

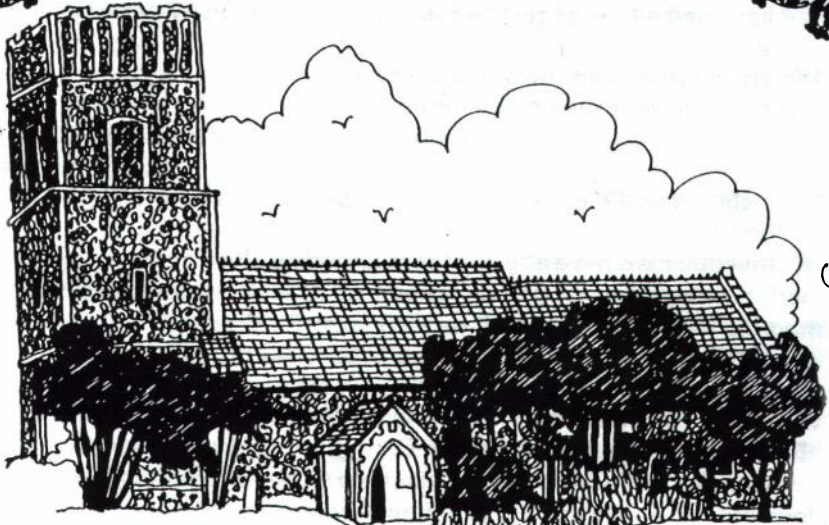
TOGETHER

Helmingham
Debenham



Framsden

Pettaugh



Winston
Kenton Aspall

AUTUMN 2017

September to November

Distributed free within the Debenham and Helmingham Benefice

Autumn 2017

It is harvest time. As I walk around the fields near where I live, the oil seed rape has already been harvested. Soon the tiny flock of sparrow which sits precariously on the heads of wheat, feasting on the seeds nestled therein, will, as the combine turns its attention to the wheat fields, have to move into the brambles in the nearby hedges. Their food will become the blackberries which are now just starting to swell and darken into sweetness.

In our benefice of seven rural parishes, harvest festivals are an important part of the church year. It is a time when we have the opportunity to say thank you. Thank you to our farmers, those who, at this time of year do not head off on holiday, but instead work harder than ever to bring the harvest safely in. Thank you to those who work with them and to the people who gather, transport, process, produce and sell our food.

It is also a time to give thanks to God. To acknowledge and express our thankfulness that we live in a place as beautiful as this which produces abundant harvests and provides enough food for us all. At the same time, we should also be mindful of the people around us, even in our own villages, who do not have enough to eat. It seems hard to believe that there are people around us who go without, but human society is not equal; certainly not globally and increasingly not on a national level either.

Within the centre pages of *Together* you will find the details of each of the parish's harvest festivals and you are welcome to any and all of them! No matter where you live. Come along and join us in giving thanks for the beauty and abundance of the world in which we live and join us in asking for God's help in creating a world where our societies, our economies and our politics ensure that all people have all they need not only to survive but to thrive.

Susan Bates

One way to help share is to support the local Foodbank. They always need dried food, such as pasta and rice and tins, as well as things like washing powder, tooth-paste and shower gel. All items should be in date, please. There are donation points in Debenham church and in the Co-op in Debenham. You could always take your donations to your chosen harvest festival.

PETLAUGH

It has been a long hot and dry summer. The crops have been taken in and as I am writing this in July I can hear the distant tones of the Combine Harvester and the roar of tractors as they rush by with their heavy loads. The sounds of the countryside harvest home!

A beautiful service was held for the Institution and Induction of the new Rector, the Revd Susan Bates on 6th July at St Mary's Debenham and all the churchwardens from each of the seven parishes formed part of the procession to escort the Bishop Rt. Rev Martin Seeley, the Archdeacon Ian Morgan and other clergy from the Deanery into the church. The wardens also took part in the service taking 7 lighted candles out into the community and distributing 7 small bibles to members

of the large congregation which attended the service. Since then the Revd Susan Bates has taken her first Holy Communion service at St. Catherine on 9th July and she was warmly welcomed to Pettaugh.

