

# June 2013 - VOLUME 24, NUMBER 12

2012 - 2013 OFFICERS								
Post CommanderN Sr. Vice CommanderN Jr. Vice CommanderN Quartermaster Chaplain House Committee Chairman Service Officer SurgeonN Judge Advocate	Iichael E. Gaughan I. Steven Williams I. Donald E. Brown I. Robert G. Duvall I. Ralph D. Stephens I. Joseph G. Brady C. Merle W. Gootee III M	Ladies Aux. Sr. V Ladies Aux. Jr. V Ladies Aux. Treas Ladies Aux. Chap Ladies Conductre Canteen Manager M.O.C. Seam Squ	President Judy Lupole Vice President Sue C. Sowers Vice President Colleen Lewis surer Elizabeth Moynihan blain Lucille Bailey vss Patty Stokes 					
COMMANDER'S CALL COMRADES AND SISTERS	bigger and bolder 392 have an exciting ye will need NEW vo Officers across the bo growing. Remember,	ear ahead and olunteers and olunteers and order to keep us	6/25 Korean War begins in 1950 (continued on page 2) VOLUNTEERS NEEDED:					
CONRADES AND SISTERS This will be my last Commanders column as my Senior Vice Commander, Mike Gaughan, will become our new Commander on June 16. This is a little confusing to some of us, but the intent is that no Post Officers may be installed before the State Officers. We received initial inputs to our survey and are vigorously pursuing ideas to "scrub" the smoking area air. There were several other good inputs, many of which are practicable. They are being addressed by the House Committee and Post Officers. We are remodeling the kitchen and it will tentatively be closed most of this month. The patio grills are still usable. Give us a little time and we hope to be a	Post! Attend meetingyour say.DATES TO REM6/3USS Frank Even6/3USS Frank Even6/4Statebegins in 19426/6D-Day, Aller6/7USS Liberty in6/8Israeli forcesUSS Liberty in6/9US Forces launPeninsula SRiver, Iraq, in6/14Flag Day6/15US Forces beof Saipan in 196/161 s tM a rvictory in B	MEMBER vans sliced by rcraft carrier, 1969 of Midway lies invade 4 s attack the n 1967 nch Operation trike, Tigris 2003 wegin invasion 944	<ul> <li>VOLUNTEERS NEEDED:</li> <li>VA Hosp Visits: June 22nd, Popcorn and a Movie, see any Post Officer</li> <li>Memorial Day Flags In: June 1st, see any Post Officer</li> <li>Post Staff Meeting: June 3rd, at 1730. All Officers &amp; Chairmen</li> <li>Post Meeting: June 4th, at 1900. Attend and get involved</li> <li>State Convention: June 13-16th at Williamsburg. See any Post Officer</li> <li>Campbell Soup Labels: benefits NHC, see Amy Kiger</li> <li>Funeral Services: as required, see Chap. Bob Duvall</li> <li>Chairpersons Needed: various programs, see any Post Officer</li> <li>Recruit Members: applications at the Post, see any Post Officer</li> <li>POST 392 - NEEDS YOU!</li> </ul>					

- 6/28 US Forces launch first Vietnam offensive
- 6/29 Tomb of Unknowns serviceman identified as 1st Lt. Michael J. Blassie, USAF, in 1998

### **NEW MEMBERS**

I extend a warm welcome to the new members who were voted in at the last regular meeting:

### <u>New / Transfer</u> <u>Life Members</u>:

Kenneth M. Lyndon Jr., Michael D. Lund, Lauren P. Bands Sr., Carl B. McGowan

### <u>New / Transfer / Re-Instated</u> <u>Annual Members</u>:

Christian R. Chenard, Darryl A. Cross, Larry D. Ellis, Marcus A. Fernandes, Heather R. Hornick, Lawrence H. Miller, Roger W. Mitchell, Rodney P. Owens, Lansford J. Rolland, Wayne E. Wilderson Jr., and Terry E. Thomas

Thank you for your service and welcome aboard!

# **BIRTHDAYS**

May I wish "Happy Birthday" to Clyde J. Greene, Ernest R. O'Rourke, David H. Curtis, Robert G. Branyan II, David R. Drew, Kevin P. Myler, Carl E. Agren Jr., Dustin R. Nichter, Millie Branyan, Betty DeWitt, Gail P. Petersen, Lynn Gibson, Patricia F. Lidtke, Sara E. Seymour, Amanda L. Lund, and 145 other fine Comrades and Sisters!

