

# Pulse 5M9

## Leading Lions To A Healthier Future



Linda Albrecht-Norby  
5M9 District Governor



Volume 14, No. 8 • February 2011

Check out [www.lionsof5m9.org](http://www.lionsof5m9.org) and [www.lionsmd5m.org](http://www.lionsmd5m.org)

## A Woot-Woot to the Mid-Winter Convention

The 5M9 Mid-Winter Convention “Explore the Lore when Lions Roar.” The Whitefish Area Lions and Crosslake-Ideal Lions did a terrific job as convention hosts. The speakers, seminars, and entertainment were great.

The Past District Governors Association did a wonderful job with the Service of Remembrance program Friday night. It was an opportunity to honor those Lions and Lioness who have passed on in the previous year.

Friday night, the Lions visited the many hospitality rooms.

Saturday morning at the Honors Recognition, VDG Bruce Beck introduced us to the “Woot-Woot” for a job well done.

The Saturday seminars were provided by Lion Bob Harms, The Thomas Story, Minnesota Lions Eyebank and Lion Armand Radke.

At the noon luncheon, Leader Dog representative Jim Platzer address the Lions and guests. He shared his story on his adventure becoming blind and Leader Dogs for the Blind role in helping him over come it. A Leadership medal was presented to PDG Jim Arvidson and his Governor’s Excellence medal. DG Linda received her Vice District Governor Excellence medal.

The district’s business meeting opened with zone and committee reports. No club came forward to host the 2013 Mid-Winter Convention. If you are interested, contact Governor Linda as soon as possible. The cabinet will decide which club will host at the next meeting in March. Vice District Governor Bruce Beck became District Governor-Elect. Margaret Van Erp of the Bluffton Lions Club became 1st Vice District Governor-Elect. Don Hendrickx of the Lake Lions of Perham became 2nd Vice District Governor-Elect. PCC Bob Beard was elected to the MD5M Hall of Fame. He will receive his award at the Multiple Convention.

At the Governor’s Banquet, International Director Gary Anderson touched us with his won-

derful words. ID Gary and Governor Linda presented four International Letters of Commendation to Lions Randy Beaver, Erin Beck, Jerry Smith and Maricels Radke. They also presented a Lions Presidential medal to PDG Jim Arvidson. “Elvis” provided the Saturday entertainment.

Sunday’s Brunch was busy handing out awards for the many contests, check the inside for the results. Leadership medals were presented to PDG Carroll Kukowski and Dick Kimball.



The 5M9 Briefcase Brigade preformed at the Sunday’s Brunch to everyone’s surprise. You can catch the show on Youtube. (search for Briefcase Team Jan2011 )

# Lions



## Heartbeat of 5M9

Linda Albrecht-Norby  
5M9 District Governor



### The Lions of 5M9 roared at the Mid-Winter Convention

I would like to thank all the Lions of 5M9 for a great convention this year! The comments I have heard have been very positive and have complimented all those who attended, presented and prepared for this year's Convention. International Director Dr. Gary and Lion Cheryl Anderson were a topping to the convention and are true Lions at heart and love to have fun along with the rest of us in 5M9. A big 5M9 thank you to them for their attendance and participation at the convention. I hope you all had a chance to say hello and visit with them!



ID Gary Anderson and wife, Cheryl and DG Linda and Jay Norby.

I would also like to thank the Whitefish Area and Crosslake Ideal Lions Clubs for an excellent job of hosting us at Breezy Point!!!! **Way to go Lions!!!!!!** You all did a fantastic job and went above and beyond to make this a great convention. A new location and change is difficult to do, but we did it! I hope any of the clubs thinking of hosting a convention in the future, will consider Breezy Point as a site, the staff was outstanding!