We say farewell to Gordon Dark and wish him good health and happiness at his new home in Stowmarket and we welcome the new residents at No. 8 The Green. The Suffolk Historic Churches Cycle Ride will be held on **Saturday 9th September** with hardy cyclists peddling from church to church. As usual Ruth will be our local organiser. We will be looking for riders this year, church sitters on the day and for generous sponsorship for the event. Volunteers please contact Ruth Crane 01473 890526.

We are hoping to organise a **Harvest Supper** in October but the date has yet to be set and we will publish this separately.

A special thank you to Colin and Franceys for all their hard work keeping the churchyard and meadow looking so tidy. Many compliments have been paid for the beautiful wild flower display in the meadow and I understand that people from outside the village have called to visit the meadow and some even brought a picnic. The church wardens have also been pruning the roses. Gordon and Franceys have spent some time on minor repairs in the church but we have just had a 5 year inspection which has highlighted there is more work to be done.

HELMINGHAM

The All Age Service was held in the Church this year.

During the summer changes have been taking place at Helmingham Hall. After over 40 years Lord and Lady Tollemache have moved to Framsdon Hall, where they lived when they were newly married. Their elder son Edward is making Helmingham Hall his home with his wife Sophie, sons Ralph and Theo and their new daughter. Congratulations to Edward and family on the birth of Stella and also James and Florrie Tollemache on the birth their daughter Minna, a sister for Sylvie. 2 new granddaughters for Lord and Lady Tollemache. Best wishes to all for the future.

St Mary's welcomed several groups of visitors recently. 40 National Trust Guides from Flatford in May, The Wickham Market History Society in June and University of the Third Age in July.

Suffolk Historic Churches sponsored cycle ride will this year take place on **Saturday 9th September**. For more details please contact Dr Haas on 01473 785381.

Reverend Susan Bates has taken up her post in the Benefice. Here in Helmingham we look forward to a long and happy association as a church family with our new Rector.

Helmingham Primary School

All the children have been making the most of the lovely weather with our youngest class growing potatoes, tomatoes and cucumber. These have been used in our school meals so we have all enjoyed them. Year 6 had a great residential trip and

made new friends and learnt new skills. They also enjoyed a day windsurfing, kayaking and sailing at Alton Water. Years 3 and 4 went to African Alive to round off their Africa topic and had great fun.

We are looking forward to welcoming our new children in September and our school numbers continue to increase day by day.

Bernie Cleland, Headteacher

The Old School House Nursery

The children of The Old School House Nursery have been celebrating their achievements with their Annual Sports Day. Held on the school playing field it was so nice to see all the family and friends of the children turn out to encourage and cheer the children.

Races were split into age groups and all of the children couldn't wait to get started. Starting with a running race to get those legs moving – albeit very short legs for some! The smile that greeted those holding the finish line was worth all the wait. Next came the egg and spoon race. Trying to get the children not to hold the egg on the spoon was a challenge in itself. However the older children knew to put their arm behind their back and that speed does not always win this particular race – one child remembering “slow and steady wins the race”.

We then moved to the more advanced races – bean bags in a bucket – lots of running back to collect as rather fast going straight passed! Rings on the head - balancing like a princess. Finally finishing with a brothers and sister race which was very competitive!

With refreshments being served, some side shows to have a go at the afternoon was a real joy and with tired children going home – all with a medal round their neck – made for a very happy occasion.

Our next adventure at Nursery is our visit to Foxburrow Farm when we are ‘Going on a Bear Hunt’ ! We then follow this with four Playdays during the Summer Holidays when the children book a place to come and spend the day at nursery having fun in the grassy garden where there will be a paddling pool for all to splash in. Check out our website www.theoldschoolhousenursery.com or send us an email theoldschoolnursery@btinternet.com to arrange a visit over the Summer Holidays.

