORTS CLUB

Walsham Sports Club in Summer Road is a thriving local community facility offering sporting/exercise opportunities to everyone.

Regular Weekly Activities

Walking Netball Tuesday 10 – 11am & Thursday 6 -7pm
Senior Football (over 40's) Monday 8-9 pm
Senior Football (over 50's) Tuesday 2-3pm
Otago (chair based exercise) Wednesdays 11.30 -12.30pm
Indoor bowls Wednesdays 2.30 -4.30pm
Walking Football Thursdays 2-3pm
Yoga Thursday 1.15- 2.15pm
Cardio Tennis Friday 12 – 1pm



Social Events February / March 2023

Sunday night Bingo 5th & 19th February and 5th and 19th March 7pm start
Cheryl's Quiz night Fri 24th February 7.30pm start. Entry £10 per team

Saturday 18th March 2023 Irish night. Disco with Bertie Bassett. Tickets in advance £5 or £7 on the night. Irish themed food included with admission.
Raffle 1st prize £500 cash additional prizes. Tickets available from JJs Beautique Walsham or contact Gordon 07790564674

If you suffer with anxiety, depression or PTSD / disturbing traumatic memories or other emotional difficulties?

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Cotton Village Hall	Mondays	7.20 p.m.
Gislingham Village Hall	Wednesdays	9:15 a.m.
Gislingham Village Hall	Wednesdays	10:15 a.m.
Westhorpe Village Hall	Wednesdays	12:15 p.m.

TOTAL FITNESS (45 mins):

Gislingham Village Hall	Thursdays	6:15 p.m.
Gislingham Village Hall	Thursdays	7:15 p.m.

GENTLE FITNESS (45 mins)

Westhorpe Village Hall	Fridays	10:00 a.m.
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Come and give them a try!

For more information contact Becky on
07734 414151/beckycruickshank@btinternet.com

WINTER WARMER – RED PEPPER AND LENTIL SOUP

INGREDIENTS

1 tsp olive oil
2 medium onions, finely chopped
2 tbsp tomato puree
200g red lentils
2 vegetable stock cubes
Chilli flakes to taste (optional)
Salt and pepper to season



METHOD

1. Put the lentils in a sieve and rinse them under cold water to remove some excess starch.
2. Heat the oil in a pan and add the onions. Cook on a low heat until soft and translucent, about 5-10 minutes.
3. Stir in the tomato puree until all the onions have been coated, cook for 2 minutes.
4. Add the red peppers and lentils.
5. Dissolve 2 stock cubes in a litre of hot water add to pan and bring to a boil. Leave the soup to simmer for 20 minutes.
6. The soup can be pureed before serving. For a chunky texture only blend half the soup.
7. Season to taste add a few chilli flakes if you like it spicy. Serve with hot crusty bread. Suitable for freezing.





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Readings for February

Sunday 5th
Isaiah 58: 1-9
Psalm 112: 1-9
I Corinthians 2: 1-12
Matthew 5: 13-20

Sunday 12th
Genesis 1: 1- 2: 3
Psalm 136
Romans 8: 18-25
Matthew 6: 25-end

Sunday 19th
Exodus 24: 12-end
Psalm 2
2 Peter 1: 16-end
Matthew 17: 1-9

Sunday 26th
Genesis 2: 15-17, 3: 1-7
Psalm 32
Romans 5: 12-19
Matthew 4: 1-11

Readings for March

Sunday 5th
Genesis 12: 1-4
Psalm 121
Romans 4: 1-5, 13-17
John 3: 1-17

Sunday 12th
Exodus 17: 1-7
Psalm 95
Romans 5: 1-11
John 4: 5-42

Sunday 19th
Exodus 2: 1-10
Psalm 34: 11-20
2 Corinthians 1: 3-7
Luke 2: 33-35

Sunday 26th
Ezekiel 37: 1-14
Psalm 130
Romans 8: 6-11
John 11: 1- 45



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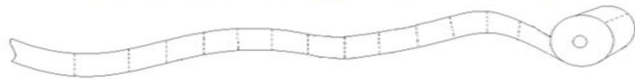
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ART CLUB Monday (fortnightly) 2:00-4:00pm.

Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 6.00-7.00pm

Contact Rosie Macro Tel: 07748 563926 rosemary.macro@yahoo.co.uk

CARPET BOWLS Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com

John Gladders 01449 780365 dianegladders@outlook.com

CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00

Contact: Lynda Cotgrove. Tel: 01449 789142 / Rosemary Mees. Tel: 01449 780394

SINGING FOR PLEASURE Wednesday (three weekly) 10:00am-12:00

Contact: alisonweston25@hotmail.com Tel: 07972 415205.