Planning a convention takes many hands and Lions to get the job done. I have heard many times while in the planning stages of this year's

convention, that "It's the Governor's Convention." When in fact, it is the Lions of 5M9 Mid-Winter Convention. You can all be proud of what you do each year to support the District with all your projects and community activities throughout the year. I am proud of each and every Lion in this District for the time and endless commitment you donate to your clubs, communities, District, Multiple and the world for Lions. **Thank you for being Lions!!!!!!**

As you may know, as Governor my work goes beyond the District and I work with the other eleven Governor's in the Multiple. Jay and I have had the opportunity to travel during the month's of January and February to visit the other District Conventions. We have a great Multiple and are represented by a great team of Governor's who over see their Districts well. As with everything in Lions, our Lion family continues to grows each time we go beyond our community and the District. Everyone is unique and different in how they do things, but they get things done and Lions continue to be known around the world for our service. New officers to the Districts have been elected and our leadership continues on with training sessions in the future to prepare these individuals for the work that is needed ahead. Give your support to these Lions who have taken that next step forward, for the future of Lions!

This month of February, is known for wearing red and caring from the heart. Lions are full of energy and their work is heartfelt. We continue to help those in need, from our hometowns to around the world. Along with our help, comes help from others such as Bausch Lomb, Johnson & Johnson and many more corporations teaming up with us to help infants to adults with vision, hearing, diabetes and more. These corporations help promote not only funds, but help with research and projects that help all with some type of help or referral. With the help of the University of Minnesota, we have come a long way to help those who have been passed up and given them a chance to be seen by a doctor and help has been found many times. Let's continue to give from our hearts, to those who so desperately need our help by what we do, **"We Serve."** Open your hearts to help those in need. Let's make Lions more visible

**Continued on page 8**

## Pulse

Leading Lions To A Healthier Future

5M9 Newsletter



This is a publication of, by and for the Lions, Lioness, & Leos of District 5M-9.

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Please submit stories, photos with captions, ads and other material to the editor before the 15th of the month.

Subscriptions are \$10 for one year.

# “Walking the path”

## February

3 Perham Lions visit  
4-6 5M5 MWC St. Cloud  
4-6 5M10 MWC  
9 Pine River Lions visit  
11-13 5M2 MWC Mankato  
14 Nisswa Lions visit  
18-20 5M13 MWC Swan River  
18-20 5M3 MWC Redwood Falls  
21 Verndale Lions/Lioness & Aldrich Lions  
28 Lake Park Lions visit

## March

5 Underwood Lions/ Lioness visit  
14 Parkers Prairie Pride of Lions visit  
19 Council of Governor's  
28 Breckenridge & Campbell Lions visit

## April

7 Backus Lions visit  
7-10 MD5M Regional Leadership  
Institute, Mahanomen  
11 Guthrie-Nary Lions visit  
12 Palisade Lions visit  
16, 17 & 18 DGE training  
19 Aitkin/Aitkin Riverboat Lions visit  
21 Zone 5 mtg  
25 Baxter Lions visit  
26 Ottetail Lions visit  
29 Council of Governor's Mankato  
April 29 - May 1 MD5M Convention -  
Mankato

## May

17 Longville Lions visit  
24 Bay Lake Area Lions visit

## July

4-8 Lions International Convention -  
Seattle, WA

## September

22-24 USA/Canada Forum  
Anchorage, Alaska



## “Catch’n the Lunker”

1st Vice District Governor  
**Bruce Beck**



Greetings Lions of 5M9! What a fantastic Mid-Winter Convention we had at Breezy Point this year - many thanks to District Governor Linda, the Whitefish Area Lions and Crosslake-Ideal Lions for putting on such a great convention. Thanks to those who attended and participated in the fun, meetings, and seminars. Next year, I want to see everyone at the Mid-Winter in Mahanomen.

