

LAKE HELEN NEWSLETTER MAY 23, 2019

************************** **GENERAL BAND MEETING** Next General Band meeting – June 5, 2019 7 pm at the Resource Centre NARCOTICS/ALCOHOLICS ANONYMOUS **Every Wednesday** at the Dilico Boardroom at Band office 3:30 pm to 5:30 pm For more information call Rodnie at the band office. **NATIVE LANGUAGE – TUESDAYS** 6:05 PM Service Provider's Office **POW WOW BINGO** CANCELLED FOR THE MONTH OF MAY SORRY FOR ANY INCONVENIENCE CANNABIS LAWS AND/OR REGULATIONS If anyone is interested in contributing their input to beginning the foundations of our communities cannabis laws and/or regulations, please contact Byron Wawia at 889-1397 or byron.wawia@rrib.ca **BOOT CAMP**

Every Thursday 7 pm @ the GYM

SUMMER FUN RAFFLE TICKETS

The RRIB Youth Travel Group is selling Summer Fun Raffle Tickets

1st Prize: **\$1500** 2nd Prize: **\$750** 3rd Prize: **\$250**

Draw Date: June 27th @ 4pm

Tickets can be purchased at Lake Helen Gas & Variety or contact Marjorie Robert @ margetheparge@live.com or by phone at (807) 887-2510 ext. 234. You can also contact Candace Tuck, Tiffany Wawia, Emily Thompson, and Kimberly Oja for tickets.

Thank you everyone for your continued support and good luck! Lottery License #: RRB-R-0085-19

2019 RED ROCK BAND GRADUATION

Graduation this year will be JUNE 24, 2019
If you know of any graduates please
have them sign up by MAY 31, 2019

These dates are set to plan and prepare for the Celebration.

EAST WEST TIE EMPLOYMENT AND PROCUREMENT OPPORTUNITIES

Anyone interested in employment or procurement opportunities on the upcoming construction of the East West Tie Transmission line is encouraged to register on the new Supercom website.

For more information please contact:

Employment Opportunities
Supercom Project Coordinator
Sam Sobush 807-887-2510 ext 283
Sam.sobush@supercomindustries.com

Procurement Opportunities
Supercom Acting Business Manager
Robert Starr 807-633-8718
Robert.starr@supercomindustries.com

COMMUNITY CLEAN UP

FRIDAY, MAY 24, 2019 (Tomorrow) SATURDAY MAY 25, 2019

Have your items to be taken to the dump at the end of your driveway for pick up on the above dates.

If they are not at the END OF YOUR DRIVEWAY they will not be picked up.

ABSOLUTELY NO FRIDGES, NO FREEZERS OR NO HOUSEHOLD GARBAGE!

ATTENTION TRAPPERS:

On Tuesday, May 28th from 9:00AM-3:30PM at Red Rock Indian Band Office, Anishinabek Nation will be on site to complete Annual Trapper's Authority renewals to sell fur and address general questions related to trapping in Ontario.

Renewing your Trapper's Authority requires completed harvest report from previous year and \$10 fee for each line renewal for those under the age of 65 years.

RESTORATIVE JUSTICE

Looking for Volunteers who are willing to be on the Restorative Justice Committee for the Red Rock Indian Band to fill Potential Vacancies in the future.

- This is a Volunteer Position
- Must be 18 years of age or older
- Must pass a Criminal Record Check
- Must be willing to take a 3 Day Restorative Justice Facilitator Training Program
- Must be willing to attend Bi-Monthly Meetings with the Restorative Justice Committee

If interested, please contact Darlene P. Wawia at the Band Office (807) 887-2510

MOTIONS FROM MAY 2, 2019 GENERAL BAND MEETING

Motion #1

Motion that the Red Rock Indian Band leave the Anishinabek Nation and to direct INAC to reallocate all funding dollars to the Red Rock Band to administrate funds ourselves. Immediately.

Motion #2

Motion for the RRIB to purchase a septic pumper in order to be self sufficient in regard to pumping our own septic tanks on LHFN and possibility to attain contracts in the area. This will save money on out-sourcing and have the possibility to make money for the band from surrounding areas.

MOTIONS WILL BE VOTED ON AT THE NEXT GENERAL BAND MEETING OF JUNE 5, 2019.

COMMUNITY MEETING

As per the last band meeting, membership requested to have a special meeting to discuss the Chief and Council Honorariums.

Please come out and join us to discuss Chief and Council raise.

Wednesday, May 29, 2019

7 pm

Resource Centre.

