LOW DOWN





Volume 33, Number 9 — March 2018

President's Corner

By Lioness Lion Donalda Lovelace LOW Lioness Lions President

www.lowlioness.org

What a January and February! Ladies we outdid ourselves! First, I can't say enough about our visitations to Charlottesville Lioness Lions Club and Aquia Evening Lions Club. Both clubs welcomed us royally. They treated us like long lost relatives. We came away with ideas to make our club more fun and successful and with new ideas for fundraisers. This was an opportunity to learn that we had more commonalities than differences with other clubs who had transitioned into full Lions Clubs.



What did you think about our room and the decorations at our February Dinner Meeting! Gorgeous, intimate, warm, classy those are a few of the adjectives that I would use to describe the setting. Our Tamers, Karen Cakouros and Carol Lee both Past Presidents surpassed themselves. The Valentine theme was on full display. They have done a tremendous job in being responsive, managing the reservations, and providing appealing seasonal and monthly table decorations.

This month is historic for us. I believe it was our most successful fundraiser, ever, both financially and in terms of the outpouring of compliments that are coming our way. Even, my hubby who was under the weather that night and couldn't make it, received compliments from LOW men residents who knew he was married to me. The men all said they had a wonderful time.



I don't want to steal the committee's thunder, so I will let them tell you how much we made but it was a fantastic sum. The Amore Dance Committee led by chairs Carol Greeney and Kathy Walters put in motion an activity that I can see will continue for many years.



people were on the dance floor. The Reunion band was that good allnight long. Pictures are posted on the website and on the last page.

Notice the empty seats in Carol's picture, if you were wondering, those

Please don't forget our next fundraiser, on March 24, "Spring Thing" Crafts, Attic Treasures, What-nots and a Bake Sale and Concessions at

Locust Grove Middle School. All Hands-on Deck!!!

Yours In Service, Donalda

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. If you have extra plastic bags at home and can double bag some, that would be great. It saves the workers time when they are helping the clients.

SAFE House—See pg. 8

Lake of the Woods Lioness Lions Club

Post Office Box 811 Locust Grove, VA 22508

Meetings are held at the LOW Club House on the 2nd Thursday of each month. Social hour at 5:15 p.m.

2017—2018 Board of Directors

President Donalda Lovelace 1013 Eastover Parkway Locust Grove, VA 22508 (540) 412-2857

Secretary Janite Hamilton 202 Stratford Circle Locust Grove, VA 22508 (540) 809-0193

Treasurers Karin Mollard Jane Owiesny

1st Vice President Linda Shnayer

2nd Vice President Nicki Buell

3rd Vice President Vacant

Lioness TAMERS Karen Cakouros Carol Lee

Tail Twister Jonnie Feterle

Membership Joyce Morlan Julie Phend

Directors Millie Davis Carol Greeney Carolyn Gordon

Past President Karen Cakouros The Insider's View

Minutes from the February 22, 2018 BOD Meeting

MINUTES OF THE FIRST MEETING OF THE BOARD OF DIRECTORS OF LAKE OF THE WOODS LIONESS LIONS CLUB, INC.

The Board of Directors of Lake of the Woods Lioness Lions Club, Inc. (the "Corporation") held its first meeting on February 22, 2018 at Locust Grove, Virginia. Written waiver of notice was signed by all of the directors.

The following directors, constituting a quorum of the full board, were present at the meeting: Donalda Lovelace, Claudia Low sub for Janite Hamilton, Linda Shnayer, Nicki Buell, Karen Cakouros, Joyce Morlan, Jonnie Feterle, Carol Greeney, and Jayne Owiesny

There were absent: Millie Davis, Carolyn Gordon Julie Phend Karin Mollard

On motion and by unanimous vote, Donalda M. Lovelace was elected temporary Chairperson and then presided over the meeting. Claudia Low was elected temporary Secretary of the meeting.

The Chairperson announced that the meeting was held pursuant to written waiver of notice signed by each of the directors. Upon a motion duly made, seconded and unanimously carried, the waiver was made a part of the records of the meeting; it now precedes the minutes of this meeting in the Corporate Records Book.

