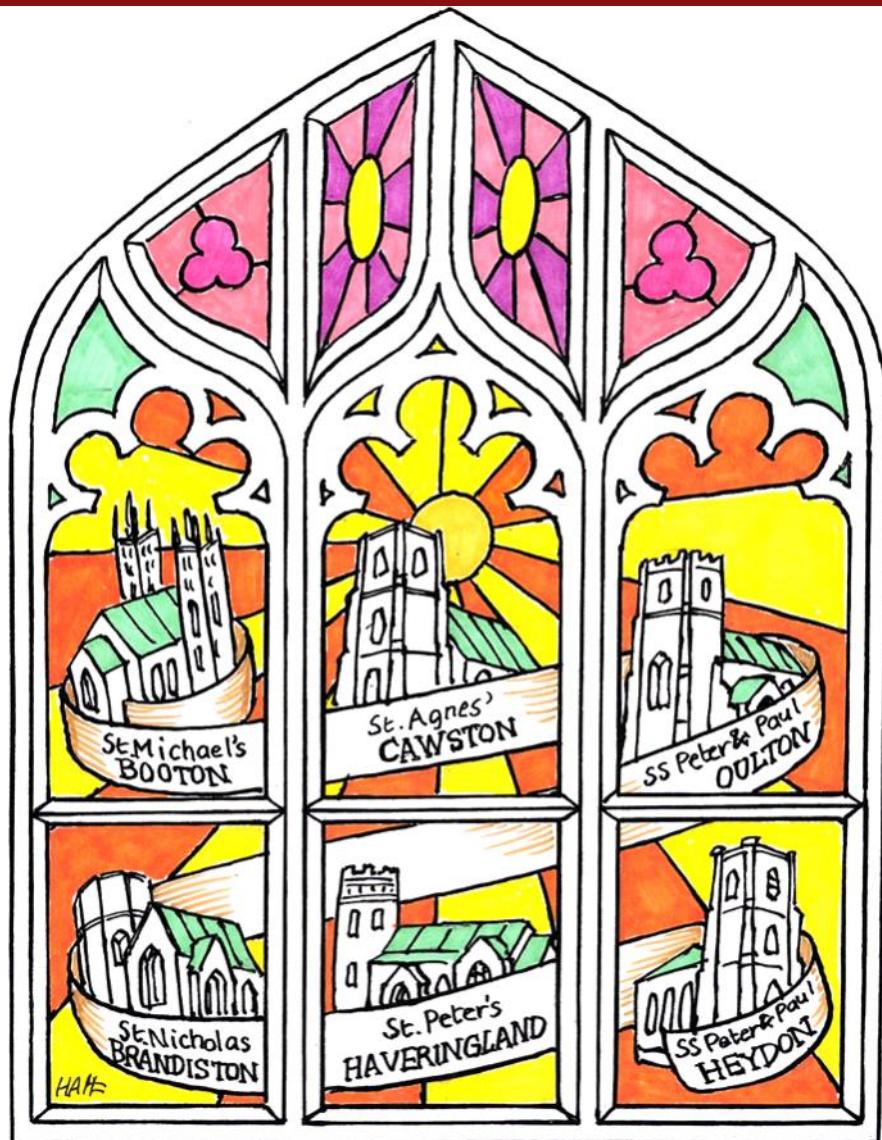


Cawston & District

Messenger

April
2020
60p



Village News · Diary Dates · Events · School News · Local Businesses

Parish Contacts

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CONTACT US



From the Team Vicar

Dear friends,

It's hard to know where to start! In recent weeks, nearly every part of our daily life has been turned on its head; our schools are closed for the vast majority of children, our pubs cafes and restaurants are empty, our streets are as quiet as they are on Christmas morning, and for the first time in nearly 1000 years, the doors of our great village churches are locked. The speed with which we have gone from normality to 'lockdown' has been startling, and if you're anything like me, you're probably still reeling from the experience.



The reason this has been so hard finds its roots in the core of our humanity. As people, we are built to relate to each other. In ordinary times we share smiles, hugs and handshakes. Even the most introverted of us are accustomed to sharing space with people; just being together. So this period of enforced isolation feels most strange. It goes against the way we are made, and it feels very uncomfortable.