> Post Commander Bill Sowers (757) 641-0471 bosn@sprynet.com

# SENIOR VICE COMMANDER

"If you haven't any charity in your heart, you have the worst kind of heart trouble."

### **Retention, Retention, Retention**

Retention: lists were distributed but there was little response. So I guess we will give it another try this coming year. There has got to be a reason why members don't renew, and we need to find out why. Our figures are up for membership, but we have to get the numbers higher and that will only happen if we bring back previous members. After the turnover in June at the State Convention, I will ask that a new list be generated so we can call those members again.

The Post is going to make some changes this coming year starting with a new kitchen. Then we are going to concentrate on purifying the air in the building to rid the smoke odor. The results from the survey are in and we hear what is being said. There are plans on taking corrective actions. Remember, Rome wasn't built in a day so please be patient.

The State Convention runs from 13th through 16th of June in Williamsburg. If you have the time please go and check it out. You will get to see what the other Posts do when they pass out the awards on the evening of the 13th starting at 6 PM. Hope to see you there!

# <u>Continuous Membership</u> <u>Awards</u>

The following Comrades have earned Continuous Membership Awards. Please attend the next Post Meeting to receive your lapel pin. If you are unable to attend, contact any Post Officer. If your name has not been listed and you believe that an award is due, please contact the Quartermaster at the Post.

### 60 Years Continuous Service:

Melvin R. Franklin

### **<u>30 Years Continuous Service:</u>**

Larry R. Wilkerson

#### **25 Years Continuous Service:**

Stuart W. Carson, James E. Gardner, William F. Briesacher, and Robert J. Cairns

### **20 Years Continuous Service:**

Joseph S. Szczyradlowski, and Kennard W. Sharp

### **<u>15 Years Continuous Service:</u>**

Steven D. Davenport, Billy M. Holshouser, Thomas B. Meehan Jr., Joseph C. Palmer Sr., Gary R. Pollitt, Larry E. Reisher, Dennis H. Rice, and Ivan R. Wood

### **<u>10 Years Continuous Service:</u>**

Jason D. Keller, Eric R. Pitt, William R. Rapier, Michael P. Fehr, Robert E. Fiske, Lawrence H. Burger, Byron H. Crist, and Scott A. Neill

### **<u>5 Years Continuous Service:</u>**

Wilford L. Brady, Joseph M. Angilletta, Robert G. Duvall, Lenny V. Martin, Fred R. Slatter, Timothy A. Springer, and Charles H. Jacobs

Thank you for your service and congratulations!

SR. Vice Commander Mike Gaughan <u>sr-vicecommander@</u> vfw392.hrcoxmail.com

# JUNIOR VICE COMMANDER

*"Success: See your goal, Understand the obstacles, Create a* 

positive mental picture, Clear your mind of self doubt, Embrace the challenges, Stay on track, Show the world you can do it."

I wish to congratulate all my officers fellow on their installation and appointments. In would addition, I like to congratulate the new officers of the Ladies Auxiliary. I feel that we have a strong team and we are looking to making our Post even better as we strive to achieve All State and All American status.

May was a very busy month starting with the FRG Mahon family picnic in which I was joined by Mike Gaughan, Ron Jones, and Doug Keller to cook hot dogs and hamburgers for the group.

We also completed several NJROTC award presentations. I would like to thank all those who participated in the Buddy Poppy distribution. Our success speaks of the honor of service to each other and that provides for the assistance of many fellow veterans and their families.

A special thank you goes to Amy Kiger and the Women's Auxiliary for all of their participation. I don't know what we would do without them.

June should be a busy month with the kitchen renovation and the sprucing up of the whole Post.

In closing, I would like to thank you all for selecting me to be your Sr. Vice Commander.

> Jr. Vice Commander Steven Williams <u>ir-vicecommander@</u> <u>vfw392.hrcoxmail.com</u>

# QUARTERMASTER

### **2013 MEMBERSHIP DUES**

Renew your **2013** Annual Membership today. Dues are \$30.00. They can be paid at Post 392, online at <u>vfw.org</u>, or mailed directly to VFW National:

VFW National Headquarters Third Floor, Room 316 406 West 34th St. Kansas City, MO 64111 (please include your membership #)

Please consider changing your Annual Membership to a LIFE Membership, and never have to worry again about renewals!