There were then presented to the meeting the following resolutions, each of which were considered and discussed and, on motion duly made and seconded, unanimously approved:

RESOLUTION TO ADOPT BYLAWS

WHEREAS, the Directors wish to adopt Constitution, Bylaws and Standing Rules to govern operation of the Corporation in the form attached hereto and made a part hereof as Exhibit A;

Now Therefore, Be It:

RESOLVED, that the Board adopts the Constitution, Bylaws and Standing Rules attached hereto and made a part hereof as Attachment A as the Constitution, Bylaws and Standing Rules of the Corporation; and

RESOLUTION REGARDING INCORPORATION OF THE CORPORATION

WHEREAS, the original articles of incorporation of the Corporation were filed in the office of the Virginia State Corporation Commission on the 26th day of December and the Virginia State Corporation Commission issued and admitted to record the certificate of incorporation for the Corporation effective January 11, 2018;

MORE—See pg. 3

BOD Minutes Cont'd

WHEREAS, the Incorporator of the Corporation through an Action of Incorporator has elected the initial directors,

NOW, THEREFORE, BE IT:

RESOLVED, that all actions heretofore taken on behalf of the Corporation by the Incorporator be, and they hereby are, ratified and affirmed; and

RESOLVED FURTHER, that each officer of the Corporation is authorized and directed to cause the Corporation to pay the expenses of its incorporation and organization; and

RESOLVED FURTHER, that a certified copy of the articles of incorporation be inserted by the Secretary of the Corporation in the minute book of the Corporation and kept at the principal office for the transaction of business of the Corporation.

RESOLUTION REGARDING ELECTING AGENT FOR SERVICE OF PROCESS

RESOLVED, that Walter E. Diercks, named as the initial agent for service of process in the Certificate of Incorporation of the Corporation is named as the Corporation's agent for service of process.

RESOLUTION REGARDING ELECTING OFFICERS

RESOLVED, that the following persons are hereby elected to the following offices until such persons resign or are terminated or replaced by a duly authorized action of the Board:

President Lioness Donalda M. Lovelace Secretary Lioness Janite Hamilton

Treasurers Lioness Karin Mallard

Lioness Jayne Owiesny
First Vice President
Second Vice President
Lioness Nicolette Buell
Lioness Tomor

Lioness Tamer Lioness Karen Cakouros
Lioness Carol Lee

Tail Twister Lioness Jonnie Feterle

Membership Directors

Lioness Joyce Morlan

Lioness Julie Phend

Lioness Millie Davis

Director:

Lioness Carolyn Gordon

Director:

Lioness Carole Greeney

RESOLUTION REGARDING EXEMPTIONS FROM FEDERAL AND STATE TAXES

RESOLVED, that each of the officers of the Corporation is authorized to consult with legal counsel to ascertain the availability of exemptions from taxation under federal and state tax codes and, if such exemptions are available, the officers of the Corporation are, and each hereby is, authorized and directed to execute and file all necessary applications for exemptions from such taxes with the appropriate state and federal tax authorities, and to pay the necessary filing fees.

RESOLUTION REGARDING REGULATORY FILINGS

RESOLVED, that each of the officers of the Corporation is authorized and directed to make such filings and applications, to execute and deliver such documents and instruments and to do such acts and

MORE—See Pq. 4

BOD Minutes, Cont'd

things as such officer deems necessary in order to obtain such licenses, authorizations and permits as are necessary or desirable for the Corporation's business, to fulfill such legal requirements as are applicable to the Corporation or its business or to complete the organization of the Corporation.

RESOLUTION REGARDING INITIAL PRINCIPAL OFFICE

RESOLVED, that the initial principal office for the transaction of business of the Corporation shall be at 226 Birchside Circle, Locust Grove, VA 22508.

RESOLUTION REGARDING EMPLOYER IDENTIFICATION NUMBER APPLICATION

RESOLVED, that the officers of the Corporation be, and each of them hereby is, authorized, directed and empowered to prepare and file, or cause to be prepared and filed, appropriate applications to obtain an employer identification number with the IRS and any other identification numbers, permits or licenses required by law or deemed necessary or advisable for the conduct of the business of the Corporation.