Please try to attend, your input is needed.

OW AND ODSP PAYMENTS

OW and ODSP payments are ready for pickup on May 31st

Thank you, William Legarde, OW worker.

Heartfelt Condolences

Chief, Council, Staff and Members of Red Rock Indian Band would like to extend their Deepest Sympathy to the family of the late:

Charles Hardy

Please join Charlie's family for a Celebration of Life on:

Tuesday, May 28, 2019
Buríal at St. Sylvester's Church
11:30 am
Luncheon to follow at
Lake Helen Resource Centre

Words alone cannot express how deeply saddened we are to hear of your loss.

Lake Helen Burials

There are two lists at the band office:

1. Starts in 1885 and ends in 1999. A sample of the information is recorded like this:

Delaronde, Fred – 31 years Aug 1 1939 Charles Delaronde and Mary Wenagosh

2. Starts in 1852 and ends in 1992. The headings and an example of the way the information is presented is as follows:

Family Name	Given Names	Date Place Death	Date Place Blessin g	Parents	Present at burial or blessin g	Priest (Deacon)	Remark s
1. Delarond e	Thoma s	Sept.1 5 1939 Port Arthur ONT.	Sept. 1939 Port Arthur ONT.	DELAROND E Charles WENAGOSH Mary		Alex ROLLAN D SJ	

If you are interested in looking through the information, please contact me.

Mary O'Donnell - Historical Research Assistant, RRIB

Construction Traffic Control Person (Multiple Positions Available)

Title: Construction Traffic Control Person

Reports To: Site Supervisor

Summary

The Construction Traffic Control Person will be responsible for assisting with the provision of safe and efficient traffic control on or around construction sites according to applicable safety standards and regulations. He or she will be tasked with using traffic control signals and signage and communicating effectively with other members of the traffic control team and work crew to reduce and/or eliminate the risks associated with vehicular traffic. This individual will maintain a calm, professional demeanor at all times. Other duties will be assigned as necessary.

Job Duties

- Control traffic passing near, in, and around work zones.
- · Maintain focus while directing traffic.
- Read and understand site specific instructions prior to directing traffic.
- Review the work site on a daily basis and consult with Site Supervisor to understand work being conducted and any potential hazards.
- Review and understand the type of equipment that will be moving in and out of the worksite, and how this equipment will be moved.
- Review special worksite conditions governing road use (e.g. during rush-hour, etc.).
- · Work from a location where you can see and be seen by all traffic.
- Identify escape routes in case a motorist disregards directions and places you or others at risk.
- Stop traffic as required by work progress or traffic flow.
- Communicate effectively with other Traffic Control Workers using established signals and or radio equipment to ensure the smooth flow of traffic and minimize confusion.
- Ensure functionality of all communications equipment prior to directing traffic.
- Be aware of emergency vehicles approaching the area, ensuring that they have priority over all other traffic and construction vehicles.
- Stand at all times when directing traffic.
- Direct motorists to drive at low speeds through the specified area(s).
- Adjust distances and traffic speed according to weather, road conditions, etc.
- Inform work crew of dangerous motorists as soon as possible.
- · Report dangerous motorists to supervisor.

- Maintain pen and paper to document license plates of dangerous motorists.
- Ensure public traffic has priority over construction equipment.
- Comply with safety requirements, and wear all required and CSA approved safety equipment, such as reflective vests, reflective stripes and arm bands, hard hats, protective footwear while on the worksite.
- Ensure clean, visible and safe condition of all protective materials.
- Use appropriate traffic control signage in the approved manner.
- Provide motorists with clear, simple directions, answering questions in a brief, polite manner.
- Remove or cover all traffic control signage at end of day or whenever traffic control is temporarily or permanently suspended.
- Other duties as assigned.

Requirements

- Current Journey Person's Construction Laborer Certificate preferred.
- Knowledge of workplace safety and safe lifting and handling procedures.
- Knowledge of First Aid and CPR preferred.
- Ability to operate required equipment in a safe and responsible manner.
- Effective verbal and listening communications skills.
- Time management skills.
- Knowledge of appropriate materials, methods, and the tools required in various construction processes.
- Ability to readily determine the correct tools and equipment needed to do a job.
- Ability to work independently and complete daily activities according to work schedule.
- Ability to lift heavy objects, walk and stand for long periods of time and perform strenuous physical labor under adverse field conditions.