### <u>NEWSLETTER AVAILABLE</u> <u>BY EMAIL</u>

The newsletter is available via email! To sign up, go to our website at <u>www.vfw392.org</u>, select 'Monthly Newsletter' on the left side of the page, scroll down to the "Newsletter Subscription Form", enter all of the information (including your Membership ID #) and submit.

### **CHANGE OF ADDRESS**

As Members, we all need to maintain a current address at our Post and at National. So when your mailing address changes, be sure to fill out an address change form, and mail it, or drop it off with me here at the Post.

> Quartermaster Donald E. Brown post@vfw392.hrcoxmail.com

# CHAPLAIN'S CORNER

### **TEMPORARY SHORT TERM**

### **ILLNESS / INJURIES**

Please read the Bulletin Board at the Post for most recent up-dates for Post Members on the Short Term Illness / Injury List.

# Long term Illness <u>& Injuries</u>

The following members have serious, long term illness, or injury, requiring continuous care at the location listed below:

• Millie Branyan Liza's Residential Care (Va Bch)

Please keep our members in your thoughts and prayers for a speedy recovery.

# HELP US TAKE CARE OF Each Other

When you or a family member falls ill, are injured, hospitalized, or experience the loss of a loved one - *please* contact us *ASAP*!

It is important that we extend our hand in anyway possible to aid and comfort our fellow Comrades and family in their time of need.

# TAPS

The following list honors and remembers our Post Veteran members in their recent passing:

• Alexander J. Bradley Jr. US Army, 11th Airborne Div. WWII 29 April 2013

At our monthly meeting, Draping of the Charter is conducted, and a prayer of solemn tribute is given on behalf of our departed Comrades. For they are now in the hands of our Heavenly Father.

# OUR MONTHLY BREAD The Gift of Remembering

(Reading: Genesis 40:1-14, 23)

When I visit comrades and church family members in a nursing home or even at the hospitals, I spend time talking to these men and women. At some point nearly every patient would describe the loneliness of their present lives and the realization that they were outliving their peers. Most are wondering if anyone would remember them when they passed from this life.

It isn't just the elderly who can feel lonely and forgotten by family members and friends. In fact, many of us feel trapped and alone, set aside by circumstances fair and unfair. Sometimes we ourselves even experience what the Old Testament character Joseph did: Genesis 40 describes Joseph's experiences as he's trapped in prison.

The cupbearer had been freed and returned to the King's service, just as Joseph told him it would happen (vv.9-13). Joseph had asked to be mentioned to the Pharaoh, but the cup-bearer forgot him (vv.14, 23).

We may feel forgotten. Yet, like Joseph, we are not (42:9-13). Jesus sits at the right hand of God, and our prayers reach the throne of the King without fail because our Savior is our Mediator. When we feel alone, let's remember to rest in the confidence of Jesus' promise to be with us forever (Matt. 28:20).

"Lord, let me be found serving others, as Joseph did, in those hours when I feel most forgotten. May I never be the "cupbearer" who fails to bring the lonely and hurting to your attention in prayer? Amen"

# VOLUNTEERS NEEDED FOR <u>FUNERAL MEMORIAL</u> SERVICES / COLOR GUARD

Our Post has become shorthanded of volunteers to perform required duties for Memorial Services of our deceased VFW members and veterans. The Post's participation of these honorable and formal procedures are requested from veterans, or their families.

If you would like to participate, please contact the Post Chaplain Bob Duvall, or the Post Service Officer Joseph Brady.

Post 392 / District II Chaplain Robert Duvall <u>chaplain@vfw392.hrcoxmail.com</u>

# LADIES AUXILIARY PRESIDENT

Sisters and Comrades,

Wow! I can't believe this will be my last newsletter input ... it's a bitter sweet feeling. I would, once again, like to say **THANK YOU** to all my Chairpersons for the hard and wonderful work they have accomplished this year. We might not have made banner, but I know the work with our Vets, Cancer Aid and Research (What an awesome total to be turned in at convention), in the community, at the schools, and with our youth has been done. So, once again from the bottom of my heart **THANK YOU ALL!!!!!** 

Thank you to everyone that helped with the Buddy Poppy 'kick-off' dinner, flags on the graves of our fallen heroes, our Buddy Poppy drive, and District Convention. I know May is a crazy busy month and sometimes it's hard to do all that needs to be done. So thank you for taking the time to support these events.