RESOLUTION REGARDING ESTABLISHMENT OF BANK ACCOUNTS

RESOLVED, that any two officers of the Corporation, acting together, are authorized to:

- (a) Designate one or more banks, trust companies or other similar institutions as a depository of the funds, including, without limitation, cash and cash equivalents, of the Corporation;
- (b) Open, keep, and close general and special bank accounts, including general deposit accounts, payroll accounts, and working fund accounts, with any such depository;
- (c) Cause to be deposited in accounts with any such depository, such funds, including, without limitation, cash and cash equivalents, of the Corporation as such officers deem necessary or advisable, and to designate or change the designation of the officer or officers and agent or agents of the Corporation who will be authorized to make such deposits and to endorse checks, drafts, or other instruments for such deposits;
- (d) From time to time designate or change the designation of the officer or officers and agent or agents of the Corporation who will be authorized to sign or countersign checks, drafts or other orders for the payment of money issued in the name of the Corporation against any funds deposited in any of such accounts, and to revoke any such designation;
- (e) Authorize the use of facsimile signatures for the signing or countersigning of checks, drafts, or other orders for the payment of money, and to enter into such agreements as banks and trust companies customarily require as a condition for permitting the use of facsimile signatures;
- (f) Make such general and special rules and regulations with respect to such accounts as they may deem necessary or advisable; and
- (g) Complete, execute and/or certify any customary printed bank signature card forms to exercise the authority granted by this resolution.

RESOLVED FURTHER, that any form resolutions required by any such depository, which relate to the establishment of such accounts and the authorization of signatories with respect thereto and substantially incorporate the authorizations contained in these resolutions, are adopted and approved; and

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BOD Minutes. Cont'd

RESOLVED FURTHER, that any such depository is entitled to rely on these resolutions, if they are certified by an officer of the Corporation, for all purposes until it shall have received written notice of the revocation or amendment of these resolutions by the Board.

RESOLUTION REGARDING RATIFICATION

RESOLVED, that any and all acts taken and any and all agreements or other instruments executed on behalf of the Corporation by any officer or officers of the Corporation prior to the execution hereof with regard to any of the transactions or agreements authorized or approved by any or all of the foregoing resolutions are ratified, confirmed, adopted and approved.

RESOLUTION REGARDING AUTHORITY GRANTED OFFICERS TO CARRY OUT PURPOSES OF RESOLUTIONS

RESOLVED, that the officers of the Corporation be, and hereby are, authorized and directed to execute all documents and to take such action as they may deem necessary or advisable in order to carry out the purposes of the resolutions adopted in the foregoing resolutions.

SECRETARY'S REPORT: The December minutes, which were previously distributed, were approved.

TREASURER" S REPORT: The Benevolence Financial Statements were approved and accepted for filing. Jayne Owiesny will be researching acceptance of credit cards for payment. This is mainly so that we can accept credit card payments, for events and to lessen the time demands on the Treasurer.

PRESIDENT'S REPORT - Donalda Lovelace

- We have been asked to develop/organize a Leo program for the Prospect Heights Middle School in Orange County. The board voted to approve the development and organization of an Alpha (middle school) Leo Club and the initial yearly expenditure of \$200 for this effort. Of the \$200, \$100 would go to Lions International for yearly fees. Leo Club activities would be from September through May or June. The LEO club would do community service and have fund raising activities to support their community service. Sharon Thorton and Connie Skelton have volunteered to work with this activity. Three other Lionesses will be recruited.
- Pat Logan's resignation was accepted with regret.
- Donalda announced a Zone Meeting and asked Board members to attend. It is scheduled for February 27, Donalda, Linda, Nicki and Karen will be attending.

OFFICER"S REPORTS

1ST VICE PRESIDENT – Linda Shnayer

- Changes are being made to the Survey/Assessment. Will be rolled out after next dinner meeting.
- Sees Easter Candy Sales, the Board approved that we order 120 boxes of chocolates to be sold at the March dinner meeting and the Craft Sale, Bake Sale and Flea Market scheduled for March 24, 2018
- Tickets are still available for the Lions of Virginia raffle for May 29, 2018. Tickets will be sold for \$30.00.
- Peace Poster Contest The theme of this project is KINDNESS. The Board agreed to support this activity which will sponsor an art contest in the schools. Due date for art work is November 15. Our local winner(s) would go to the district meeting to receive their award. Suggested that we might be able to get a judge from the Art's group here at the lake.