Work Conditions

- Regularly works near moving mechanical parts and in outside conditions that include inclement weather, heat and humidity, and exposure to dust and asphalt.
- Must be able to lift, push, pull or carry objects, use abdominal and lower back muscles to provide support over time without fatigue and to effectively jump, sprint or throw an object.
- Requires good manual dexterity (hand, hand with arm, two hands) and multi-limb coordination.
- Noise level is generally loud.
- Must be able to quickly move arms and legs.
- Excellent stamina is required.
- Required to work in the standing position for extended period.
- Hazards associated with the construction industry.

DEADLINE IS FRIDAY, MAY 31, 2019 @ 12 NOON



Ages 8+

Thursday May 30th

The Resource Centre

5-7 pm

MAX 20

Sign up with Caitlyn @ the Band Office,

Email: caitlyn.harvey@rrib.ca

Call: 807-887-3724 ext. 290

Did you know?

Nearly 10% or 150,000 of the 1.5
Million Seniors Living in Ontario
Experience Elder Abuse

Did you know?
Financial abuse is the most prevalent type of abuse affecting 60,000 Canadian elders

Did you know?

Seniors are the least likely demographic to suffer violent crime, but they are the most atrisk of suffering violence at the hands of a family member

Did you answer no to any questions above?

Well let's increase our level of awareness, learn to recognize the signs, how to report elder abuse, and to prevent elder abuse from occurring

Let's Talk!

Elder Abuse Awareness Tea and Talk

When: May 30th
Where: Lake Helen
Resource Centre
Time: 1 pm - 3 pm



Attention

Red Rock Band Members

Gordon Waindubence

Will be coming to the community on July 19th, 2019 to come talk about Clan Naming & Teachings which will be held at the Lodge.

- The Creator placed Anishinabe on the Mother Earth.
- The Four Elements: Fire, Water, Earth, Wind. They were given to the Anishinabek to take care of.
- The 7-pointed star: represents the sacred gifts—the Seven Grandfather Teachings— which are the foundations that were given to us by the Creator. These are our laws.
- Sovereignty: the Creator gave us sovereignty to man, woman and child to look after ourselves and Mother Earth.
 - The Anishinabek also respect and honour the Past, Present, and the Future.
- The Big Circle: we are one family—this is our family; every one of us is in this circle. We all belong to a clan and we all have a responsibility. This is what our house looks like.

If any Band Member would like to sign up and take part, please call Lauren Michelle at the Band Office 807-887-2510

APPLICATIONS AND FORMS AVAILABLE IN THE

RESTORATIVE JUSTICE OFFICE

APPLICATIONS FOR THE FOLLOWING

- Criminal Record Check Applications
- Police Vulnerable Criminal Record Check
- Legal Aid Applications Criminal
- Legal Aid Applications Family Matters

INFORMATION PRINTOUTS

- What is Restorative Justice?
- What you should do when upon being Charged with a Criminal Offence
- What is a Gladue Report?

There is many Pamphlets and Information in my Office that is available to the Public.

If you require any other information you would like to access through my office, please do not hesitate to contact me at (807) 887-2510 or email @ Darlene.Wawia@rrib.ca

Miigwetch,

Darlene P. Wawia Restorative Justice Coordinator Red Rock Indian Band

THE TURNING TABLES TOUR

Film Screenings, Youth Workshops, Music Performances

MAY 27 - RED ROCK FIRST NATION - 10:30 AM

Nipigon Red Rock District Hight School 20 Front Street Red Rock, Ontario, P0T 2P0

THIS IS BEING HELD AT THE HIGH SCHOOL



Community Engagement Sessions

Constitution Review: Preparing for Ratification AND

"New Gas Station Build"

Date	Topic	Location	
April 29th, 2019	"New Gas Station Build" Community	Chalet Lodge	
	Engagement	Lake Helen Reserve	
Y		5:00 p.m.	
May 28 th , 2019	Constitution Review: Preparing for Ratification	Resource Centre	
	Community Engagement	Lake Helen Reserve	
		6:00 p.m.	
June 6 th , 2019	"New Gas Station Build"	Thunder Bay Indian	
	AND	Friendship Centre	
	Constitution Review: Preparing for Ratification	6:00 p.m.	
June 12th, 2019	"New Gas Station Build"	Resource Centre,	
	AND	Lake Helen Reserve	
	Constitution Review: Preparing for Ratification	6:00 p.m.	
June 15 th , 2019	"New Gas Station Build"	Thunder Bay Indian	
	AND	Friendship Centre	
	Constitution Review: Preparing for Ratification	12:00 p.m.	