WINSTON

A very big *thank you* to everyone who supported our Annual Fete in June, raising over £2,500 for St Andrew's Church and Schoolroom. We thank everyone who helped in any way: site preparation, putting up the marquee, helping with stalls and sideshows, baking cakes etc. and to everyone who attended on the day. A special thank you goes to Sandra Baker, who worked tirelessly, selling the draw tickets and obtaining the draw prizes. As always, business people and others were very generous with their support and many of these are outside the village but they are very willing to donate the prizes. We couldn't do it without them—so many thanks.

Another big *thank you* goes to County Councillor Matthew Hicks who kindly awarded a grant to our new

Winston School Room

is available to hire: see back page for details.

washroom facilities in the Schoolroom.

Winston Church was the sunny setting for the summer concert, Songs from the Shows, by the Black Barn Singers led by conductor Pam Vinten-Phipps. Everyone enjoyed the singing, Pimms and nibbles. The concert raised £180 for Addenbrooks Charity Trust in memory of Shirley Bignell and £50 for Winston Church. We hope Pam and the singers will hold another concert next year.

On Thursday 6 July Bishop Martin Seeley officially license Revd Susan Bates as the new Rector of Debenham and Helmingham Benefice. It was lovely that Susan's service was on the evening before the Debenham Flower Festival. We wish Susan and family every blessing in her new job.

We would like to thank everyone who helped the Ministry Team to maintain all our church services while we were waiting for a new Rector.

Our deepest sympathy goes to Marle-Louise and Tony Pollard following the sudden loss of their son Julien. Please remember in your prayers all the Pollard Family. Marie-Louise and Tony moved from Winston to Debenham a few years ago but remain very supportive at our church and events.

The Harvest Festival takes place on **Sunday 3 September at 10am**. We hope the flower arrangers will work their magic as in previous years but if you would like to help for the first time please ring Emma on 01728 861303 and let her know. Last year the goodies were taken to the Mencap home in Debenham and we will do the same this year.

The Suffolk Historic Churches Cycle Ride is on **Saturday 9 September**. Please ring Bill James on 01728 860233 for more details. We also need a few people willing to spare usually an hour to record the cyclists please.

The Harvest Supper takes place on **Friday 29 September** in the Schoolroom, 7pm for 7.30pm start. We have decided to use the format which was popular a couple of years ago: NO CHARGE, but please bring a plate of savoury or sweet along to share. Please ring Veda, 01728 861363 if you'd like to come and your offer of food. This is not a major fundraiser but more a social gathering, but there will be a draw with the money raise going to the Schoolroom fund.

Winston Parish Council

There is now a statutory obligation for Parish Councils to publish their Minutes and Accounts on-line. Winston Parish Council has recently published their website to fulfil this obligation. However, they wish that their website be of use and interest to all of the community for news, upcoming events, history, etc. The website address is www.winston.onesuffolk.net. Please take a look at the initial format of this website and pass any comments, contributions or suggestions to the new Parish Clerk, Lizzie Taurozevicius, by email to winstonsuffolkpc@gmail.com. Thank you.

The date of the next Parish Council Meeting is **4 October at 7.30pm** in the Schoolroom.

FRAMSDEN

The summer months have seen three fund raising events take place in support of St Mary's Church. Our thanks to Joey and Felicity for organising The Pudding Party and thanks to all those who made a dessert/pudding of such high quality.

Second, a thank you to Christine and Richard for their Jazz Cafe Mark 2. A varied menu was enjoyed by all.

Thirdly, our Village Fete, jointly hosted with Framsdens Fundraisers, proved to be a success. Adults, children and dogs had a fine old time.

Our thanks go to all you stalwarts who support us through thick and thin. Without your support and good humour none of this would be possible.