Of course, isolation has its place. Many people of faith routinely isolate themselves on Quiet Days or silent retreats. Taking oneself away from the hustle and bustle of everyday life is seen as a noble and worthy thing to do. But it feels neither noble nor worthy when it is an enforced isolation, without even the proximity of friends and family.

So here we are, a couple of weeks of lockdown behind us, but probably with many more ahead of us. Schoolchildren are starting to get bored and fed up. Home-workers are seeing the limits of their improvised office spaces, and our dedicated 'key workers' continue to turn in, keeping us safe, tending the sick, emptying our bins, delivering our groceries or our post. We owe them such a debt of gratitude.

The experience of lockdown is made so much easier through technology. The telephone keeps us in touch with friends and family, some of us may even have branched out into video calls. Here in the Rectory, we're keeping the church community ticking over with the help of videoconferencing software for meetings, toddler groups and lent groups. And we're carrying on our worship through the parish website and our Facebook pages, with weekly streamed services at 10:30am each Sunday.

The other thing about the lockdown is that it has made me much more appreciative of our local shops. In a time where most villages have lost their post offices, pubs and cafes, Cawston has all three, and Heydon now has a range of shops to accompany the established Earle Arms and Heydon Tea Rooms. As a family, we've tried to make a point of supporting our local businesses through this difficult time by trying to do all our shopping in the village. Sadly, the Bell is now closed, but the Earle Arms continues to serve takeaway meals in Heydon, All Things Nice has reinvented itself as an all round groceries store, and the village shop in Cawston is working hard to preserve a bit of normality with home deliveries thrown in.

There have been positive things which have come out of this awful situation, though. And perhaps the biggest of these is to see the community spirit which abounds in our villages. People are working so hard to help each other; to look after the vulnerable, and this is demonstrated especially by the volunteers for our new helpline, which offers help and advice to anyone who needs it. If you are self isolating or in any of the vulnerable categories, please make use of the helpline. Call **01603 381121** for help with your shopping, prescriptions or even if you just want to chat with someone.

Holy Week and Easter

Preserving normality during these circumstances is very hard, but that's precisely what we're attempting to do in our parishes. Though we cannot meet in our churches, we can meet together virtually, by logging in to see the streams on our website and Facebook pages. In Holy Week, there will be services as follows:

Palm Sunday	10:30am	Palm Sunday Worship
Mon, Tue, Wed	7:30pm	Reflection & Compline with Rev. Corin Child
Maundy Thursday	7:30pm	Maundy Thursday Liturgy with Reflection
Good Friday	3:00pm	Virtual Walk of Witness
	7:30pm	Good Friday Liturgy with Reflection
Holy Saturday	7:30pm	Service of Light and Easter Vigil
Easter Sunday	10:30am	Eucharist for Easter Sunday

It's my sincere hope that before long, we'll be reunited in our churches and our communal life will resume. Until that time, stay strong, stay connected to each other and walk with us

News from Heydon

Early in February a tempest raged across the land bringing with it some rain, hail and a bit of snow too, for three days it whistled a tune down chimneys, caused mature trees to sway and bend and some of them were uprooted by sudden gusts of over 60 miles per hour; and just when all the fallen wood had been cleared from roads and walkways another storm rolled in. In the lull between storms Fieldfare and Redwing were grouping together on trees around the parish taking their last fill of berries before they migrate back to their Scandinavian breeding and feeding grounds.



On Tuesday 18th February, after the North Norfolk Harriers met on the village Green at 11.00am, they enjoyed a trail hunt; the going was dry, blustery and breezy as hunting horses and riders rode out across the fields, meadows and woodland edges with cream-coated hounds running ahead as they followed a scented trail.

Friday April 10th is Good Friday

Easter Sunday is 12th 10:30am on-line worship from Cawston
www.st-agnes.org.uk

Easter Monday is 13th

During January, Heydon Tea Rooms was closed while undergoing a refurbishment and reopened on 5th February; now there is new furniture, a larger fully equipped kitchen area and outdoors - designed by Cindy and installed by Karl - a newly created garden space with seating and tables for adults and children surrounded by some clever planting of flowers, shrubs and herbs. Congratulations to Cindy, Karl and their team; and Happy Birthday to Buddy who will be three in April.

The first Heydon Parish Meeting of the year was due to be held on Tuesday 14th April at 6.30pm at the Parish Room; of course, this won't now happen due to restrictions brought about by Coronavirus.