**Soup and Bannock will be served at all sessions

Live Streaming will be available. Please contact Alyssa Ray by email alyssa.ray@rrib.ca for the link.

Your input is vitally important!!!

Thank you, Chief & Council

















Children's Mental Health Day



If raining will be postponed

EVERYONE WELCOME!!



Community Hall FRIDAY JUNE 7th

Time: 11:00-2:00

Roasted hotdogs, bouncy castle,

S'mores,

Face-painting &

Traditional games







Contact: Sonya Belisle 887-2514 ext 226

Candace Tuck 887-2510 ext 279 FSWs: Terri-Lee & Caitlyn

Rec: Kelsey & Kyla



Golfing starts at 1pm with supper to follow

Don't want to golf?

Just sign up for

supper!



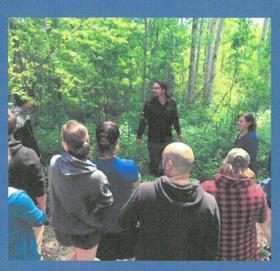
Must Sign up by June 9 2019

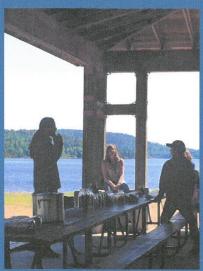
Call Rodnie @ the Band office 7-2309

Plant Based Medicines with Joe Pitawanakwat

CREATORS GARDEN

The 3 day focus will include traditional teachings about plant based medicines, plant identification, harvesting and of course sampling some teas!





JUNE 12- NIPIGON MARINA 10 AM - 3 PM JUNE 13 - CHALET LODGE RRIB 10 AM - 3 PM JUNE 14 - CHALET LODGE RRIB 10 AM - 3 PM

Please dress for hiking.
Contact nodonnell@sgdsb.on.ca
tina.wawia@rrib.ca





JKPREPPROGRAM

Helping Pre-School Aged Prepare For School in the Fall

4 WEEK BUSING PROGRAM
STARTING MAY 9TH FROM 11AM1PM AT THE LAKE HELEN
COMMUNITY HALL

Every week the new students and their parents will be taking a bus ride around town to introduce them to school buses and school bus safety.

Week #1 Theme: Healthy School Snacks
Week #2 Theme: Raising a Bully Free Family
Week #3 Theme: Stories and Crafts
Week #4 Theme: Graduation

Lunch will be served as well as giveaways for each participant!



Family Hiking Group

feel more comfortable in larger groups? Ever want to go exploring hiking trails, but not sure where some are, or

every Monday, first one starting Monday May 27 at 6pm and will run till June 24 Deana Renaud along with myself will be starting a Hiking/Walking group

area. *Weather permitting* We will be meeting at the Band Office at 6pm and drive out to different Hiking locations in our

your own risk. Some of the Hiking trails may be difficult for some young children/Adults so you will be Hiking at

- -Must have own transportation, however I may be able to provide rides for a couple people
- -Must have good walking/hiking shoes
- -Must have small backpack for carrying your drinks, snacks etc.

I will provide healthy snacks and drinks, but you may bring your own also.

For sign up, please call Jolene at 887.2510 before Monday May 27.

RRIB OPEN HIKING CLUB

Hello Hikers!

I am super excited to partner with the Red Rock Indian Band to provide an exciting new hiking club. A few important reminders.

- Hiking is RAIN OR SHINE please dress for the weather. Layering is an excellent idea for hiking. Have a water proof/rain jacket for wet days and layers underneath.
- BRING BUG SPRAY, its Northern Ontario, the bugs are OUT and HUNGRY.
- Proper footwear is essential. Hiking shoes/boots are best, but a good pair of runners and good socks will do. DO NOT WEAR OPEN TOE SHOES.
- A good rule is to bring 1L of water per 5 km of hiking. Stay hydrated!
- RRIB will be providing snacks, water and Gatorade. A small snack is a good idea. Trail mix, granola bar, cheese sticks, an apple. Replenishing energy will help prevent fatigue.
- Some of the hikes are great for kids, others are less so. Read the details of the hike before
 choosing to bring kids along, and be mindful of the distance. (know what your kids are capable
 of). CHILDREN are NOT TO ATTEND HIKES ALONE, a parent/guardian is required for
 anyone under the age of 18.
- Backpacks are a great idea so you are hands free.
- Bring your camera/phone for pictures. I have selected some of the most beautiful hikes in our region. Be prepared for breath taking views.
- We will be car pooling out to trail heads!