Framsdens Woodland Group

There have been some glorious Sunday mornings spent in the woodland these summer months, carefully keeping the woodland at its best. There us some fruit on the way for autumn and an owl box ready to put up.

In May, the woodland, was registered as an Asset of Community Value recognising the value that it has to the village.

Many thanks to those who supported the plant sale in June, raising nearly £400 for future projects, events and general maintenance. The big lunch afterwards was a welcome retreat to the cool woodland shade to share drinks and picnics.

We have become a bit famous! Eades Orchard has recently featured in *Aboutfram* magazine look out for the article and pictures

Framsdens Fundraisers

First a big thank you to everyone involved in setting up and running our village fete this year and also of course to all of you who came along on the day. As you know, we raised £1000 which will be shared equally between FF and the church. Also a big thank you to all those who kindly donated prizes for our raffle – your generosity is much appreciated.

We have some great events coming up for your diaries:

- Saturday 2 September - Quiz night in the village hall – not just your ordinary quiz, but with a nod to that old TV favourite, Blockbusters
- Saturday 23 September - Pop up pub in the village hall
- Nov/Dec (date TBC) - Band & pub night (venue also TBC)

More information will follow through the email distribution list soon. Also keep your eyes open for details about a village recipe book that Maeve, one of our residents, has kindly agreed to coordinate for us.

Finally, as you may know we have been successful in obtaining Big Lottery funding to install and maintain a defibrillator in the village phone box. Again, more details to follow soon.

An EVENT CINEMA screening at...

DEBENHAM LIBRARY

School Corner, Debenham, IP14 6PL

SATURDAY 2nd SEPTEMBER, 7 for 7.30PM

Billy Elliott: The Musical Live

Principal cast: Elliott Hanna, Ruthie Henshall, Deka Walmsley, Ann Emery

Set in a northern mining town, against the background of the 1984/85 miners' strike, Billy Elliot is the inspirational story of a young boy's struggle against the odds to make his dreams come true. Billy lives with his widowed father, Jackie, and older brother, Tony, both coal miners out on strike. Billy's father sends him to the gym to learn boxing, but Billy dislikes the sport and the story follows Billy's journey as he stumbles out of the boxing ring and into a ballet class where he discovers a passion for dance that inspires his family and whole community, and changes his life forever.

*Featuring a timeless score by **Elton John**, sensational dance and a powerful story that has captivated audiences around the world, this production is directed by Stephen Daldry who also directed the original feature film adaptation. Making the transition from screen to stage in 2005, this production opened to critical and popular acclaim and international success. Filmed in September 2014 at the Victoria Palace Theatre in London's West End, it has now been seen by over 10 million people and won over 80 theatre awards worldwide. This funny, uplifting and spectacular theatrical experience has toured the UK, Europe and many other countries.*

★★★★ *Intimate and intense - The Times*

★★★★ *A milestone Hamlet - Manchester Evening News*

160 minutes (bring a cushion!) | Cert 15 (some strong language) | Released Sept 2014

Trailer and information at www.billyelliottthemusical.com @BillyElliotUK

Tickets: £8 | Bookings: 01728 861940, 07507802360 or Debenham Library

Doors open 7pm, film starts 7.30pm | Licensed Bar | Ice creams available

www.suffolklibraries.co.uk/presents

Framsden Archive

Has anybody got photos and memories to share with Framsden as we start to build an archive? We are starting with Framsden Pub. Events such as the Street Fair, sloe gin competition, potato dig up, Twinning association, Christmas Eve village drinks, meetings and social get-togethers as well as music making, morris dancing, family occasions and good food.

Please give us permission for any images to be placed on a website which is currently being created. Please send your information to Claire: cemfpc@yahoo.co.uk.