The Annual Vestry Meeting at which the Churchwardens are elected was due to be held in the Parish Room at 6.30pm on Wednesday 29th April, followed by the Annual Parochial Church Council Meeting. Again, this will not now take place.

Work on the renovation of our Church organ was due to begin during the month thanks to a grant from The National Lottery Fund added to funds already raised by various activities in the village in recent years. We await a revised start date for the project after the restrictions on movement are relaxed.

Congratulations to Emma Beck on being the winner of the 2019 Musical Chairs at our annual Christmas Party; Emma was presented with a wooden plaque with her name on it by Charles Shippam.



News from Oulton

First the storms and flooding, then Coronavirus on the increase worldwide – it's certainly been a challenging start to the year but Spring is here and Easter is just around the corner. Traditionally this is when many events start but as I write this in early March we are still unsure how these will pan out if a pandemic develops, so for now we must keep calm and carry on.

Looking backwards, the Norfolk Churches Trust Sponsored Bike Ride raised £156. 64 for church funds. Thank you to all who participated and especially to the sponsors. The date for 2020 is Saturday September 12th.

The first Chapel Open Afternoon of the year would have fallen on Easter Sunday, 12th April 2-4pm. Another casualty of the restrictions.

Oulton Chapel Craft and Music Weekend is provisionally planned for 4th and 5th July. James Huggins is busy contacting acts for both of the evening concerts and if you wish to display/sell your craft work, please contact him on 01603 660878 or me as below. Likewise for offers of help or promises of cakes. This very enjoyable event raises much needed funds for the church and chapel. Let's hope this can go ahead!



"Wow, cool! I've found the last one in our Easter Egg Hunt!"

Dates for your diary.

Vanessa's Coffee Morning in church 10.30 am - 12.00 on the first Wednesday each month - hopefully this will resume soon!

7th June Oulton Hall Open Garden for NGS 1pm -5pm.
Teas in aid of church funds.

20th June Box Day

Sunday 6th September Church Fete

Sue Hall - 01263 734245



Medical terms for non-medical people

Artery: the study of paintings.

Bacteria: the back door to cafeteria.

Barium: what doctors do when patients die.

Caesarean section: a neighbourhood in Rome.

Catscan: searching for kitty.

Cauterize: made eye contact with her.

Coma: a punctuation mark.

Enema: not a friend.

Fester: quicker than someone else.

Labour Pain: getting hurt at work.

Nitrates: cheaper than day rates.

Outpatient: a person who has fainted.

Post-operative: a letter carrier.

Recovery room: place to do upholstery.

Terminal illness: falling ill at the airport.

Haveringland News

Community at its best!

Following three consecutive weekends of stormy weather with Ciara, Dennis and Jorge, I was wondering whether our fourth Haveringland Litter pick would fall victim to the weather. But no! We had chilly but dry conditions to see 14 of us fan out around the Parish, armed with grabbers and sacks and clearly visible in our “fluros”, to see what we could remove. There were no obvious hot spots where I had already seen rubbish accumulating, but I know from experience, lurking beneath the spring growth lies a plethora of plastic, cans and bottles! I was pleasantly surprised though and the usually littered Mill Lane yielded only 3 sacks worth! The same was true of Clay Lane, Norwich Road up to the church, along School Road and Green Lane, as well as Abbey Lane.

Some helpers literally went the extra mile, as Linda and André walked past the Stocks as far as the boundary with Felthorpe! The Black family tackled Abbey Lane, as it was the quietest route for young children, but not content with clearing there, they drove up to the Brandiston boundary and cleared the road toward St. Nicholas. We were very pleased to have Barney, Pearl and Lola join us, not just because of their enthusiasm, but, having a combined age of only 18 years, they reduced the average age of the helpers by several decades!

There will always be bulky items which people seem to think can be disposed of along our verges. These we need the Council to clear. This year we discovered 2 flat screen TVs, 2 sinks and then Les Marsham appeared with his wheelbarrow, transporting an unwanted toilet! It's difficult not to make observations about what has been discarded. There were notably fewer take-away containers and cigarette packets and fewer sweet or convenience food wrappers. Cans are a large part of the rubbish, but having been squashed or torn, the chance of recycling them is much reduced. A favourite is strong lager - Kestral was a common brand and the majority of glass bottles were of Vodka.