May 27, 2019

Go Mar Falls: Orient Bay. 2.5 km round trip, out and back. Moderate hike, waterfall view. If there is time, we can check out Pijitawabik Palisades Falls too! 36km from Resource Centre to trail head. This is a good hike for kids. It is not far, no dangerous cliffs. A portion of the trail is CLOSE to the river. Be mindful along these sections.

June 3, 2019

Red Rock Mountain: Red Rock 4.6 km round trip, out and back. Moderate hike. Beautiful Lake Superior view. Switch back trail, lots of up-hill, but great for kids. Safe trail, safe lookout. 20 km drive from Resource Centre to trail head.

June 10, 2019

Kama Falls: Camp 81 Road, highway 17. Out and back 1.3 km OR Loop trail 3.2 km. An epic river hike and view of a classic waterfall in the Nipigon area. Good for kids. There are two sections that require a rope assisted climb. It is a steep 500 m climb to the falls. 20km drive from the Resource Centre.

June 17, 2019

Ruby Lake Lookout: Ruby Lake Provincial Park Highway 17. Approx 5 km round trip. Moderate hike. Amazing cliff edge lookout view of Lake Superior. 8 km drive from Resource Centre to trail head. This whole hike is great for kids. The only danger is the lookout itself. IT IS BARE CLIFF EDGE and dangerous!

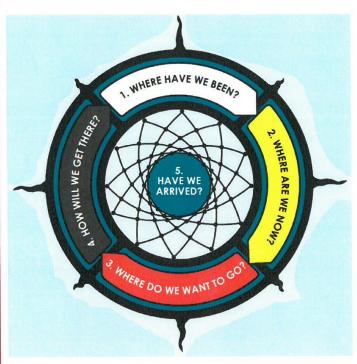
June 24, 2019

Deer Lake Mountain John Ahl Lookout Nipigon Ontario. Approx 5 km round trip. Moderate Hike. It is a bit challenging, kids to have a good level of fitness. Safe trail. The lookout has cliff edge and is not gated.

COMPREHENSIVE COMMUNITY PLANNING

Comprehensive Community Plans take a holistic look at the community. This includes (but is not limited to) things like good health; housing, land stewardship; a thriving culture; a strong local economy and jobs; a clean environment; and a transparent, responsive and open Chief and Council. CCPs absolutely must be created by the community and for the community, so a big focus of the work is on including members in every stage of the process.

CCP's establish a community vision and objectives that guide all other planning and decision making (e.g. Treaty implementation, development of an Economic Development Plan or Housing Plan). CCP's include community values and provide a roadmap for the community's future. CCPs also include action plans for how the community can work towards its vision. As your community grows and changes, a CCP can grow and change with it.



WHY IS A CCP IMPORTANT?

A CCP helps to:

- identify and address community priorities.
- address community needs and issues.
- "take stock" of the community's strengths, assets and resiliencies.
- build community capacity and skills.
- allow communities to be responsive to funding opportunities (which often have very tight timelines to apply).
- make things happen. It coordinates efforts and creates connections and partnerships (gives you a roadmap)
- get past the talking (everyone is paddling in the same direction, deadlines, commitment).
- keep track of what you are doing and if it is making a difference.

I am looking to build a CCP Advisory Committee that includes a broad and appropriate representation such as elders, youth, councilors, key staff, on and off reserve members, etc.

The Committee is an advisory committee tasked with providing recommendations for the planning process and planning decisions.

If any RRIB members would like to join the CCP Advisory Committee, please contact Melissa McDonald, Energy Initiatives Officer. melissa.mcdonald@rrib.ca OR (807) 887-2510 ext:291



FOOT CARE CLINIC

WHEN? – MONDAY MAY 27 10 AM – 5 PM

WHERE? – RESOURCE CENTRE

Dilico Health Services is providing a Foot Care Clinic.

If you are interested in booking an appointment to receive foot care/diabetes education please call CHN Aimee Richardson at 887-2510 ext 237 or email: aimeerichardson@dilico.com

Walk-in appointments will be accepted upon availability

Community Volunteer Income Tax Program (CVITP)

The CVITP is a collaboration between community organizations and the Canada Revenue Agency (CRA).