Autumn Fête



Sunday 17th September

In St Mary's Churchyard

Debenham

**2pm -
4pm**

Teas

Raffle

Cake Stall

Ice Cream

Games

Plants

Tombola

Whisky Toss

Bowling

Claydayz Ceramic Painting

Rocket Darts

Raising funds for St Mary's Church, Debenham

Suffolk Theology Forum

Exploring Christian theological issues in an open, non-partisan way

Thurs 14 Sept 2017 Dr Claire Foster Gilbert, Westminster Abbey Institute

When did I start & how will I end? Ethical dilemmas from embryology to euthanasia

Thurs 9 Nov 2017 Dr Jonathan Chaplin, Kirby Laing Institute, Cambridge
Faith in diversity in Brexit Britain: a Christian perspective on multiculturalism

At Co-op Education Centre, Fore Street, Ipswich 7.30—9.15 pm

Pedestrian entrance—11 Fore Street, Ipswich IP4 1JW. Walking distance from bus & train stations. Free car park, entrance on Waterworks Street

Entrance £5 or free to student card holders. Open to all, no need to book

Elizabeth Moore, 01359 230161 eymoore@talktalk.net

See the full 2017-2018 programme at www.sifre.org.uk/stf/, also on Facebook



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DEBENHAM

Flower Festival

A big Thank You to all those who gave their time, energy, commitment and talents to make the recent 'Debenham Country Gardens Flower Festival' such a success. There are too many to thank individually but a

special 'thank you' goes to June Rodgers and Sue Wood for all their hard work on behalf of the WI and St Mary's Church. Also, the Sir Robert Hitcham School children, those who planted, arranged, knitted or crocheted, created posters and those who kindly baked, manned the church or served refreshments. Thank you too, to those who gave so generously for the purchasing of flowers and donations. It was a happy time and a fitting welcome to our new Rector Revd Susan Bates. The magnificent sum of £726 was raised to be divided between the WI and St Mary's Church. (See photos at www.facebook.com/groups/DebenhamHelmingham.)

St Mary's Church Art Exhibition

This year we celebrated our 41st year and again had a successful exhibition as a result of which we were able to raise £2,600 towards the Church Restoration Fund. 250 pictures were exhibited from 51 different artists along with a number of unframed paintings/prints and cards. 55 framed paintings were sold from 29 different artists along with numerous unframed paintings and cards. Thanks are due to a large number of people who contributed to the success of this event, either in sending out invitations, preparing paperwork, assembling the exhibits, serving teas, acting as stew-

Jazz at Tawny's

Saturday 9 September, 7 for 7.30pm

Friends of St Mary's Church, Debenham present

An evening of Live Jazz

With Colin Bowden and Friends

At Tawny's Barn Aspoll (IP14 6PB)

Please book early to avoid disappointment—limited capacity

Tickets from Val or Ray Watts, Debenham

Phone: 01728 860 255 or Email: wattsdebenham@aol.com

'Tea & Teacakes'



Everyone very welcome

St Mary's Church, Debenham welcomes Mums, Dads & Carers + toddlers and young people to explore Christian teaching in a liberal way in an informal setting, with craft activities, stories, games, songs and chat...AND tea & teacakes!

3rd Sundays @ 4pm in Dove Cottage. Contact Chris Bishop on 860124

ards or dismantling the event. A particular thanks to our new organising committee who have learned a lot this year and are planning a bigger and better event for the 42nd Exhibition on 22nd, 23rd and 24th June 2018.

The Table Top Team

Your invitation to join the Table Top team, who will be in action once again on **Saturday 7 October** from 10am to 12noon in Dove Cottage. Sell what you wish or swap. Refreshments available. To book a table phone John Garrard on 01728 861736. Or just turn up and buy!

The Children's Society in and around Debenham: coffee, cake and house box opening

The Mouse that roared, by Tony Sparrow

There alone it sits in the house, quiet and still just like a mouse
By itself it can feel like a loner, but it has one careful owner.
Most made of plastic, some made of wood
It's one intent? To do good.