MORE See Pg. 6

BOD Minutes, Cont'd

- Linda presented a project to collect women's bras for RAM (Remote Area Medical) An event where
 doctors and dentists and other health professions travel to Appalachia to help poverty stricken people
 get medical care. Kathy Merritt has expressed interest in leading this event. New bra's will be given to
 all women in need who attend this event. Suggested idea would be to have a "Pop-Up" party at Fareways to collection bras.
- LOW 4th of July parade, the Lioness effort will have a Book Sale Theme this year.

2ND VICE PRESIDENT – Nicki Buell

- Claudia reported that the next Food Drive will be Saturday, May 5, 8:00am 2:00pm in the front gate parking area directly across from the security office. Sign-up sheets will be at the April dinner meeting.
- Food pantry After 10 year of dedicated service, Michelle Senft and her husband Dave are retiring from Food Panty Home Delivery. We will need to find a couple of people to take on this job starting March/April timeframe. This is a once a month task in the Germanna Heights area. Nicki is available for more information.

TAMMERS – Karen Cakouros and Carol Lee

Karen Cakouros announced that our dinner meeting will now be held in the smaller, more intimate room at the clubhouse.

MEMBERSHIP – Joyce Morlan and Julie Phend

There will be an induction of new members at our April meeting. Everyone should contact Joyce Morlan or Julie Phend for information. Badges must be ordered now. This may be the last induction of the club year.

TAIL TWISTER – Jonnie Feterle

Talked about the Brag Lion having a new look at our next meeting.

DIRECTOR - Carol Greeney

Reported that the Amore Dance was a huge success. Carol will report on the grand total at our Dinner Meeting. The committee has already scheduled the next dance to be held on February 9, 2019.

IMMEDIATE PAST PRESIDENT – Karen Cakouros

Karen reported the slate of officers for 2018-2019

- President Lynda Shnayer
- 1st VP Nicki Buell
- 2nd VP Ann Walker
- 3rd VP Sharon Thornton
- Secretary Claudia Low
- Treasurer Jayne Owiesny/Jean McLallen
- Tail Twister Jonnie Feterle
- Tamers Nancy Fogg/Marian Rood
- Membership Arlene Rich/Doris Williams
- Directors Carolyn Gordon, Carol Greeney, and Betty Beck
- Past President Donalda Lovelace
- Committee Members Karen Cakouros, Carol Lee, Bonnie Doubleday, Nancy Fogg, Arlene Rich, and Jean McLallen

Without further business the meeting was adjourned.

Respectfully submitted,

Claudia Low sub for Janite Hamilton, Secretary

Lioness Lions Committees & Activities

See's Easter Candy

By Lioness Lion Linda Shnayer

Just in time to fill your Easter Baskets, the Lioness will be selling See's spring candies. At our March dinner meeting, we will have a:

---Hoppy Easter Spring Gift Box which contains Scotchmallow, Dark Chocolate Chip Truffle, Milk Butterchew, and more. Each \$7.00 box contains approximately 10 pieces; and

---Chocolate Butter Egg. The egg has a rich chocolate center wrapped in milk chocolate and decorated with a candy flower. Each \$6.00 egg is 3 ounces.



Spring Craft Show, Flea Market, and Bake Sale

By Lioness Lion Donalda Lovelace

The "**Spring Thing**" is scheduled for Saturday, March 24th from 8:30 am – 2:00 pm at the Locust Grove Middle School at 6368 Flat Run Rd, Locust Grove.

We have all spaces booked with more vendors than last year. Gail Stoner, Vendor Chair has even had to start a wait list. Just as in previous years we will have our Lioness Attic Treasures tables, with gently used housewares and other "treasurers". This year our concession stand will feature pork barbeque by Chef Earl and Sous Chef Greg.

Now is the time to start a box of nice items for our Attic Treasurer's tables. Lioness Helene has offered to sell nicer items and jewelry online. Call her soon at 540-412-0798. Please bring donated items to the school between 4:30 pm and 6:00 pm on Friday, March 23rd. We would very much appreciate your pricing the items, it would really facilitate the setting up on Friday.