Convention brings us all together and gives us the opportunity to see what a great team the 5M9 District truly is! At the business meeting, I was voted in as your next District Governor of 5M9. (What have we got ourselves into now?) I want to thank everyone for your support and trust. I will give it my all to represent 5M9 as best I'm able and let everyone know that 5M9 is the greatest district in all of Lions. Congratulations to 1st VDGE Margaret VanErp and 2nd VDGE Don Hendrickx on their elections. To our many and much deserved award winners, congratulations on a job well done! You bring to life our motto 'We Serve'. Thank you for your service! Some of you may have heard that I had a 'Big Head' at convention. In part, this is true. Lion Erin, my bride, has always said she likes the big, strong, silent type. I believe that I fulfilled that role. (See photo.)



Membership - Membership - Membership! To those clubs that have had a membership drive event... Thank You! To all the clubs who are still procrastinating about it, the time is now to plan and host a membership event! From July 1 to December 31, 2010, we gained 116 members in 5M9 and we lost 146, a minus 30 for the District to-date. Maybe your club could focus on a target group, like women, business owners, or school personnel. We have seen with women as Lions since 1988 what hard workers and strong leadership they can provide. A well-balanced club will be 50/50 men & women. A membership event should be a reflection of your club. Park Rapids

recently held a membership 'Wine & Cheese' night. Guests were invited to the wine & cheese night. They heard about local Lions' activities and then briefly about the District and International's roles. I believe this one night resulted in 8-10 new members for the local club. If you want to know more, contact either myself or Park Rapids Membership Chair Lion Zelda Novak, 218-732-9295.

Finding new members is like fishing...sometimes you need to try 'un-tested' or new waters to find a whole school or even a lunker. You've got to get out of your rut and try something new! While we are on Membership, we are looking for any geographic area in 5M9 that should have a new club. It does not have to be an organized city, as we have demonstrated with the Bay Lake Lions, Brainerd Lakes Lions, and others where there is no official city affiliated to the club. It could be the residents of a lake area, a main intersection, or town hall. Lions Clubs fit all communities, organized or not. Give me a call or email if you have some suggestions we could look at or try.

Remember, during the winters in Minnie-snota, you've got to keep moving to keep warm and not let your BoBBer freeze in the ice! Do the same with your club, keep active and don't get stuck in the ice.

**See ya 'On-the-Water',**

**DGE Bruce**

## *Stitching together the news of 5M9*

### **2nd Vice District Governor Margaret Van Erp**



I can hardly believe the month of January will be over by the time you read this newsletter. O.K. the time does fly when one is having fun and that's what all of us did at our Mid-Winter Convention just a few weeks ago. If you didn't come, you did miss a great weekend. There were some great seminars, screenings and many good laughs. Start making plans to attend the 2012 convention next January in Mahanomen. I want to thank everyone for all of the support and for voting me in as your 1st Vice District Governor. I will do the best I can to help our DGE Bruce and our 2nd VDGE Don Hendrickx during the year 2011-2012. A big Thank you to my partner in service, my dear husband PDG Peter, without your love, support and help I would not be where I am today. Last but not least a HUGE THANK YOU to my fellow Bluffton Lions who have supported me since I announced that I was interested in running for the 2nd VDG position of Dist. 5M9 a year ago. It's a GREAT feeling to look out over the assembly and see the sea of RED vests in the Convention crowd. You're the best right along with all of the rest of our 5M9 District and we will work to keep our Dist. the top one in our Multiple District.

Each club should be presenting their slate of candidates for their new officers at their February meeting so that each club will have their elections at their March regular Lions meeting or at their April meeting IF their meeting falls before April 15th. International says each club MUST have their elections by April 15th of the current Lions year. Your PU 101 must be to the 1st Vice Dist Governor Elect (Lion Margaret Van Erp) and Dist. Governor Elect (Lion Bruce Beck) by and no later than May 1st. It is very easy to fill your PU 101 out on line. If you need any help with it PLEASE contact me at 218-385-3446 or e-mail me at [petemarg@arvig.net](mailto:petemarg@arvig.net) and I will gladly help or do it for you. You can do it any time after you have your club elections. As the saying goes "the sooner it's done the better". We have to get all of this information to our Multiple Secretary so he can compile it into the MD5M Directory. Everyone likes to get their Directory on time and as soon as possible after July 1st so all of us must cooperate with one another and get our Lions elections done on time.