Think for a minute if you will, as it lies there by the window sill
Of all the careful owners out there and the love for children they all share.
Imagine their strength together and the roar that mouse can make

When their voices join as one, with every house box you kindly take. (Each year about £2 million is raised towards the work of The Children's Society by people putting their loose change into house savings boxes.

On Saturday 9 September 2017, from 10am to 12 noon, at Dove Cottage (next to St Mary's Church at Debenham) we will hold our annual box opening.

Please bring your box along, drink tea or coffee and eat cake. If you don't have a box you will still be very welcome. Come along for coffee and cake and you may leave with one.

Chris Wilkes (01728 860633)

Friends of Debenham Library

Our last Event Cinema **I, Claude Monet** was a sell-out . Book now for Billy Elliott: The Musical Live on Saturday 2 September (more details on page 7). We hope to show the local film *Life on the Deben* this autumn. To receive details of future events by email contact tony@tonyhutt.co.uk.

Join the Friends: if you would like to support your local library and help with fund-raising events and so on, enquire within. All offers welcome!

Tuesday 0930 am – 1300 pm Wednesday 1500 – 1930 pm
Saturday 0900 am – 1300 pm Sunday 1200 – 1600 pm



Suffolk Libraries: Mobile Library Routes (every 4 weeks)

Aspall Church, Thursdays 1045-1100
Debenham, Gracechurch Street/Henry Street 1115-1145
Framsden Village Hall, Thursdays 1400-1415
Helmingham Forge, Thursdays 1240-1250

September 2017	Helmingham	Framsden	Pettaugh
3rd Trinity 12	10am Winston <i>Harvest Festival</i>		
10th Trinity 13	6.30pm Evening Service	11am Family Service	11am Holy Communion
17th Trinity 14	9.30am Holy Communion	9.30am Morning prayer	11am Morning Prayer
24th Trinity 15	9.30am <i>Harvest Festival</i>	11am Holy Communion	11am Morning prayer
October 2017	Helmingham	Framsden	Pettaugh
1st Trinity 16	10am Pettaugh <i>Harvest Festival</i>		
8th Trinity 17	6.30pm Evening Service	11am <i>Harvest Festival</i>	11am Holy Communion
15th Trinity 18	9.30am Holy Communion	9.30am Morning prayer	11am Morning prayer
22nd Trinity 19	9.30am Morning prayer	11am Holy Communion	11am Morning prayer
29th Trinity 7, Bible Sunday	8am Holy Communion at Aspall		
November 2017	Helmingham	Framsden	Pettaugh
Thursday 2nd			
5th All Saints	10am All Age Communion Service, Helmingham		
12th Remembrance	9.30 Remembrance Service	10.55 Remembrance Service	10.55 Remembrance Service
19th 2nd before Advent	9.30am Holy Communion	9.30am Morning prayer	11am Morning prayer
26th Sunday next before Advent	9.30am Morning prayer	11am Holy Communion	11am Morning prayer

Winston	Aspall	Kenton	Debenham
	8am Holy Communion	11am Morning prayer	9.30am Family Service
9.30am Morning prayer		8am Holy Communion	9.30am Holy Communion
11a.m Holy Communion	8am Holy Communion	11am Morning prayer	9.30am Holy Communion
6.30pm Evening Prayer	3pm <i>Harvest Festival</i>	8am Holy Communion	9.30am Holy Communion
Winston	Aspall	Kenton	Debenham
	8am Holy Communion	11am Morning prayer	9.30a.m <i>Harvest Festival</i>
9.30am Morning prayer		8am Holy Communion	9.30am Holy Communion
11a.m Holy Communion	8am Holy Communion	11am Morning prayer	9.30am Holy Communion
9.30am Morning Prayer		8am Holy Communion	9.30am Holy Communion
	10am Benefice Communion at Debenham		
Winston	Aspall	Kenton	Debenham
			7.30pm Remembering Service
	8am Holy Communion	11am Morning prayer	9.30am Family Service
10.55 Remembrance Service		8am HC and service at memorial	9.30am HC 10.45/11am Remembrance
11am Holy Communion	8am Holy Communion	11am Morning prayer	9.30am Holy Communion
9.30 Morning Prayer		8am Holy Communion	9.30am Holy Communion