Community organizations host FREE tax preparation clinics and arrange for volunteers to prepare returns for individuals with a modest income and a simple tax situation. The CRA provides coordinators to guide the organizations as they deliver the program and offers training and tax software for the volunteers. The CVITP helps people meet their tax obligations and receive any benefits to which they are entitled. Benefits are calculated based on the information a taxpayer provides on their return. Even if the taxpayer has no income to report, they should file a return to continue receiving payments, such as;

- GST/HST credit
- Guaranteed income supplement (GIS)
- Working income tax benefit (WITB)
- Canada child tax benefit (CCTB) (if the taxpayer has a spouse or common-law partner, they also have to file a return every year)
- Provincial or territorial credits and benefits

The CVITP volunteers **cannot** prepare returns for individuals who:

- have self-employment income
- have business or rental income and expenses
- have capital gains or losses
- have employment expenses
- file for bankruptcy
- are deceased in the year

The Red Rock Indian Band will be hosting a CVITP clinic **beginning April 3**, **2017**.

The Free CVITP clinic hours are:

12 noon to 1pm and 4 – 6 pm, Monday to Friday

Tax Returns can be sent by EFile to Canada Revenue Agency

Please call the band office for an appointment at 887-2510

The clinic is open to Red Rock Indian Band members and Lake Helen community members.

LIVING LIFE TO THE FULL

BROUGHT TO YOU BY:



12 HOURS THAT CAN CHANGE YOUR LIFE

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

TIME/DATE: Every Tues, May 14th- June 25th/19 @1:30pm

COST: FREE! This is open to anyone wishing to sign-up!

LOCATION: RRIB BAND OFFICE BOARDROOM

CANDACE TUCK, MENTAL HEALTH CRISIS COORDINATOR CONTACT: TO SIGN-UP PLEASE LEAVE A MESSAGE AT 807-887-2510 EXT. 279 OR E-MAIL candace.tuck@rrib.ca FOR AGES 17+ MINIMUM OF 8 PARTICIPANTS TO RUN CLASS AND MAXIMUM OF 12 CLASSES ARE APPROX. 1 to 1.5 HRS

ANYONE IS WELCOME TO PARTICIPATE THE LAST CLASS WILL BE 2 SESSIONS BACK TO BACK



visit www.LivingLifeToTheFull.ca to find out more!





Standard First Aid Level C Certification

Hosted by Brighter Futures Program

June 1 & 2
Red Rock Indian Band - Resource Centre

9 am - 5 pm

For more information or to register contact:

Lauren Michelle 807-887-2510 lauren.michelle@rrib.ca

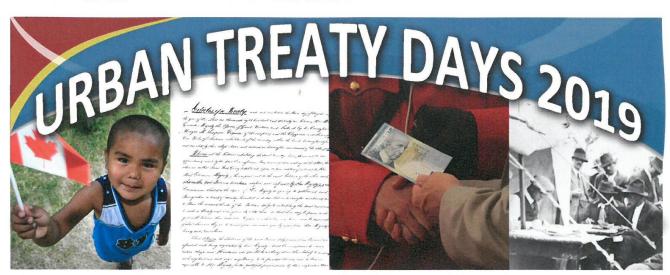
Phil

807-887-0777 pwawia@superior-strategies.ca



https://superiorstrategies.myskillspass.io/storefront/

superior-strategies.ca



Treaty annuity payments may be collected by eligible First Nations people of any province during these times:

Dates: Wednesday, June 5 to Friday, June 7 and

Monday, June 10 to Tuesday, June 11, 2019

Time: 12:00 pm to 5:00 pm

Location: The Forks, Winnipeg, MB

(south of the Esplanade Riel; north of the

public washrooms)

Valid photo identification is required





Anishinabek Employment and Training Services through Employment and Social Development Canada, Skills and Partnership Fund is pleased to offer the Line Cutter specialized training program. Entry level opportunities for graduates of this program is work with energy, mining and construction projects across northern Ontario or advancement into related post-secondary training.

► Admission Requirements:

- · 18 years of age
- High School Grade 10 (or equivalent)

OSSD equivalents include the: Mature Student Assessment, General Education Development Test (GED), ACE Credits.

Application Deadline: June 18, 2019

► Program Includes:

- · Life skills component begins July 2, 2019.
- · Formal Classes begin July 22, 2019.
- · Theory and fieldworld experience:
 - WHMIS, Basic Rescuer First Aid and Chain Saw Certification, Line Cutting, Staking.
 - Safety and Navigation, Basic Field Orientation, Compass and GPS techniques, Establishing a Grid.
 - Establishing a baseline, and Survey Techniques.
- Confederation College "Recognition of Completion" and related certifications upon completion.
- · Elder and cultural supports.
- · Tuition, training and allowance supports.



Your path. Our ways.

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