We are still waiting to hear about the date for our College of Leadership that our Dist has each spring. Keep in mind though and encourage your new officers to attend this training whenever and wherever it will be held.

We will be starting the third and final round of our zone meetings for our Lions year of 2010-2011. Let's try to attend and have each club represented at your zone meetings. Every club president and secretary are suppose to attend so that you can go back to your clubs and report what other clubs in your zone are doing and anything new that will be coming up in the District.

Until next month I hope everyone will be able to stay warm and hope to see and visit with you at the next zone meetings.

**ZCA/ 1st VDGE Lion Margaret**



### **1st VDG elect Margaret Van Erp**

1st VDG elect Margaret thanked her club and everyone for their support at the Sunday brunch.

### **2nd VDG elect Don Hendrickx**



Don Hendrickx of the Lakes Lions of Perham was elected 2nd Vice District Governor. Pat Hendrickx, his wife, is also a member of the Lakes Lions.

### **Elvis singing to a lucky woman**



Elvis entertained the guests after the Saturday nights Governor's Dinner.

# Awards and recognition



ID Gary Anderson presented Dick Kimball an International Leadership medal with the help of DG Linda Albrecht-Norby.



ID Gary Anderson presented Carrol Kukowski an International Leadership medal.



ID Gary Anderson and DG Linda Albrecht-Norby presented Erin Beck an International President's Letter of Commendation.



ID Gary Anderson and DG Linda Albrecht-Norby presented Maricels Radke an International President's Letter of Commendation.



ID Gary Anderson and DG Linda Albrecht-Norby presented Jerry Smith an International President's Letter of Commendation.



ID Gary Anderson and DG Linda Albrecht-Norby presented Randy Beaver an International President's Letter of Commendation.

# Youth Outreach poster winners



The Mid-Winter Convention is over and there were many wonderful "Youth Outreach" posters.

This years winner was Karly Thomson sponsored by the Underwood Lions Club.

**1st - Karly Thomson, sponsored by Underwood Lions**

**2nd - Mikayla Littleghost, sponsored by Fergus Falls Riverside Lions**

**3rd - Desiree Bauer, sponsored by Frazee Lions**

Jeanne Roggenkamp and Robert Harris want to remind all Lions, Lioness and Leo Clubs to bring a poster next year. Remember that Youth Outreach poster contest has evolved into all aspects of the process of growing up, with drugs just being a part of the whole picture. There is peer pressure, depression, bullying and many more difficult things growing up as a youth.

Contact Jeanne Roggenkamp at 218-385-2619, jroggenkamp@arvig.net or Robert Harris at 218-338-5011, farmallpp@yahoo.com for more information about the contest or if you want them to talk to your club about Youth Outreach.

## 1st place

Karly Thomson, sponsored by Underwood Lions

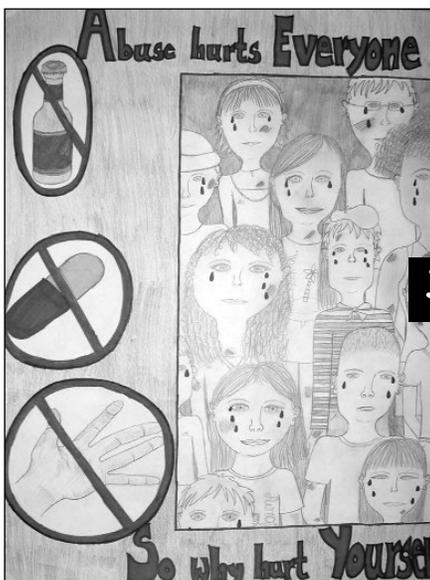


## 2nd place

Mikayla Littleghost sponsored by Fergus Falls Riverside Lions

## 3rd place

Desiree Bauer sponsored by Frazee Lions



# Awards and Recognition

## Best Club Website

Website Traveling Trophy went to Perham Lions Club.