Kenton, Garney's Close, Thurs-
days 1220-1235
Pettaugh, Old Bull, Fridays 1535-
1555

Editor's notes

The Copy deadline for the next *Together* (December to February) magazine is **25 October**, normally published about two weeks later. Quarterly, A5 format. 700 copies printed and collated on Rizograph stencil copier, distributed free by members of Winston church. Send copy to the editor by email, email attachment (Word or Publisher formats preferably); Adobe PDF format may be suitable. Photographs do not reproduce well but graphics are usually OK. If you can't do any of these send the copy in the post or by smoke signals.

Editor: Tony Hutt, Email: tony@tonyhutt.co.uk Tel (01728) 860173. 19 Priory Lane, Debenham, Stowmarket, Suffolk, IP14 6QD.

Advertising payments to Kate Branch, The Red House, Winston, Stowmarket IP14 6LG Tel (01728) 861004 Email: cmcbranch@btinternet.com (payable to Winston PCC) 1/8 page for £20 p.a. (4 issues); ¼ page for £40 p.a.; ½ page for £80 p.a. Send advertising enquiries and advertising copy to Tony Hutt.

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Communities share views to improve health and care services in Suffolk

We're Healthwatch. We listen to your views about local NHS and social care services so that we can make them better for everyone.

We have just launched our fourth annual report, which covers the year

2016/17. It tells you how we have been working and using people's experiences to shape, influence and improve local services throughout the year.

Five ways that health and care services have improved:

1. Maternity services increased support for birthing partners and changed policies so that birthing partners can stay with mum and baby overnight.
2. People will receive improved support and information to help them manage their risk of complications from foot disease caused by diabetes.
3. Residential and nursing homes have made changes that will improve the experience of some of Suffolk's most vulnerable people following visits by our volunteers.
4. We made safeguarding alerts that have led to immediate improvements to people's care.
5. We delivered patient feedback that helped to shape pathology services in Sudbury, including improvements to IT systems and access to appointments.

In our annual report, we highlight outcomes from our work that has included specific research projects, visits to local services and work across all levels of health and social care. Further examples include:

- Decisions to keep In Vitro Fertilisation (IVF) and Marginalised and Vulnerable Adults services were strongly influenced by public feedback we obtained in partnership with NHS leaders.
- Prompted by calls from young people for more information, we developed a new poster and information card that will help young people to find support.
- We worked closely with new GP partnerships to shape their plans for developing services by engaging patients within surgeries.
- We were central to the launch of a new Dementia Forum for Suffolk that will aim to change the way dementia support is provided in Suffolk.

In addition, we have helped many people that contacted our free Information and Signposting Service (www.healthwatchesuffolk.co.uk/signposting) to find support with their health and wellbeing needs.

Andy Yacoub (Chief Executive) said: "People have a keen interest in their health and social care services and rightly so. Throughout the year, we have met many people; talking to them about their experiences and using them to influence decisions about our local services. We are proud of the impact we have made and, with increasing awareness of Healthwatch throughout the County, we know that our voice and influence can only increase with positive outcomes for patients, service users and carers throughout Suffolk."

More information is available within the Healthwatch Suffolk Annual Report 2016/17. Visit:

www.healthwatchesuffolk.co.uk. You can also call 01449 703949 to find out more.



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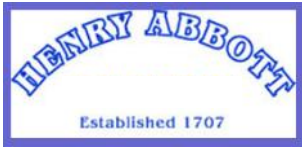
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