We finished the morning with very welcome cake and drinks. It was also a good opportunity for residents who might not know one another, to meet and make connections. Between us, we had cleared away over 50kg of unsightly rubbish, about the same as last year. The following afternoon, Nigel & I covered the final stretch up to the northern boundary and added another 20kg to the total. Thank you to André & Linda, Dave, Lorna & Chris, Les, Nigel, Russ & Susie, Barney, Pearl & Lola and Veronica for giving your time and for the Council's supply of equipment. Haveringland looks neat and tidy once more.

Deborah Boldero

**Cawston
Scarecrow Festival**
August Bank Holiday
weekend 29th - 31st



**Aylsham Market Surgery
Support Group**

Sixty plus people attended our quiz night in Aylsham Town Hall on 29th February. Thanks to Dr. Ahmed for preparing the delicious food, John the quizmaster, all who provided raffle prizes and helpers on the night. The final figure raised will be announced later as expenses have not yet been deducted.

YOUR VILLAGE HALL NEEDS YOU!

Cawston Village Hall

Wednesday 22nd April 2020

- Starts at 7pm at the Village Hall

A new Secretary, Treasurer and Caretaker needed
for 2020-2021!!



CAWSTON C.E. PRIMARY ACADEMY NEWS

We are looking forward to some warmer days as we start the Easter holiday and then the summer term. We are currently having daily updates from the Department of Health with the latest information on coronavirus. Our priority is always the health and safety of our community members. We have been reminding the children about thorough hand washing and ways to prevent germs spreading. We are all wondering how the situation will develop and following advice. Let's hope Cawston remains in good health!

Our class topics for the new term will lead us to extend the children's learning: The topics include Awesome Animals, Queen Victoria & Queen Elizabeth 2, Art on your Doorstep, The Wild West, Raging Rivers and 1960's Britain. There will be quite a variety of interests across the year groups!

Sporting Talent

Our Cawston teams compete in many inter school competitions with the School Sports Partnership. Well done to our pupils who qualified for the County Finals in Girls Football and Cross-Country Running! The Dance Festival was a huge success and showcased the many talents of our pupils including a former pupil, Kimora, who choreographed the themed dance.

The Diocese of Norwich Education Academy Trust

We work closely with the DNEAT trustees and academies to ensure that our systems are robust and that we focus on school improvements for our pupils. We meet with the DNEAT team and staff from the other academies on a regular basis for monitoring and sharing good practice. Cawston teachers attend training and are ambassadors as subject leaders. Our governors monitor how well the school is performing and act as 'critical friends'.

Values For Life

Our Collective Worship will be based on the theme of Service

and how important it is at school, and in life, to reach out to serve and to help others in different ways. As an ‘eco’ school our pupils are advocates, speaking up about climate change and promoting awareness of looking after planet earth for future generations. We consider the importance of stewardship using the Kenyan proverb: ‘Treat the earth well. It was not given to you by your parents. It is loaned to you by your children.’

We are holding our Easter celebration service just after the Easter holiday on 21st April at St Agnes. The children’s readings and songs will remind us about the importance of Easter to Christians. I am sure that all the families will enjoy the children’s contributions to this joyful service.

Kay Swann
Headteacher

Coronavirus Update

At the time of writing, the school is still open for the children of key/critical workers. Staff continue to work hard with the children in school and also retaining

pastoral contact with the children now at home.

Children who are now at home every day are being encouraged to keep learning with a wide range of online and printed resources.

The end of term has been most strange, and we look forward to a return to normality

Rev Andrew Whitehead
Vice Chair of Governors

Technically, the following dates still stand in the calendar, but clearly they are subject to change depending on the national and international situation.

School Easter Holidays
2nd – 17th April

Half term Holiday
25th – 29th May

Summer Holidays
22nd July – 7th September



**Diocese of Norwich
Education and
Academies Trust**

Covell's Column...

Well that was wet and windy!! No peeps I don't mean me, but the month of February. So we had storm this, storm that, and storm the other, where do they get these names from, is there a special dept where people sit and discuss names of storms, what a job that would be. If I was part of that select committee I would push for storm my shed, as the last two winds have whipped the felt off mine, or we could go for storm Toby, though the speed he is walking at the minute with those worn out knees, it would be more of a breeze, or storm Stan the dessert man, could go on and on.