The bake sale is a wonderful fundraiser at our Flea Market. The Lionesses have always been generous in providing a wide variety of cakes, cookies, candy and other baked goods especially brownies. These donations we would also want on Friday, March 23rd from 4:30 pm to 6:00 pm or the morning of the event. Items must be marked Nuts, or No Nuts and it would be helpful for our customers if we knew main ingredients in the baked items. Contact Baked Sale Chairs, Claudia Low 540-412-1304 or Joanne Zwickl 540-412-1666 if you need to arrange another time for your donation. If you are unable to bake, a monetary donation would be welcomed.

If you haven't completed a volunteer signup sheet, please do at our March Dinner Meeting. Be sure to tell your friends about our event. Let's hope for a beautiful spring day!

In addition, if you have questions or would like to help, call any member of the **Spring Thing** Steering Committee, Donalda Lovelace, Gail Stoner, Claudia Low, Jayne Owiesny, Linda Shayner, JoAnn Zwickl and Helene Burns.

Lioness T-Shirts

By Lioness Lion Arlene Rich

If you have ordered a Lioness T-shirt, they will be available at the March meeting. If you wiould still like to order a T-shirt, please call Arlene at 540-755-2628

Lioness Lions Committees & Activities

SAFE House Donations

By Lioness Lion Michelle Senft

Donations for SAFE House will be collected at the March meeting. Items needed are: powdered laundry detergent, soap, shampoo & conditioner, deodorant, skin lotions, tooth paste and brushes (adult or child), women's personal hygiene products, and baby diapers (any sizes). We also accept checks to Safe House; please add "LOW Lioness Club" on memo line.

Volunteers Needed for Wilderness Food Pantry

By Lioness Lion Karen Cakouros

The Food Pantry is located on Route 20 just a few miles south of route 3 for those of you who do not know. This is a joint project with the LOW Lions. We have done this for close to 20 years at three different locations. We serve between 50 and 70 clients 4 times a month, the 1st and 3rd Friday from 9am to 12pm, 2nd Wednesday from 4 to 6pm and last Saturday of each month from 9am to 12pm. We serve over 150 families. Our pantry is unique because we allow the clients to choose their own food. Most pantries just hand out a set package of items not allowing for allergies, etc. So we need **shoppers** to assist them with their choices. We have shelves just like a grocery store and clearly identify the amount of each item the client is allowed according to family size. I know how busy everyone is but I think if you try this you will find it very rewarding. You could be a sub or work on a day of your choice each month.

Today, Saturday Feb 24th, we had 64 clients with three shoppers who worked an extra day this month because our regular volunteers weren't available. Donalda, Susan DeMailo and Bonnie Doubleday.....you were great to step in with Barbara, Ann and I.

Please contact us with any questions or if you would just like to come over and observe on one of our distribution days. We are open March 2nd, March 7th, March 16th, and March 24th this month and April 6th, April 11th, April 20th, and April 28th next month.

Karen 972-9043 Nicki 412-0104 Barbara 972-9657

Also, I'd like to recognize our current great volunteers either doing check-in duties, shopping, or picking up donated food at Food Lion once a month. I am listing them in no particular order.

| SHOPPERS AND/OR FRONT DESK | CHECK-IN | FOOD LION PICK-Up |
|----------------------------|--------------------|-------------------|
| Helene Burns | Barbara Francis | Carol Greeney |
| Ann Wood | Karen Cakouros | Elaine Freeland |
| Rani Manhard | Karen Goetz | Carol Lee |
| JoAnn Buttimer | Bonnie Doubleday | Betsy Flanigan |
| Kathy Fish | Nancy Fogg | Norma Ervin |
| Cheryl Brown | Val Protiva | Betty Beck |
| Carolyn Gordon | Julie Phend | Lorretta Laterra |
| Donna Steffensmeier | Donalda Lovelace | Shellee Williams |
| Susan Demailo | Janet Himmelberger | Karen Cakouros |
| Carlene Delio | Nicki Buell | |
| Ellen Bearden | | |

Many, many thanks to these ladies!!!! Looking forward to hearing from some new interested ladies. You food donations are always appreciated!

Lioness Lions Committees & Activities

Home Deliveries for Food Pantry

By Lioness Lion Karen Cakouros

The Food Pantry is looking for a couple to make home deliveries to Germanna Heights apartments once a month to those who are unable to pick up their food at the pantry. Dave and Michell Sendft have been doing this for many years and need a break. Please contact Karen Cakouros 972-9043.