To all the new Officers of the Auxiliary and the Post - I will be there to help you in any way I can and I look forward to giving you the same support you have given me.

I would like to welcome our newest members Kimberly Graves, Rachel Nichter, and Mary Ann Yoder ... I look forward to working with you.

We will be electing a Trustee at our June 4<sup>th</sup> meeting if you are interested in taking this position. Please let me know prior to the meeting. If you are interested and unable to attend the meeting, please get a note to Tina with your intensions.

Once again THANK YOU for making my year as President so enjoyable! Without your support and friendship it wouldn't have been possible.

Our next meeting will be at 7pm on June 4th. I look forward to seeing you there. For those that can't be with us due to health reasons, I wish you a speedy recovery.

> Auxiliary President Judy Lupole <u>luvedale88@cox.net</u>



The sisters listed below are requested to attend the next regularly scheduled meeting of the Ladies Auxiliary. Our Auxiliary President stands ready to decorate you with the Continuous Membership awards indicated.

### **<u>5 Years Continuous Service:</u>**

Debra R. Deroco, Michelle B. Smith, and Carol Leszczynski

Thank you for your service!

Ladies Auxiliary Treasurer Elizabeth Moynihan post@vfw392.hrcoxmail.com

MOC

Fellow Coots,

As we come to the close of my second year as Seam Squirrel, I would like to say it has been an honor to serve the members of Pup Tent 9. Your volunteerism, dedication, and devotion to our cause are truly an inspiration. We have had an extremely successful year in our many endeavors, including Fun Day, day, pizza-popcorn, Casino bingo, & a movie. The many visits to our hospitalized veterans and our Sunday Breakfast. Thank you again for all your hard work.

Remember that our department convention will be held in Williamsburg at the Fort Magruder Crowne Plaza June 13 -16. I would like to see as many Cooties as possible attend at least the Grand Scratch at 5PM Friday the 14<sup>th</sup>. Our next Scratch is scheduled 7 pm on June 10th.

Until the Next Scratch may God Bless our Troops, our Veterans and their families

> Seam Squirrel Bill Moran

MOCA

To all my Sisters and Comrades:

Our big annual event, Casino Day at Hampton VA Hospital was May 4. We had a great turnout of both Vets and volunteers. Thank you all for making it a great success. I'd like to thank our Breakfast Teams for all of their hard work and dedication this season. It was a lot of work, but we're Cooties and we know how to make work fun.

State Convention is June 13- 16 in Williamsburg. Hope to see a lot of Cooties and Ladybugs there for a good showing from Pup Tent 9.

I'd like to thank my outstanding officers and staff for all their support this year. We are the best of what teamwork is all about. Special thanks to Tina and Patty for keeping me straight, it was a tough job and you two were brilliant at it.

A great big thanks to our outstanding Chaplain, Jennifer Winn for always going above and beyond in her care and devotion to our Sisters, Comrades, and Veterans in sickness and distress. To ALL my sisters, you made this year so much fun!

Thank you all again for all your hard work and dedication to our glorious cause.

MOCA President Denice Moran



National Cancer Survivors Day is an annual, treasured worldwide Celebration of Life that is held in hundreds of communities throughout the United States, Canada and other participating countries. Participants unite in a symbolic event to show the world that life after a cancer diagnosis can be meaningful and productive.

The non-profit National Cancer Survivors Day Foundation supports hundreds of hospitals, support groups, and other cancerrelated organizations that host National Cancer Survivors Day events in their communities by providing free guidance, education and networking.

Who is a cancer survivor? The National Cancer Survivors Day Foundation defines a "survivor" as anyone with a history of cancerfrom the moment of diagnosis through the remainder of life.

For more information on cancers, visit the National Cancer Institute online at: <u>www.cancer.gov</u>

Let's celebrate less cancer and more birthdays!

Again, we would thank of everybody for all their generous help with all the funds that were raised with Cancer Aid and Research. We look forward to working with you again, and we already have plans in the works for next year. THANK YOU FROM THE BOTTOM OF YOUR HEARTS!!!!