Just when we all thought that Brexit was done, and all the fears that went with it was eased, the introduction of the coronavirus seem to have brought back twice as many fears. Going in to the supermarket today all the antibacterial hand soap was just stripped off the shelf, which in turn made me realise

that this is a real fear. But never fear we as a human race have faced these kind of things over many years, we will deal with it, we will get through it, we must not panic, but use common sense, listen to Dr JC, you won't go far wrong.

Very sad to read the loss of Jenny Bird at a very young age, those of you who did not know her she was engaged to Robert Dodd who's family lived in Cawston. Living 5 years at Reepham, and the last 4 years in Aylsham, both were very popular and had a large group of friends spanning Reepham, Cawston and Aylsham. Jen was a super girl, vibrant and funny, and could light a room with that smile, our thoughts go out to Doddy, all the family and friends, our prayers go out to you all at this sad time.

Birthday wishes for March to Drina Brookman, Estelle Wharton, Emma Dodd, Nigel Barker, Sophie Raven, Tracey Hipperson, Lorraine Law, Jenny Bird (RIP), Ben Mills, Teresa Ives, Tracey Mills, David Clarke, Ann Mason, Dan Dawber and Dan Davies.

Happy birthday to Dave Porter, and our thoughts and prayers are with Wendy Raven and all the family for the loss of a brave sister.



Thought of the month... If clergymen defrocked, then can electricians be delighted, musicians be denoted, cowboys be deranged, models be deposed, tree surgeons be debarked, and dry cleaners be depressed.....

More, next month

John (sleep tight Jen) Covell.

International recognition for local chess player

Aylsham Chess



Local chess enthusiast, John Wickham, has gained recognition on the international stage. The Fédération Internationale des Échecs (FIDE) / International Chess Federation has appointed John as a FIDE Arbiter at their 90th FIDE Congress, held in Abu Dhabi, United Arab Emirates.

An Arbiter's role is to ensure the smooth running of events and to act in a similar manner to a football referee - sometimes using technology to spot infringements! John will now be involved in running international chess events taking place in the UK and abroad.

John already has a very illustrious chess career. He is Honorary Life Vice-President of the English Chess Federation (ECF), Chairman of Norfolk County Chess Association (NCCA) and the East Anglian Chess Union (EACU) and, as a Qualified ECF Arbiter, is involved in organising and running most Chess Congresses in East Anglia and is a regular Arbiter at the British Chess Championships. In addition to this, John regularly plays chess for Aylsham Chess Club.

Bob Grindrod (Chair of Aylsham Chess Club) commented: "We are very proud of John's achievement in being awarded this title by FIDE. The honour is recognition of John's hard work, dedication and performance over many years"

To find out more about Aylsham Chess Club e-mail: aylshamchessclub@gmail.com and for details of other Norfolk Chess Clubs visit: www.norfolkchess.org/clubs.html

Cawston Womens' Institute



On 4th March Rachel welcomed 20 members, new visitor Sarah and demonstrator Jonathan Carrie to our monthly meeting. Hazel read the Minutes from February meeting, gave out monthly newsletters and news from HQ. Rachel gave out new WI key rings with the village sign on one side and our motive on the other, she thanked Jenny Wyer for organizing these for us. Rachel also gave out more outing details and invitations to other local groups.

Jonathan was introduced and told us all about his business of basket making, he explained the different kinds of canes he was using and started to make a basket, showing us every detail as he went along and explaining the various canes he used. This was fascinating to watch and amazing how he made a lovely basket with three different coloured canes, in less than one hour. He had the whole gathering watching and asking questions Everyone gave him great applause and thanked him for coming.

Refreshments were served by Wendy, Audrey and myself with the usual willing helpers coming to help clear up the kitchen. Three lucky ladies collected their raffle prizes. Birthday flowers of bright yellow polyanthus were presented to Audrey and myself. Jenny Williamson and Jenny Wymer won the competition for a pretty plate.

Our very best wishes are offered to Lydia and Paul Davies at The Bell Inn for the safe arrival of their daughter Isla in February. Our best wishes for a speedy recovery are sent to anyone unwell at this time, we look forward to your return next month.