## Brag Book Contest

Pictured left:  
 First place was Bluffton Lions  
 2nd - Underwood Lions  
 3rd - Palisade Lions  
 Honorable Mention - Aitkin Riverboat Lions  
 Perham Lions



## Best Club Newsletter

Pictured left:  
 First place was Palisade Lions  
 2nd - Garrison Lions  
 3rd - Deerwood Lakes



DG Linda was presented her Vice District Governor Excellence Medal by ID Gary Anderson.



## First Timer Contest

First place was Cathe Picek of the Deerwood Lakes Lions Club.  
 2nd place was Brenda McNurlan, Deerwood Lakes Lions Club.  
 3rd place was Gerald Feucht of the McGregor Lions Club.  
 There was a tie for third with Cathy Wilke, Aitkin Riverboat Lions.  
 Gerald won the coin flip.  
 Bluffton Lions Club received the Traveling Award for most First Timers.



The Bluffton Lions Club received the Traveling Trophy for highest percentage of members attending the Mid-Winter Convention.

# RESOLUTIONS for 5M9 Mid-Winter Convention 2011

1. Where-as District Governor Linda Albrecht-Norby has done an excellent job of running District 5M9 and keeping it as the best District in MD5M -- Be it Resolved that we give her a big 5M9 THANK YOU!

2. Where-as International Director Dr. Gary Anderson and his wife Lion Cheryl traveled from Michigan to be with us and share the week end and delight us with the Lions message and warmth -- Be it Resolved that we wish them God speed in their travels and a safe trip home and give them a big 5M9 THANK YOU!

3. Where-as Lions Doreen and Scott Gallaway and all the Lions of the Whitefish Area Lions Club and the Lions of the Crosslake-Ideal Lions Club have done an excellent job of organizing and carrying out our convention -- Be it Resolved that we give all of them a big 5M9 THANK YOU!

4. Where-as District Governor Elect Lion Bruce Beck and his wife Erin have volunteered to serve 5M9 as District Governor in 2011-2012 -- Be it Resolved that we wish them well and give them a big 5M9 THANK YOU!

5. Where-as 1st Vice District Governor Elect Margaret Van Erp and her husband PDG Peter have volunteered to serve 5M9 as 1st Vice District Governor for 2011-2012 -- Be it Resolved that we wish them well and give them a big 5M9 THANK YOU!

6. Where-as 2nd Vice District Governor Elect Don Hendrickx and his wife Pat have volunteered to serve 5M9 as 2nd Vice District Governor for 2011-2012 -- Be it Resolved that we wish them well and give them a big 5M9 THANK YOU!

7. Where-as the staff of Breezy Point Resort have assisted all the Lions in a successful 5M9 convention -- Be it Resolved that

## Detroit Lakes Lions receive service awards



**International Relations chairman Dennis Anderson recognizes the Detroit Lakes Lions Club and Armand Radke for their tireless work with the eye glass missions to Mexico.**

we give them a big 5M9 THANK YOU!

8. Where-as a successful convention cannot happen without all the presenters and volunteers that made the seminars and screenings meaningful and educational -- Be it Resolved that all of them get a big 5M9 THANK YOU!

9. where-as all the District Cabinet members have all worked hard to keep District 5M9 at the top of the heap -- Be it Resolved that they all get a big 5M9 THANK YOU!

10. Where-as once again we have had an excellent turn-out of our 5M9 Lions -- Be it Resolved that we give ourselves a wish for safe travel home and a big 5M9 THANK YOU!

11. Where-as the Lions Clubs that added to the convention with Hospitality Alley rooms and activites did an excellent job - - Be it Resolved that we give all of them a big 5M9 THANK YOU!

Continued from page 2

## Governor Linda's column continued

to people, so they know they can come to Lions, knowing they can get help and that the Lions Organization is the place to go for help!