PILATES Wednesday 12.15-1.15pm

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

GENTLE FITNESS Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

Please check the village website at westhorpe.onesuffolk.net for details,
or contact Alison Weston on 07972 415205 or wvhbooking@hotmail.com

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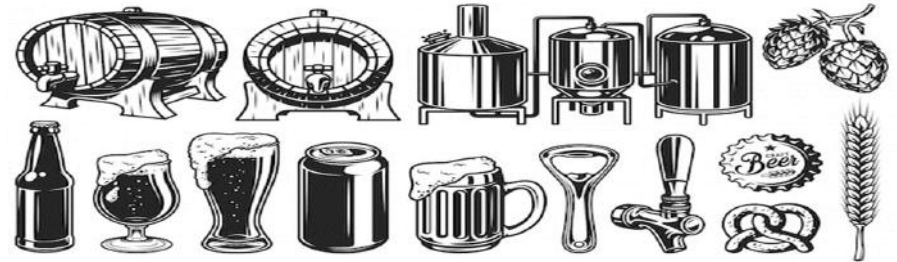
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Entry £5.00 per person.

Contact Alison Weston to book your place
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Beginners Guitar

Ricky Wilkinson MBE ricky5844@aol.com

Learning Folk Guitar for children year 2 and up.



Hi. My name is Ricky Wilkinson and I live in Westhorpe. Until lockdown I was teaching guitar in Guildhall Feoffment Primary School in Bury St Edmunds. I also run Phoenix Children's Folk Group based in Bury St Edmunds. Members learn to play and sing plugged in to our sound system for charities, festivals and various concerts.

In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12th December 2021.

If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper than individual private lessons. I am DBS checked to teach guitar and run the Phoenix group. Parents are always welcome to stay and watch.



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Wattisfield URC Services

Date	Time	Service details
February 5 th	11am	Holy Communion
12 th	11am	Morning worship
19 th	11am	Morning worship
26 th	10.45am	Visit to Diss URC – no service at Wattisfield
March 5 th	11am	Holy Communion
12 th	10.30am	Morning worship
19 th	11am	Mothering Sunday - morning worship
26 th	11am	Morning worship
April 2 nd	9am	Holy Communion

Please contact Mrs Jo Patel on 07808 487844
for more information.

The PUDDLE DUCK CAFÉ is open on the 1st & 3rd
Saturdays of the month at 10.30am-12.30pm



Benefice Services February – March 2023

5th February	3rd before Lent	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
11.00am	Songs of Praise	Walsham
12th February	2nd before Lent	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
19th February	Sunday before Lent	
8.00am	Holy Communion	Walsham
9.30am	Family Communion	Badwell Ash
11.00am	Holy Communion	Finningham
22nd February	Ash Wednesday	
9.30am	Holy Communion	Walsham
26th February	1st of Lent	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Walsham
3.00pm	Evensong	Westhorpe
5th March	2nd of Lent	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham

Benefice Services March - April 2023

12th March	3rd of Lent	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Wattisfield
19th March	Mothering Sunday	
8.00am	Holy Communion	Walsham
9.30am	Family Communion	Finningham
11.00am	Songs of Praise	Walsham
26th March	5th of Lent	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
3.00pm	Evensong	Westhorpe
2nd April	Palm Sunday	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Walsham
3rd April	Monday in Holy Week	
7.00pm	Compline	Finningham
4th April	Tuesday in Holy Week	
7.00pm	Compline	Walsham

Benefice Services April 2023

5th April 7.00pm	Wednesday in Holy Week Compline	Wattisfield
6th April 7.00pm	Maundy Thursday Holy Communion	Walsham
7th April 1.00pm	Good Friday Readings/Song/Meditation	Walsham
9th April 8.00am	Easter Sunday Holy Communion	Badwell Ash
9.30am	Holy Communion	Langham
9.30am	Holy Communion	Finningham
11.00am	Holy Communion	Walsham

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Additional Community Governor



Gislingham CE Primary School is seeking an additional Community Governor to join our School Governance Committee. The position is for one year or longer and full training is provided.

The committee works with Mr Richard Benstock the Headteacher to set the vision, ethos, and strategic direction of the school. The committee supports and at the same time challenges the headteacher to ensure that the highest standard of education is delivered to the pupils and the funding the school receives is spent in the most effective way. The committee works to ensure the school achieves its vision of providing a safe, inclusive, challenging and stimulating learning environment where everyone is valued, and children thrive.

We have two meetings per term but visit the school for monitoring areas such as safeguarding, the curriculum, health and safety. We welcome people from all backgrounds and experience.

If you feel you could spare some time and help us support and develop our school community further, please contact Mr Richard Benstock on 01379 783283 or gislingham@tilian.org

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