The next meeting was due to be on 1st April, in the village hall at 7.30pm, it would have been our 99th birthday celebration, Tina Vallance was coming to get us on the floor with a Bollywood Dancing Workshop. Alas, the mwwting didn't happen due to the restrictions resulting from the coronavirus outbreak.

June Hopper

Grow, Make & Bake 2020

As I write this piece at the end of February I begin to wonder if I will ever begin to get into the garden to grow anything for the Show on September 5th. So I will turn my thoughts to a MAKE.



Now what to make! Using either soft or hard material I will need to produce a Flower, Fruit or Vegetable themed item no bigger than 300mm X 300mm X 300mm. Shouldn't be too hard as I have plenty of indoor time on my hands. What can you make? Look forward to seeing your crafty ideas.

Table Top Sale

Table Top Sale at Cawston Village Hall, April 11th.

To book table top, etc, contact Andy Welton
via Facebook on Cawston Village page.

Tables set up from 9am. Sale 11am. until 2pm.
Refreshments will be available.

CONGRATULATIONS

And very best wishes to Lydia and Paul Davies at
the Bell Inn for the safe arrival of their lovely
daughter **ISLA**, in February.

Good health and happiness to Isla



Cawston Community Helpline

If you are self-isolating during the COVID-19 situation or in a vulnerable group, your community is here to help. Providing support for the villages of Cawston, Haverlingland, Oulton, Heydon, Booton and Brandiston.

01603 381121

Cawstonhelpline@gmail.com

Facebook.com/groups/cawstoncovid

Call one of our volunteers if you need help with groceries shopping, practical help, or just someone to talk to.



Working in partnership with Cawston Primary Academy,
Cawston Parish Council, The Bell Inn, All Things Nice,
Kaori's Kitchen and Cawston Shop & Post Office.

Dearly Departed

Our dearly departed relatives and friends whose anniversary is in **APRIL** are listed below:



Sarah Pye	Lina Maude	Thomas
Carman	Louise Medler	Arthur Collins
Grace Neale	Leonard Harmer	George Deeley
Sidney Groom	Kathleen Groom	Douglas Howe
Albert Downing	Emily Drew	Patrick Collins
Frederick Joyce	Ruby Cox	Sidney Gray
Arthur (Toby) Overton	Janet Harris	Peter Davis
Donald Oakes	Walter Barber	May Purdy
Jean Dack	Judith Davis	Johnny Bryne
Bernard Risby	Robert Banham	Alec Walpole
William Paul Farnham	Joan Wright	Patrick Welham
Peter Dorrell	E. Molly Partlow	Royston Payne
Damian Dugdale	Ivan Purdy	David Oakes
Malcolm Cook	David Kemp	

LET US PRAY FOR Anyone not well, at home or in hospital, or far away. Our thoughts and prayers are always with those nursing loved ones and friends at any time of the year.

FROM THE REGISTERS



St Agnes' Church, Cawston

26th February 2020

Dorothy Muriel EASTON

St. Faiths Crematorium

21st February 2020

Rosemary Janet OVERTON

4th March 2020

Eileen Ann BARTROPP

Reepham Rover April Trips

The Reepham Rover offers a door to door service for the following regular trips. Passengers will be charged a fare to help cover the vehicle's operating costs.

Aylsham Tesco shopping	Thurs 2nd & 30th	9.30am - 2.30pm	£2.50
Sheringham shopping	Saturday 11th	9am - 1pm	£5.00
Wells fish & chips	Tuesday 21st	1pm - 2pm	£5.50
+ Kelling Tea Rooms			(excluding food)
King's Lynn shopping	Tuesday 11th	9am - 3pm	£6.00
Dereham (Tesco & Morrisons)	Thursday 16th	1pm - 4.30pm	£3.00
Wroxham shopping	Saturday 25th	10am - 2pm	£3.50
Dereham Town Centre	No trip	-	
Reepham Crown lunch	Tuesday 7th	11.30am - 2pm	£1.50
			(excluding lunch)

If you would like to go on any of the above trips or require more information, please telephone the Rover Mobile (07765 321 458) e-mail: reephamrover@whitwellhall.org or let your driver know. (Please note, these prices were correct at the time of printing).

MORE DRIVERS required. They have to be aged between 25 and 75 and hold a full driving licence with category D1 on it please ring 01603 870875 for details.