Lions stands for this: **Loving  
Individuals  
Offering  
Needed  
Service**

We have brought up membership many times over the last few years. Yes, we are in need of new members, to add more hands to help with our club activities, replace those members that have left or passed away this past year. If each of us could bring in two new members that would be great! One member to replace ourselves and the other to add to the future of the club. None of us are going to live forever, but we need to look to the future and grow with a positive in site for the future of our

clubs. One drop of rain is not much, but with each drop we could become a raging river and that's what Lion's are. A raging river of service that is world wide!

As Lions you raise me up, knowing that I can be proud of the work we all do!

## Lions are Heroes of the Heart!

In 5M9 we have 69 Lions club, 3 Lioness clubs and 1 Leo club and we are a District of great things. I am proud to let you know that we have 10 Lions going to the MD5M Regional Leadership Institute in April at Mahnomen. Our District has been well attended in the past and if you interested in attending, there are still opening! Send me an application form and check for \$150.00 and I will get you added to the list of participants. It is a great opportunity to learn about the Lions organization, meet other Lions from around the Multiple and work together as a TEAM. This training session of 3 days will help you as a Lion and in your community and beyond. The Institute is April 7-10, 2011. Let me know!!!!

Let the Love from within your hearts continue to do the work of Lions, wherever you go! Shine like the "Beacon of Hope" we all are!

## Walking the Pathway of Service

District Governor Linda Albrecht-Norby

## Gifts to ID Gary and Cheryl



Cheryl and ID Gary show-off their gifts from Governor Linda and Jay Norby. It is a set of matching embroidered towels done by 2nd VDG Margaret Van Erp.

## 5M9 Hall Of Fame



Past Council Chairman Bob and Rita Beard were surprised and excited to hear he was chosen as 2011 5M9's Hall Of Fame recipient.

## Join Us at the “Bend in the River”

92nd MD5M Convention  
April 29, 30, May 1, 2011  
Verizon Wireless Center, Mankato, MN  
Hosted by 5M2

Greetings Multiple District 5M Lions, Lioness, and Leos:

You are invited to join us at the “Bend in the River” in Mankato, Minnesota for the annual Multiple 5M convention from April 29 until May 1, 2011. A weekend of information, fun, meals, entertainment, and dancing is planned. Guests are welcome.

Early registration for the hospitality book goes until March 1, 2011 for \$86.00 (USD). After March 1, the hospitality book is \$93.00 (USD). There is no charge for the Friday night mixer, which includes snacks, cash bar, and music by the Rock’in Hollywoods. Individual meals on Saturday and Sunday can be purchased separately. A registration form is available on the 5M Multiple website at [www.lionsmd5m.org](http://www.lionsmd5m.org), or in the 2010-11 5M Multiple directory.

Hotel registration will use a separate form from the the convention registration form and can also be found on the Multiple 5M website. The main hotels are the Mankato City Center Hotel and the Hilton Garden Inn, both of which are connected by skyway to the Mankato Verizon Wireless Convention Center. The Mankato Best Western Hotel and the Holiday Inn Express are alternate hotel sites and will offer shuttle service to the Convention Center. Special room rates will apply for reservations made before March 29, 2011.

Lions project tables and tables for pin traders are \$25.00 (USD) per table. Contact PDG Mike Vos to reserve a table at [mike@vosconstruction.com](mailto:mike@vosconstruction.com), or by calling 507-326-5852.

Registration for the Council of Governors will begin on Thursday evening, April 28. Registration and credentials will be available Friday and Saturday. Friday evening there will be a memorial service honoring past Lions. The Friday night mixer and entertainment follows the memorial service. Saturday there will be the business meeting, Lions seminars, and the banquet followed by entertainment. A raffle room will be open Friday and Saturday. The weekend concludes with Sunday brunch with a featured speaker.

If you have questions, please contact MD5M Convention co-chairs PID Maynard Rucks ([king70@frontiernet.net](mailto:king70@frontiernet.net), 507-964-2733) or Lion Nancy Mathwig ([nmathwig@hotmail.com](mailto:nmathwig@hotmail.com), 507-964-5765).