> Chairpersons Tina Brown Ellen Stogsdill post@yfw392.hrcoxmail.com



# CANTEEN

### THANK GOD IT'S FRIDAY!!

It's the time of the week to unwind and enjoy a quiet evening of great entertainment, socializing with your friends, and taking a great opportunity to make new friends.

Social hour prices: 4 - 6 PM. Steam Shrimp Special and regular menu items will not be available until after the kitchen renovation is completed.

# WEEKENDS AT THE VFW

Weekends at the VFW has something for everyone. The Canteen will open at 11:00 AM on Saturdays and Sundays with your favorites on tap or in bottles.

We have six (6) TVs, five (5) of which are large flat screens. With NASCAR season, you will definitely have a seat with a good view to watch your driver!

Come down and spend a great afternoon with your Comrades and Sisters at the Post.

### THURSDAY NIGHT DINNER

Below is the dinner menu available every Thursday from 6:00 - 7:30 PM:

# June 27th

Grill Your Own Steak

### \$11.00

### Thursday Dinners ON HOLD:

**Please note:** the Post kitchen will be CLOSED for renovation during the month of June. Limited items will be available from the kitchen, and 'Grill Your Own Steak' night will still be available for Thursday Night Dinner at the end of the month.

We apologize for the inconvenience, but please keep in mind that the improvements are intended so that we are able to better serve YOU!

# MENU PRICING

Please note that due to increases in supply costs over the past two years, it was inevitable that some menu item's prices will have to be increased in order to maintain the Canteen's self-sufficient operation.

# FRIDAY ENTERTAINMENT

Below is the entertainment for this month, come and enjoy the music with your friends every Friday from 7:00 to 10:00 PM:

<u>June 7th</u>	<u>June 14th</u>		
Tim Hopkins Live music	TBA		
June 21st	June 28th		

If you have any comments or suggestions, please let us know. And thank you for your service!

Chairperson	Manager		
Ralph Stephens	Joe Halzack		

<u>canteen@</u> vfw392.hrcoxmail.com

# POST ANNOUNCEMENTS

### STATE OF VIRGINIA VETERANS AFFAIRS REPRESENTATIVE

Liz Bonin comes to Post 392 once a month to answer questions concerning veteran's affairs.

She will not have a scheduled availability this month ... but she is

available weekdays at her Virginia Beach office:

Pembroke Office Park 287 Independence Blvd. Building 2, Suite 130 (757) 552-1884

Ms. Bonin has provided this valuable service for many years helping Veterans obtain benefits they've solely earned. So please, let her address your concerns and questions.

# **NOTARY PUBLIC**

The following Post members are commissioned as Notary Public's in the Commonwealth of Virginia:

- Gunnar Gudjonsson
- Bob Duvall

They are legally authorized to notarize documents such as Power of Attorney, Bill of Sale, Will, Living Will, etc.

Please check with any Post 392 Officers for additional details and for an appointment.

# NRA GUN SAFETY COURSE

The Post is sponsoring a gun Safety Course for those interested in learning about gun safety and either wanting to obtain a Concealed Carry permit or others who are considering the purchase of a firearm for personal / home protection. There is no age limit to participate. If you have a firearm in your house and also have children - it would be to their advantage to obtain knowledge about firearm danger and safety.

Class Size is a minimum of 10 and a maximum of 25. They will be scheduled on Saturdays and conducted in the Post's small meeting room.

Normally duration of the class is

8 hours, but this will be condensed to approximately 3<sup>1</sup>/<sub>2</sub> to 4 hours, will be conducted by NRA certified instructors, and is open to any Post Members and their family.

The price for class materials is \$75.00 per person up to 20 people. If the class goes over 20, the price will drop to \$70.00 per person. These prices do not include fees for range time nor ammo.

The signup sheet is on the bulletin board next to the ladies rest room. Please come out and join us, you won't be disappointed!

# SUMMER SAFETY: Treating Heat Illness

(excerpts from 'Summer Environment / Hot Weather' DCCS at Madigan Army Medical Center)

# A number of heat illnesses exist including:

• <u>Heat stroke</u> - Defined by a body temperature of greater than 105.1 °F (40.6 °C) due to environmental heat exposure with lack of thermo-regulation.