Reepham Patient Care Fund

Loan of Equipment

Enquiries about the provision, loan or return of mobility equipment and enquiries for other social welfare support should be made to Whitwell Hall Country Centre, Tel: 01603 870875 or email info@whitwellhall.org



AYLSHAM & DISTRICT FLOWER CLUB



On **Wednesday 8th April** we will be meeting in Aylsham Town Hall at 7pm for 7.30pm. This month Lorraine Scott from *thehedge.com* will be our demonstrator and she has chosen the theme "Floral Fusion". There will be a sales table and Lorraine's arrangements will be raffled at the end of the evening. We are pleased to welcome visitors £5 or if you wish to join for the year £28. Contact: Carol Cross 01263 735688 for more details.

CANCELLED

Sincere Condolences

are offered to all recently bereaved:



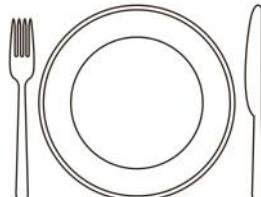
To Robert (Doddy) and all the family for the very sad loss of **JENNY VICTORIA BIRD**, a very dear fiancé, beloved daughter, sister, auntie and friend to so many.

R.I.P.

Cawston Lunch Club

Forty nine diners partook of lunch, bought raffle tickets and enjoyed the quiz. Although being rather short of helpers due to family commitments everything ran smoothly. The raffle raised £79 for Reepham Surgery.

Our next lunch will be on
Friday 24th April,
11.45 am. in
Cawston Village Hall.



CANCELLED

Cawston Bowls Club -

Have you visited our Facebook? This will soon include dates of games, functions & family fun at the Bowls Club



We are all looking forward to the new season and our first game is on Wednesday 29th April with our green opening on 19th April – rain permitting! We have a full fixture list with games on at the club most nights of the week as well as some weekday afternoons and some Sunday mornings. We will also host the Norfolk Under 25s on Sunday afternoons so who said bowls was only for the older generation? Why not come and support the youngsters and the bar will be open! Last year, the Norfolk Under 25s were English Champions.

On Sunday evenings we will be holding our usual roll up plus coaching for youngsters so come and give us a look and even try yourself – again the bar is open!

In memory of Tony Tortice, who sadly passed away over Christmas, we will be holding an open tournament to raise funds for East Anglian Air Ambulance on 28th June – this open tournament is open to everyone and is a very worthwhile cause. Please contact Jon Harvey for details.

We will also hold our Annual tournament for Aylsham Surgery on 8th August – another fun day Fund raising in support of another worthwhile cause.

On the playing front, we welcome Emma Hall and Timmy Briggs who live in the village and Mike and Marion Dougherty from Eastgate who previously played for Hickling. We also welcome Peter Liliwall from Nomads and I am sure that they will all be a great asset to our club. Good luck to all on the green.

Don't be shy...pop up to your village bowls club and have a try or just have a drink! We have a wonderful green and wonderful facilities to watchsome would say, the best in Norfolk!

.Neil - Club Captain

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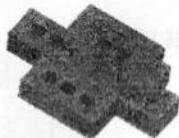
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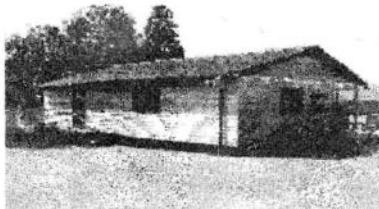
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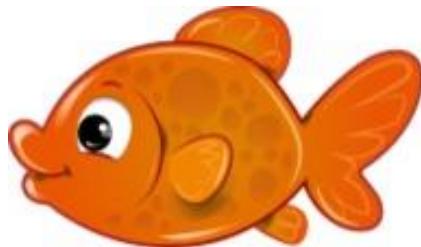
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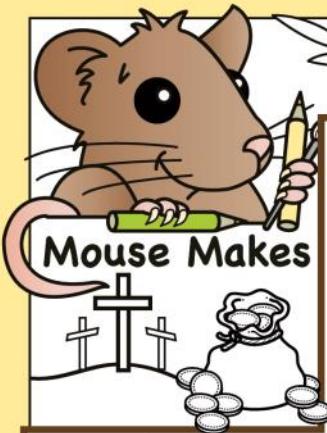
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