Join Us at the  
**"Bend in the River"**

92nd MD5M Convention  
 April 29, 30, May 1, 2011  
 Verizon Wireless Center, Mankato, MN  
 Hosted by District 5M-2



**Registration Form**

Please print

Lion  Lioness  Leo  Guest

Lion  Lioness  Leo  Guest

Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov/State/Zip \_\_\_\_\_

City \_\_\_\_\_ Prov/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Email Address \_\_\_\_\_

Title: \_\_\_\_\_ District: \_\_\_\_\_

Title: \_\_\_\_\_ District: \_\_\_\_\_

Club: \_\_\_\_\_

Club: \_\_\_\_\_

Check if this is your 1st Multiple Convention

Check if this is your 1st Multiple Convention

**See separate registration form for available hotel rooms and rates.**

The Hilton Garden Inn and Mankato City Center Hotel are attached to the Verizon Wireless Center via an enclosed skyway.

Camping information available with hotel information.

**Meal Plan Options**

Hospitality Book includes Friday mixer, Saturday breakfast, Saturday lunch, Saturday Banquet and Sunday Brunch

Item	Number	Cost	Total
Hospitality Book (Received BEFORE March 1, 2011)		USD \$86.00	
Hospitality Book (Received ON March 1, 2011 or		USD \$93.00	
Friday Mixer (snack, cash bar, music)		No Charge	
Saturday Breakfast		USD \$18.00	
Saturday Luncheon		USD \$22.00	
Saturday Banquet		USD \$40.00	
Sunday Brunch		USD \$23.00	

Make checks payable to: MD5M 2011 Convention

Mail registrations to: Lion Charlette Abbas  
 312 Foothills Road  
 PO Box 133  
 Courtland, MN 56021

Convention information: nmathwig@hotmail.com or  
 king70@frontiernet.net

Phone: 1-507-964-5765 or 1-507-964-2733

Total Submitted: \$ \_\_\_\_\_

Credit cards will not be accepted. Cash or checks only please; checks preferred.

Cancellations accepted and refunded prior to April 1, 2011. \$20.00 fee for cancellations.

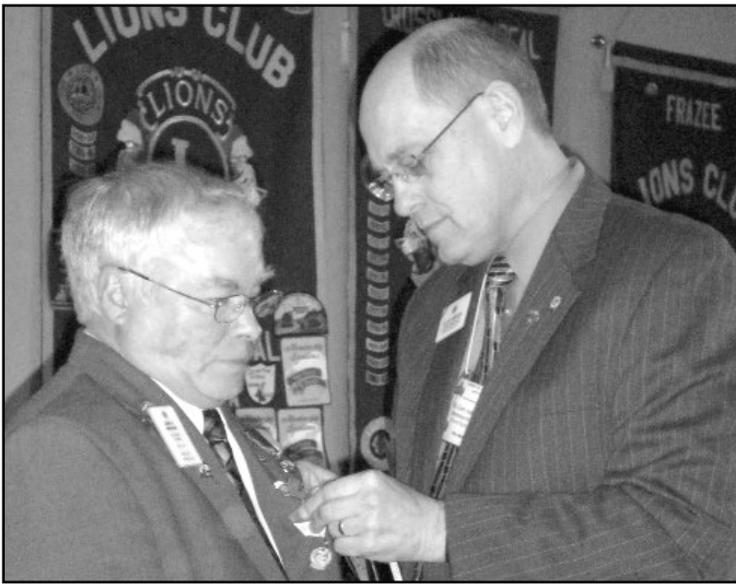


# On cloud nine



Above: PDG Jim Arvidson receives his Governor's Excellence medal.

Below: A surprised Jim, then receives his Leadership Medal from ID Gary Anderson. The 3rd highest Lions award presented to Lions members.



A more surprised Jim, then receives his International President's Medal from ID Gary Anderson. The 2nd highest Lions award presented to Lions members.



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