Symptoms include dry red skin, rapid / strong pulse, no sweating, a n d d i z z i n e s s o r unconsciousness.

• <u>Heat exhaustion</u> - Can be a precursor of heatstroke.

Symptoms include pale skin, heavy sweating, rapid breathing, nausea, confusion, and a fast, weak pulse.

• <u>Heat syncope</u> - Fainting as a result of overheating

• <u>Heat cramps</u> - Muscle pains that happen during heavy exercise in hot weather.

• <u>Heat rash</u> - Skin irritation from excessive sweating.

• <u>Heat tetany</u> - Usually results from short periods of stress in intense heat.

Symptoms may include hyperventilation, respiratory problems, numbress or tingling, or muscle spasms.

### **Treatment Tips:**

Be prepared for treatment by keeping an 'Iced sheets' available. They can be easily equipped for use by taking a large water cooler and fill it with ice and water. Place some dry sheets in a zip-lock bag inside the cooler and have the cooler available when the environment is conducive to heat illness.

If a heat illness victim is conscious, assessing their state of mind will give some insight to the extent of the illness. A good way is to assess for confusion by asking four simple questions: What is your name? What month/year is it? Where are you? What activity were you doing when you became ill?

If the victim is unable to answer these questions, or suddenly develops unusual behavior such as combativeness, slurred speech, the next steps are to cool and evacuate.

Cooling is the most important life-

saving intervention you can provide.

- First, place the victim in the shade or air conditioning. The skin may feel hot and may be dry or sweaty.
- Remove as much headgear and outer uniform as possible.
- Remove the iced sheets from the cooler, drench them in the ice water, and place them over all the victim's exposed skin.
- Re-soak the sheets in cold water and reapply if they start to warm.

- Ice packs can be placed in the armpits and groin area.
- Call emergency medical services to evacuate the victim.
- Continue to cool until the victim begins to shiver or until the ambulance arrives.
- Do not try to evacuate the victim yourself – focus on cooling. If a victim loses consciousness, check their breathing and pulse and initiate CPR if required.

### **Preventative Measures:**

You can prevent becoming a heat casualty by gradually exposing yourself to warmer weather with 30-60 minutes of activity in the heat every other day for two weeks. Don't skip meals. Stay hydrated enough to keep your urine clear or pale yellow, but never drink more than 12 quarts of plain water a day.

# **D-DAY JUNE 6TH, 1944**



"There were life belts and canteens and socks and K-rations and helmets and diaries and snapshots. And there were Bibles, many Bibles, mixed with the wreckage of war. Our boys had carried in their pockets the book that brought into the world this message: 'Greater love has no man than this: that a man lay down his life for his friends'. America honors all the liberators who fought here in the noblest of causes."

George W. Bush



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# THE RED, WHITE AND BLUE - 392

SUN	MON	TUE	WED	THU	FRI	SAT	
						1	
HAPPY BIRTHDAY ARMY ! June 14th, 1775						• Memorial Day Flags In	
2	3	4	5	6	7	8	
• National Cancer Survivor's Day	• VFW / LAUX Staff Meeting 5:30 PM	• VFW / LAUX Meeting 7:00 PM	• MCL Meeting 7:00 PM • Troop 392	• D-Day • Kitchen Closed (Renovation)	• Entertainment Tim Hopkins		
9	10	11	12	13	14	15	
	• FRA 166 Staff Meeting	• MOC / MOCA Meeting 7:00 PM	• Troop 392	State Convention Williamsburg     Kitchen Closed (Renovation)	• Flag Day • State Convention Williamsburg • Entertainment TBA	State Convention     Williamsburg	
16	17	18	19	20	21	22	
Father's Day     State Convention     Williamsburg	•FRA 166 Branch Meeting	• MCL Staff Meet 7:00 PM	AOA Meeting 6:00 PM Troop 392	• VVA Chapter 969 Board Meeting • Kitchen Closed (Renovation)	• Entertainment Capt. Moose	• VA Hospital Movie	
23	24	25	26	27	28	29	
		• VVA Chapter 969 Meeting 7:00 PM	House Committee Meeting 7:00 PM Troop 392	• Grill Your Own Steak 6 - 7:30 PM	• Entertainment Jim Berry		
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