Chairperson for Peace Poster Contest

By Lioness Lion Linda Shnayer

Every year, Lions International holds a Peace Poster Contest. This contest is a wonderful opportunity for clubs to work with youth in their community to stress the importance of peace, tolerance and international understanding. The contest encourages young people, ages 11-13, to think about peace, and what it means to them and to share their own unique visions of the world through art. This year, the theme is "Kindness Matters."

The first step to involve the youth of Orange County, is to identify a Lioness Peace Poster Contest Chairperson(s). The Chairperson will receive a complete step-by-step guide, and other materials, for managing the program and contacting area schools and/or organized youth groups to discuss the contest and encourage participation.



Artists of posters have a chance to win the International Grand Prize of \$5,000 or 23 Merit Award Winners each receive \$500. Should you be interested in this Chairperson position, please contact Linda Shnayer at 540-412-1021. For more information and to view last years winning posters, visit www.lionsclubs.org/peaceposter.

Semi Annual Food Drive

By Lioness Lion Claudia Low

Semi Annual Food Drive - Please save the date

Saturday, May 5, 8am – 2pm

Parking area directly across from the front entrance Security office.

Please support this very important project. Sign-up sheets will be on the tables in April.

Thanks for your support! Claudia Low and Norma Irvin



PICTURES FROM AMORE DINNER DANCE









From the Tamers

By Karen Cakouros and Carol Lee

The Lake of the Woods Lioness Lions Club March 8th Dinner meeting will be held at the Clubhouse with a 5:15 p.m. social gathering followed by dinner at 6:00 p.m. Please remember to call or email the Tamers by Monday, March 5th if you are not attending or need a special meal. 'Dinner will be buffet style. A no-call or no-show will cost you \$18.00 if you are unable to attend this meeting.

Tamers:

Karen Cakouros (972-9043) Email: karencak@comcast.net Carol Lee (972-8920) Email: carol.lee4@comcast.net

NOTICE: We RSVP E-mails & phone calls. If you can't attend, you may have your meal picked up.

In consideration of others at our dinner meetings, you are asked to kindly refrain from beginning your salad until after the invocation and introduction of guests. Thank you.

Dinner

Garden Salad
Boneless Chicken Breast
with Marsala sauce
(with or without
Mushrooms)
Garlic Mashed Potatoes
Asparagus
Lime Sherbet
Coffee or Tea

Call Carol or Karen if Vegetarian meal required

Twister's Corner

By Lioness Jonnie Feterle

Spring will be officially here soon, with warmer weather in the air and the starting of spring flowers popping up all around us.

11th Daylight savings begins

17th Saint Patrick Day celebrated

20th Spring officially begins

25th Palm Sunday

30th Good Friday

Passover begins at sundown

Who wrote this poem?

In come the March winds,

They blow and blow

They sweep up the brown leaves

That green ones may grow.

Greeters will be: Susan DeMailo and Janet Himmelberger

LOW Lioness Lions 2017-2018 Calendar

Mar 8 Dinner Meeting

Mar 22 BOD Meeting

Mar 24 Spring Thing—Crafts,

Attic Treasures, Bake

Sale

Mar 31 Book Sale

Happy Birthday Lioness Lions

March 2 Joann Buttimer March 23 JoAnn Zwickl

March 3 Sharon Thornton March 25 Arlene DeSimone

March 19 Gail Stoner March 31 Norma Ervin

From the Editor

By Lioness Lions Gail Hardin Editor, Lioness Lions LOW DOWN

Please get information and articles for the April LOW DOWN to me by March 28th or as soon thereafter as possible. The newsletter will be distributed on or about April 1. Forward them by email at the address below, or call me if you don't have access to email..

Email: gail hardin@yahoo.com

Phone: (540) 972-5698

Handbook Corrections

Please forward any additions, changes, or corrections to your Handbook to the Editor (see contact information to the left of this column.)

Resignation:

Pat Logan

The Lake of the Woods Lioness Lions LOW DOWN is published monthly by the Lake of the Woods Lioness Lions Club, P.O. Box 811, Locust Grove, VA 22508, Gail Hardin, Editor.

Lake of the Woods Lioness Lions

LOW DOWN

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